

Maybe start with Stuck Liver Qi Release first and the Sacral Moxa Fan

## FRONT

### 1 - Belly

All of this work is very gentle, very slow, and very shallow.

I use a little coconut oil

First move is around the perimeter of belly

Second is above the navel

#### a) - perimeter



This is also to be done after each change of move - to help the lymph flow

#### b) - above navel



#### c) - repeat a)



a) - Slow gentle x 9  
(Pads of fingers)

b) - Slow gentle x 9  
Very shallow palm contact

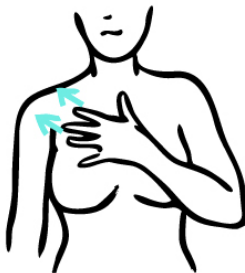
c) - Repeat step 1 in between steps

This is really all you ever need to do - calm the Shen and all works better.

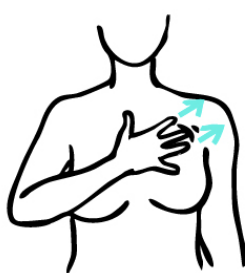
Get the lymph to flow - and teach everyone around to do this - to their pets, children and of course themselves.

When she is about to bleed (uterus is larger) or when pregnant, come up off the skin almost so it is just a feather touch over the 'busy' uterus.

### 2 - Chest 'gouging'



Slow gentle x 3

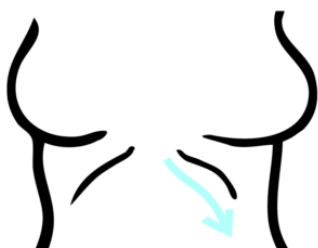


Slow gentle x 3

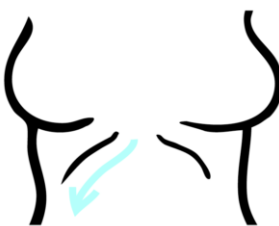


Slow gentle x many

### 3 - Diaphragm release



Slow gentle x 3 (LHS 1<sup>st</sup>)

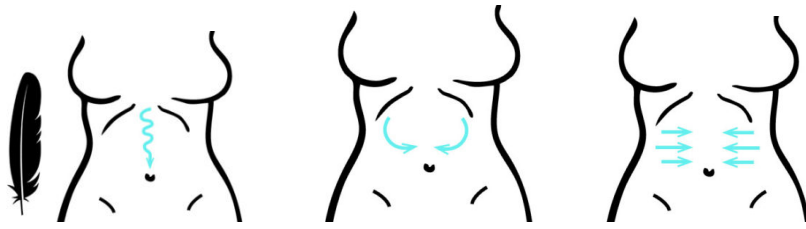


Slow gentle x 3

Remember - between each step - (number 1a) above - a 'round & round' /perimeter lymph sweep

### 4 - Diastasis rescue

Check it out: almost all have one to some degree. (Underlying 'Spleen Yang Qi Xu')



Feather touch x 3    Squish together x 3    Squish together x 3

Beware - this is slow mindful work!  
Between each step - from next page - a 'round & round' /perimeter lymph sweep.

### 5 - Pelvic Drainage

Slow gentle x 3 (LHS 1<sup>st</sup>)

Slow gentle x 3 Repeat as often as you like if you can feel 'sludge' shifting. It can be spectacular!!

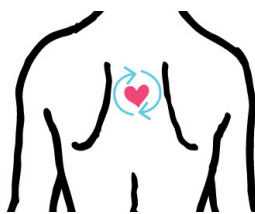


### BACK

Heart Chakra Release (a)

Heart Chakra Release (b)

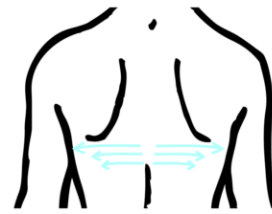
Stuck Liver Qi Release



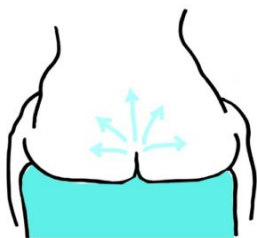
x 12 rounds leading into



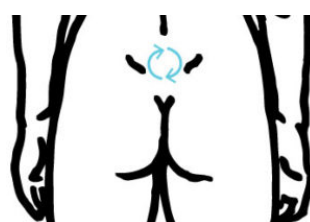
12x



Gentle, slow 3 minutes



Moxa Sacral Fan (x 2 mins)



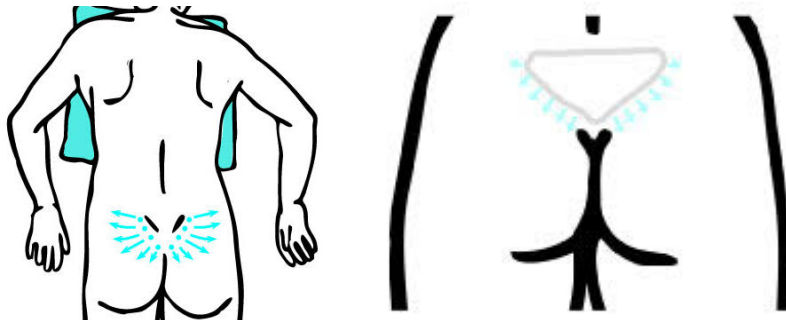
x 12 Vigorous circular Slow



gentle rolling x 3 x 3

## Placental/uterine all gonadal flows:

As above PLUS:



## Breast help...

(Remember that breast milk is actually blood – just changed in the milk ducts)

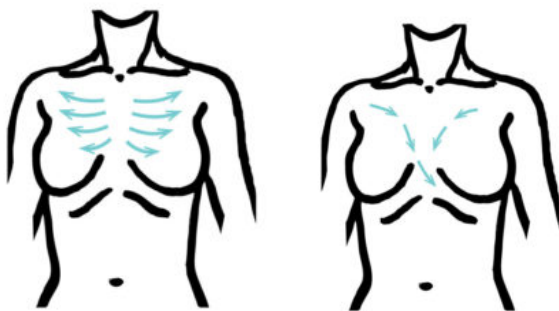
Also see <http://easybreasts.com.au/happy-breasts/>

And <http://fingertip-rescues.com/>

Return to working on the front – you may go deeper each round you take.

Complete one entire segment and repeat.

This is all about Cold Invasion/Stuck Liver Qi and insufficient Blood (circulation and production we are resolving gently by their and our loving touch).



Slow deep breaths as the Qi and lymph are activated.

## Repeat - Diaphragm release



Slow gentle x 3 (LHS 1<sup>st</sup>)

Slow gentle x 3

Remember - between each step - (number 1a) above - a 'round & round' /perimeter lymph sweep