

# ***Chi Nei Tsang III***

***Muscle, Tendon and Meridian Massage***



***Mantak Chia***

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First published in 2006 by:

***Universal Tao Publications***

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Doi Saket, Chiang Mai 50220 Thailand

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Manufactured in Thailand

ISBN: 974-94719-3-8

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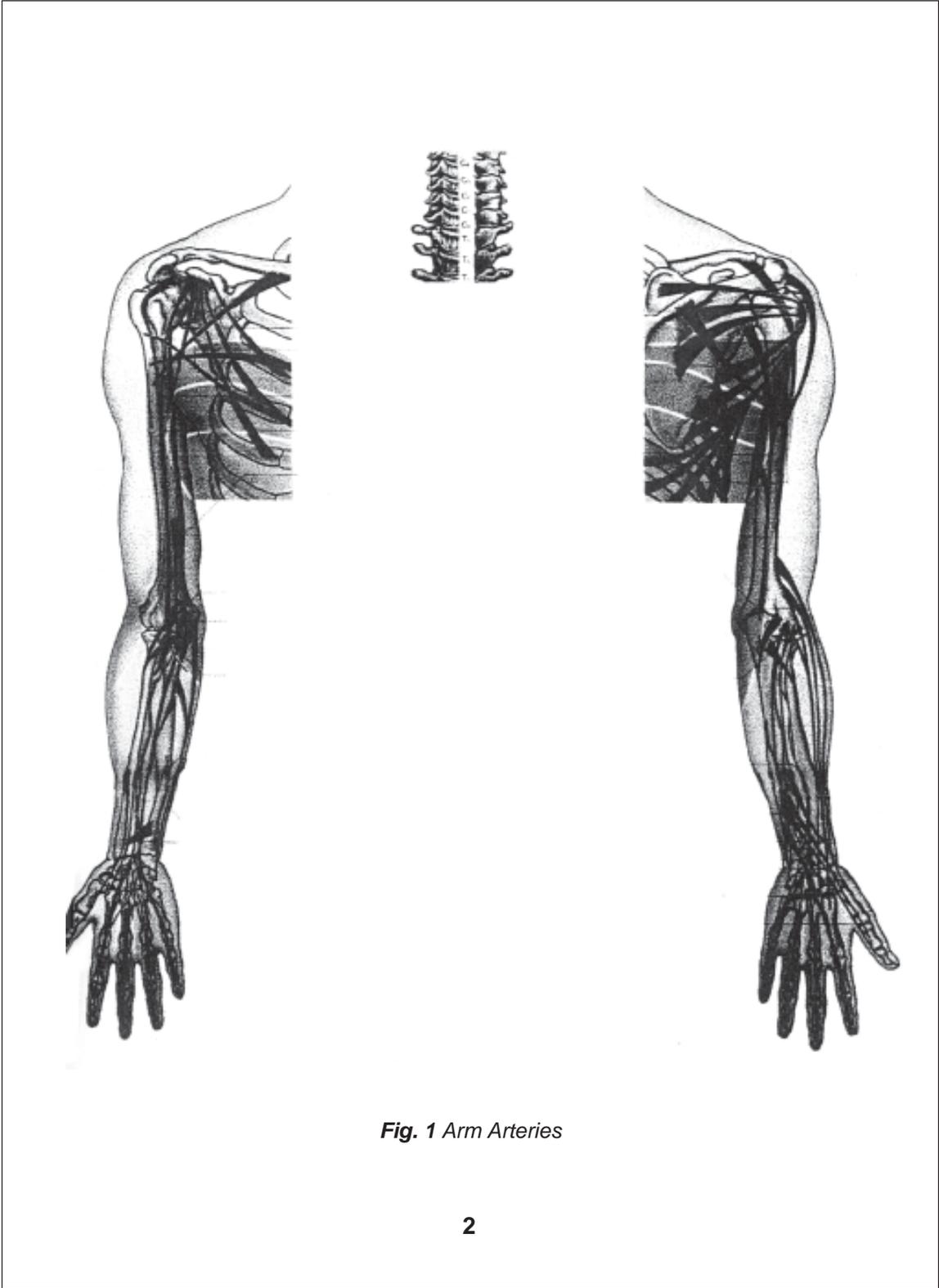
The meditations, practices and techniques described herein are **not** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

# **Chi Nei Tsang III**

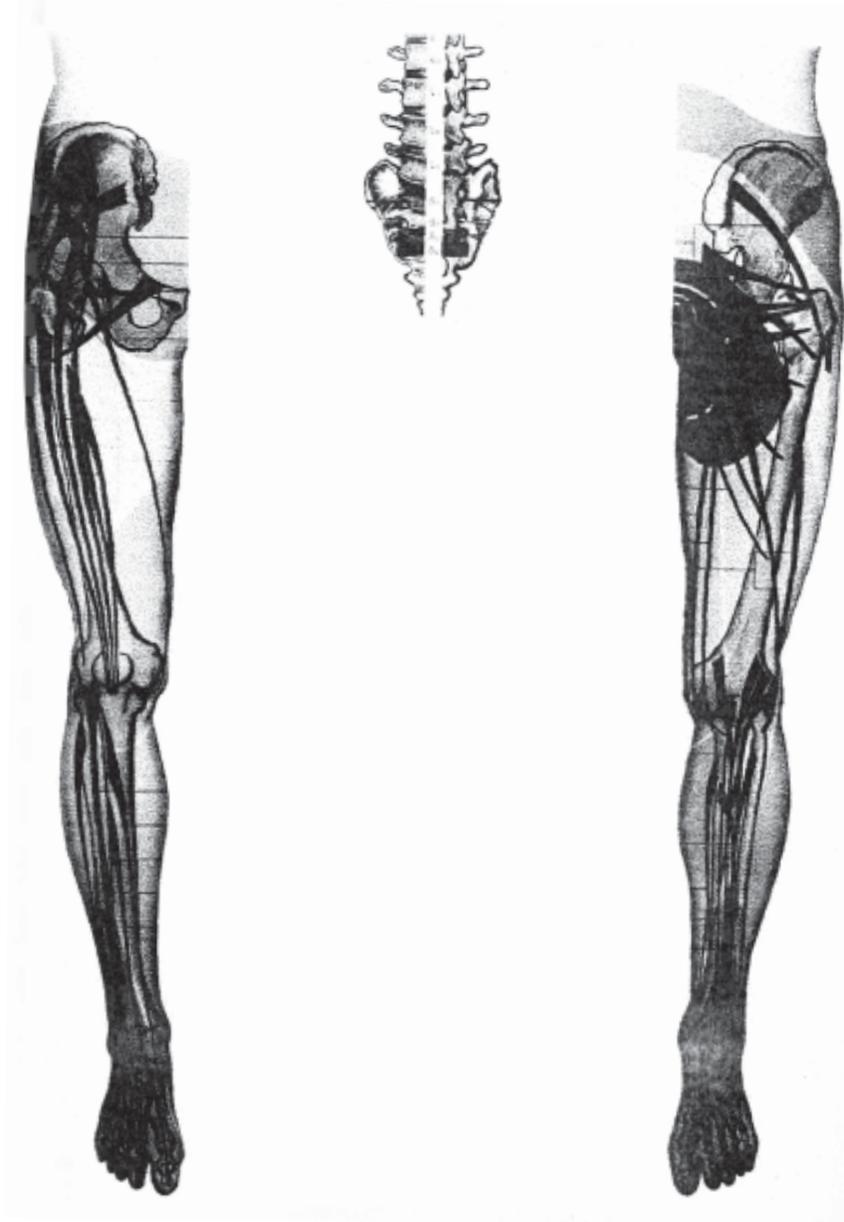
## **Concept**

Chi Nei Tsang III is the fourth section of the Chi Nei Tsang series following Chi Nei Tsang I (Organ Massage), Chi Nei Tsang II (Channel Massage) and Karsai Nei Kung (Genital Massage) with Chi Nei Tsang III (Muscle, Tendon & Meridian Massage) as the last section. This is the final chapter of the Chi Nei Tsang Internal Massage moving the energy (chi) throughout the body while releasing and opening up its passages. Throughout this massage section in this booklet you will use the hand techniques (finger presser, twisting & spiraling, hand scooping & wave techniques) used in Chi Nei Tsang I to open up and release the blockages in the Abdominal, Arteries, Muscles, Tendons, Vertebras, Shoulder Blades, Coccyx, Arms, Legs, Feet, Joints, Hands, Neck and Meridian Lines layout in the following pages.

This booklet is an introduction to the forth coming book Chi Nei Tsang III by Mantak Chia with co-author Chong-Mi Mueller which will go into greater detail and explanation for opening up the muscles, tendons and meridian lines in the body.



*Fig. 1 Arm Arteries*



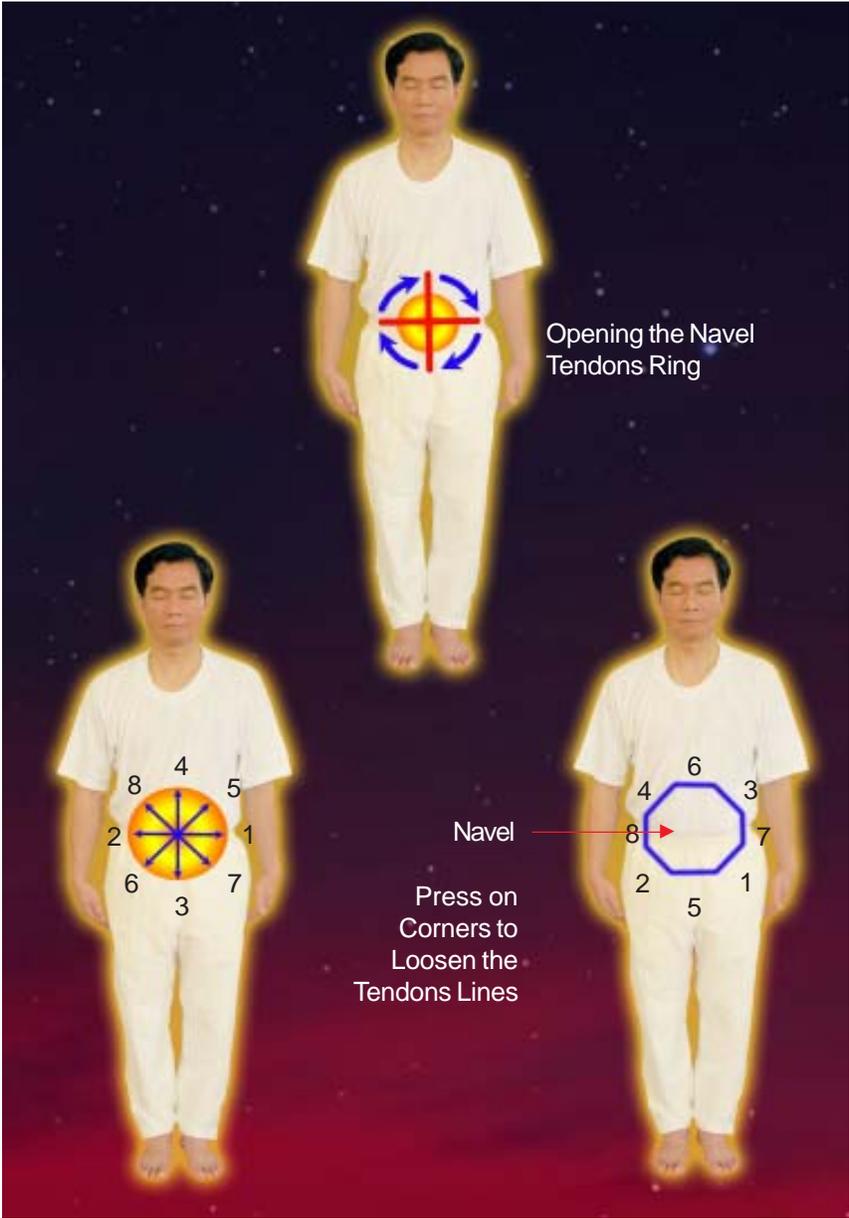
*Fig. 2 Leg Arteries*



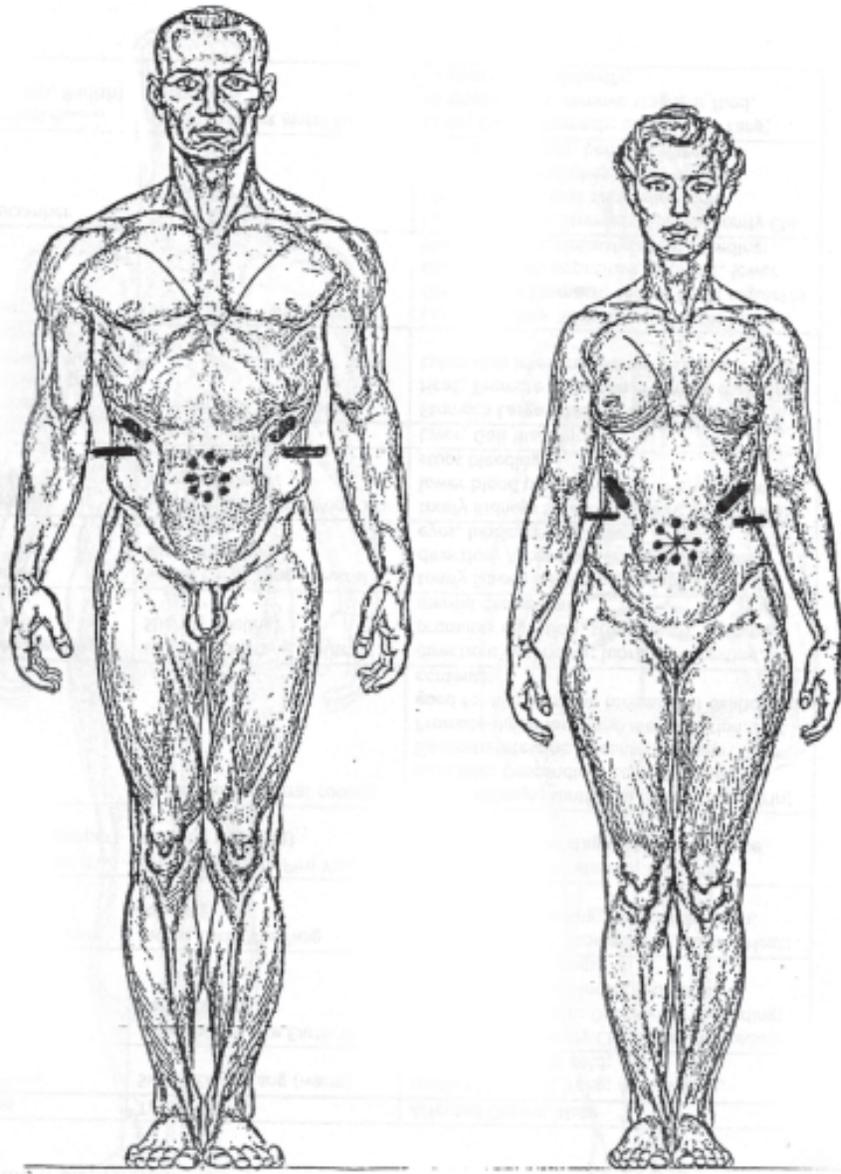
*Fig. 3 Rear Muscles & Tendons*



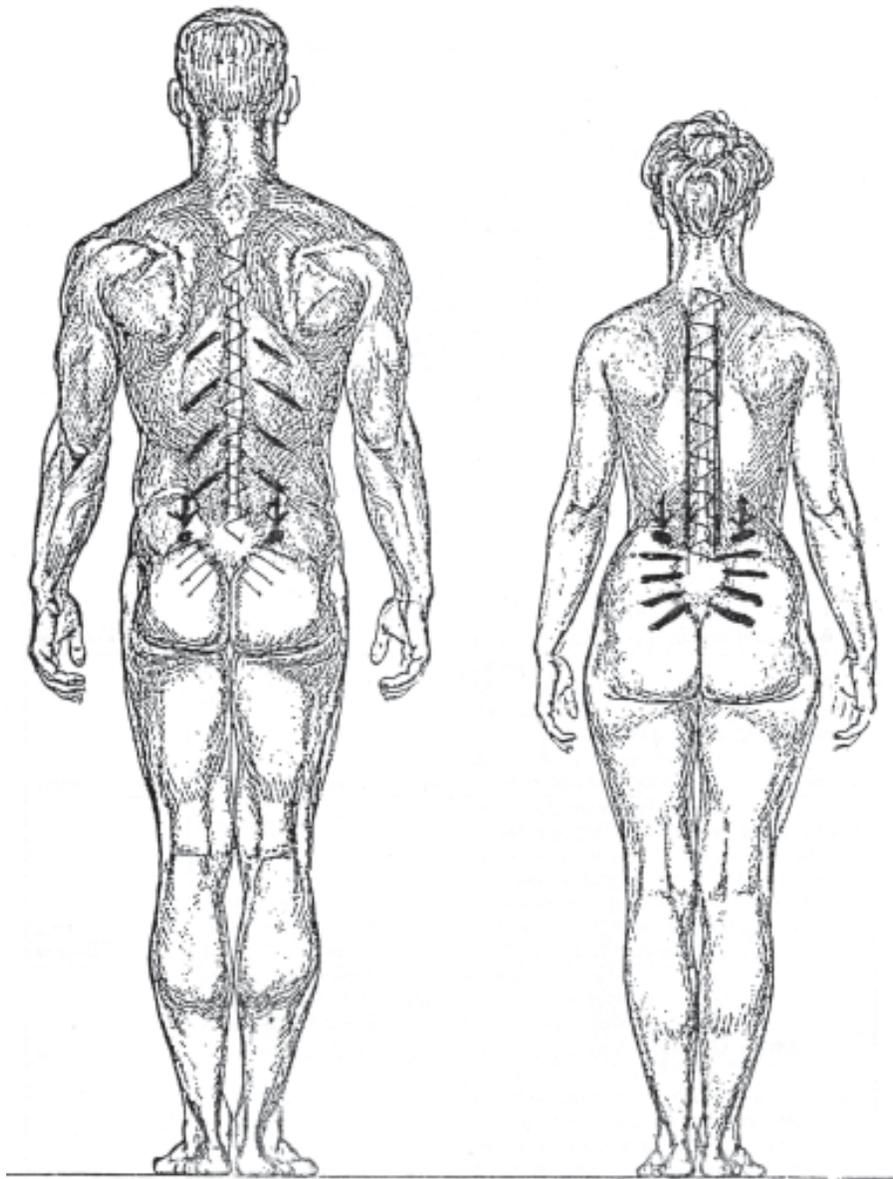
**Fig. 4** *Frontal Muscle & Tendons*



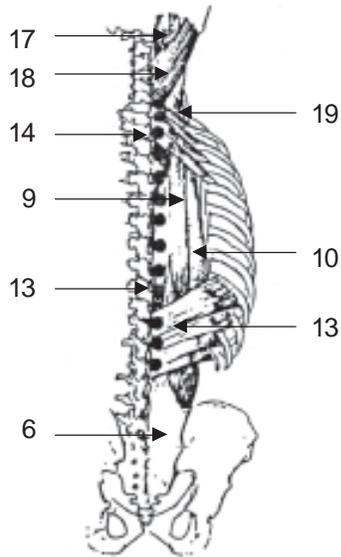
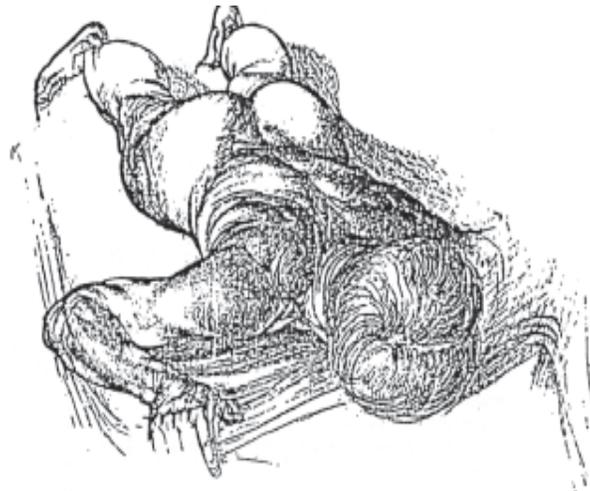
**Fig. 5** Opening Navel Clock



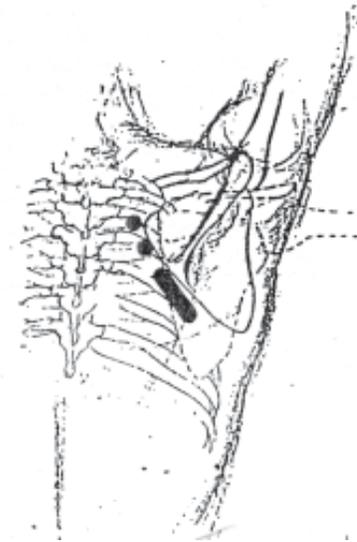
*Fig. 6 Abdominal Muscles*



*Fig. 7 Spinal Muscles*



**Fig. 8** Thoracic Vertebrae

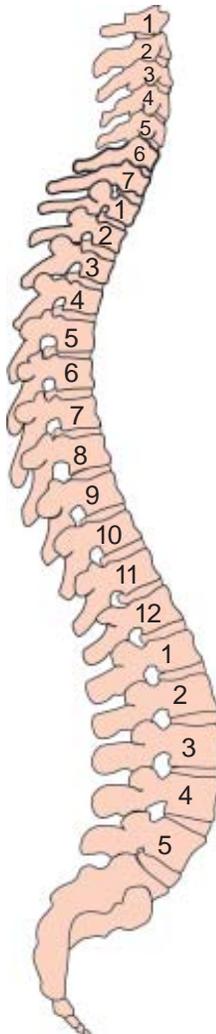


Muscles Raising and Rotating Scapula

*Fig. 9* Shoulder Blade

## Displacement of Vertebrae and its Consequences

Every cell of the body is controlled by nerves. The normal function of these nerves is disturbed when vertebrae are displaced in the spinal column, and of this the following diseases can result.

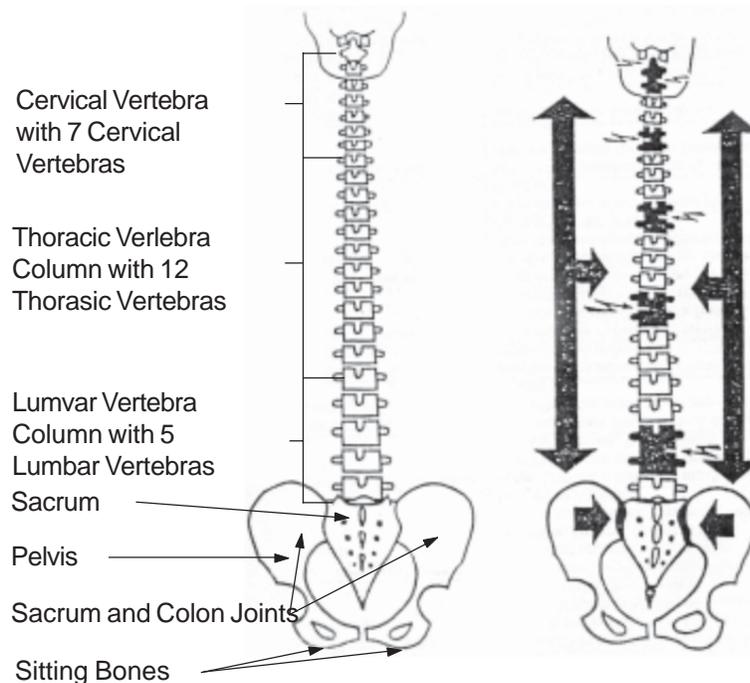
Spinal Column	Organ Field	Vertebra	Consequences
	Blood Supply to the Brain Inner and Middle Ear.	1 Cervical	Headache, Insomnia Hypophyseal Disease High Blood Pressure Tiredness, Dizziness
	Eyes, Auditory Nerve, Tongue	2 Cervical	Allergy, Eyes and Ears Trouble
	Outer Ear, Teeth, Trigeminal Nerve	3 Cervical	Trigeminal neuralgia, Acne
	Nose, Lips, Mouth	4 Cervical	Deafness, Polyps
	Vocal Cord	5 Cervical	Hoarseness, Vocal Cord Inflammation
	Neck, Shoulders Tonsils	6 Cervical	Pain in the Neck and Upper Arm
	Thyroid Gland, Shoulder Joint, Elbow	7 Cervical	Crop, Tennis Elbow
	Forearms, Hand, Esophagus	1 Thoracic	Cough, Breathing Problems, Pain in the Forearms and Hand
	Heart, Cardiac Valve, Coronary Vessel	2 Thoracic	Heart Problem

Lungs, Bronchi, Chest	3 Thoracic	Asthma, Bronchitis
Gall Bladder	4 Thoracic	Gall Bladder Problems, Shingles
Liver, Solar Plexus, Boob	5 Thoracic	Liver Problems, Circulatory Disturbance, Annemia, Arthritis
Stomach	6 Thoracic	Stomach Problems, Heartburn
Pancreas, Duodenum	7 Thoracic	Diabetes, Heartburn
Spleen, Diaphragm	8 Thoracic	Immune Difficiency
Adrenals	9 Thoracic	Allergies, Eczema
Kidneys	10 Thoracic	Kidney Problems, Tiredness, Calcification of Veins
Urinary Tract	11 Thoracic	Eczema, Acne
Small Intestine, Lymphatic System	12 Thoracic	Rheumatism, Sterility
Large Intestine, Groin	1 Lumbar	Constipation, Colitis
Appendix, Body, Thigh	2 Lumbar	Apendix Infection, Varicose Veins
Ovaries, Testicles, Bladder, Knee	3 Lumbar	Menstruation Problems, Impotence
Prostate, Sciatic Nerve	4 Lumbar	Sciatica, Lumbago
Lower Leg, Ankle, Toes	5 Lumbar	Bad Circulation in the Legs, Cramps in the Calfs
Hip Joint, Buttocks	Sacrum	Problem in the Sacrum and Pelvis
Rectum, Anus	Coccyx	Pain, Hemorrhoids

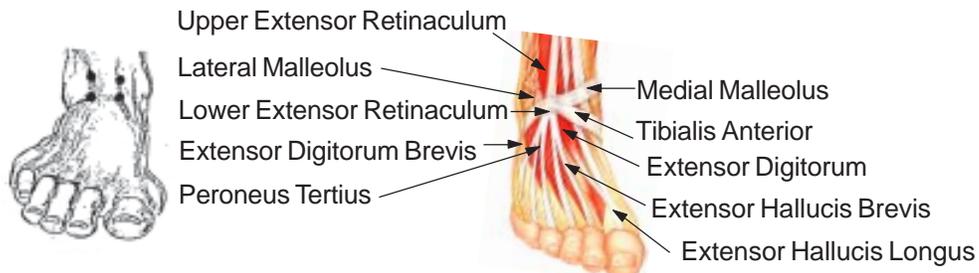
**Fig. 10 Spinal Chart**

## Pain is the Cry from our Tissue for Flowing Energy to release the Pressure

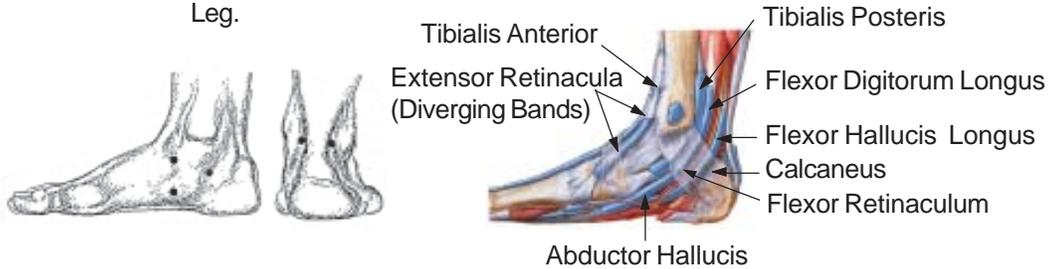
The nerve system is the supply network in the complicated computer of our body. An essential bundle of nerve system which supplies every cell in the body with nerve impulse, moves from the brain through the spinal cord. This pass is full of critical points. Through an accident the vertebrae can easily come out of positioning. Though this, part of the supply ending network experiences higher pressure and the final station of the respective supply network our body organs, loses a lot of resistance against disease. The physical and mental strength goes down rapidly without you being aware of it. If this misalignment in the spine is not corrected in sufficient time chronic disease can develop.



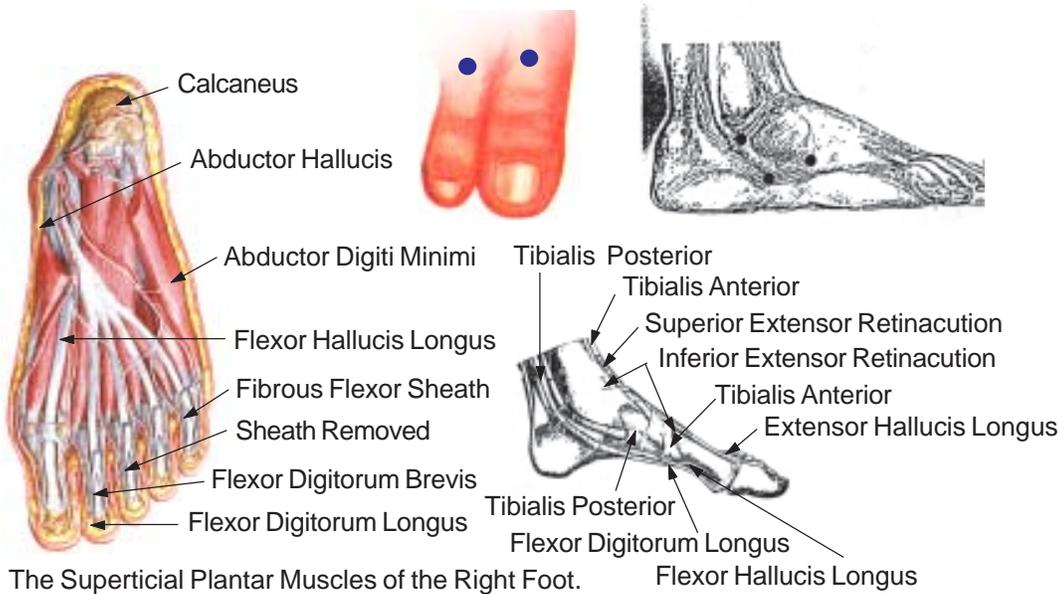
**Fig. 11 Coccyx**



Muscles on the Extensor aspect of the Right Leg.

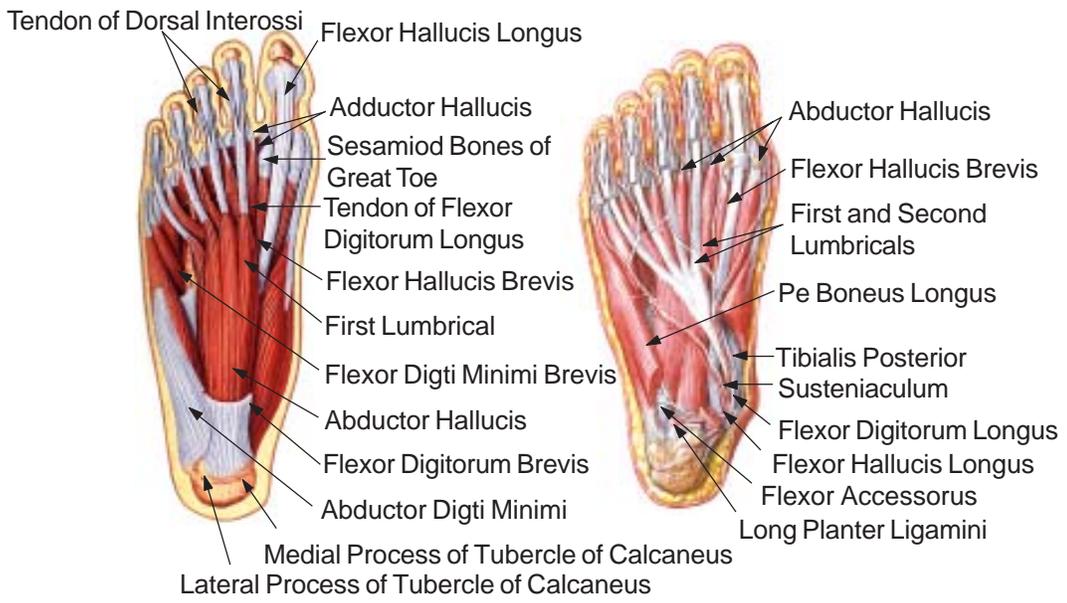


The Muscles of the Right Leg: Medial Aspect



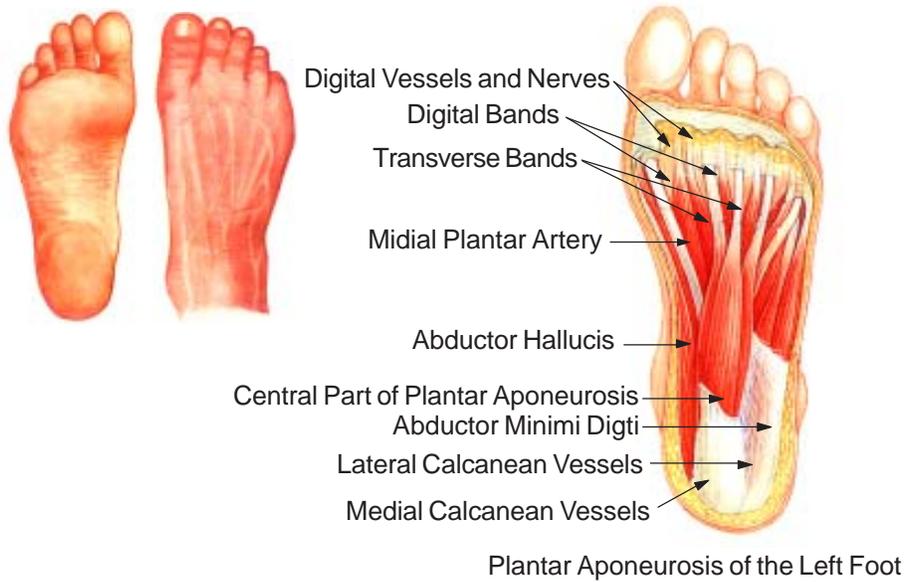
The Superficial Plantar Muscles of the Right Foot.

**Fig. 12 Foot**



Muscles of Sole, First Layer

Muscles of Sole, First Layer

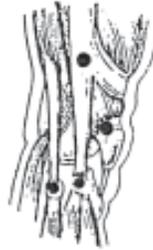


Plantar Aponeurosis of the Left Foot

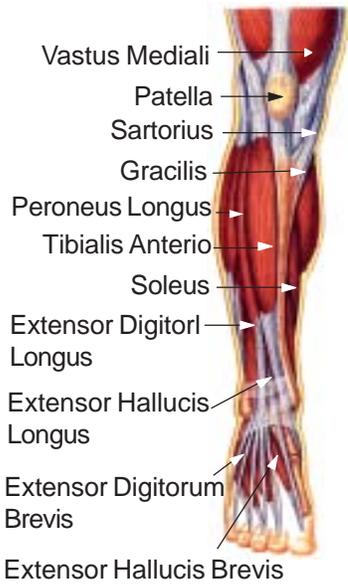
**Fig. 13** Tendons of Feet



Right Knee Joint: Lower End of Right Femur, Sagittal Section: Upper ends of Right Tibia and Fibula Lateral aspect.



Locomotor System



Right Knee Joint: Anterior aspect. Patella and Patellar Ligament turned upwards, Femur is at right-angles to tibia.

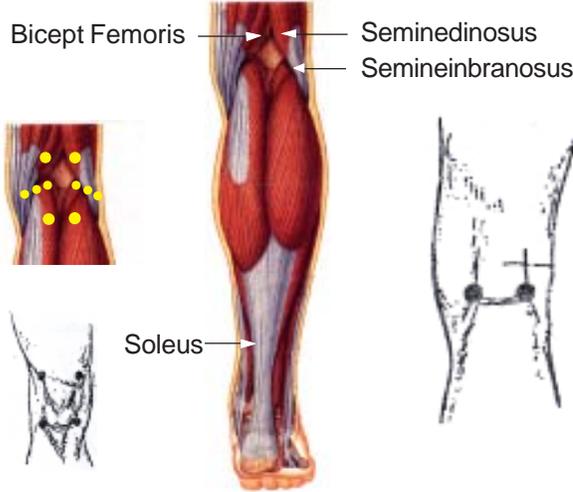
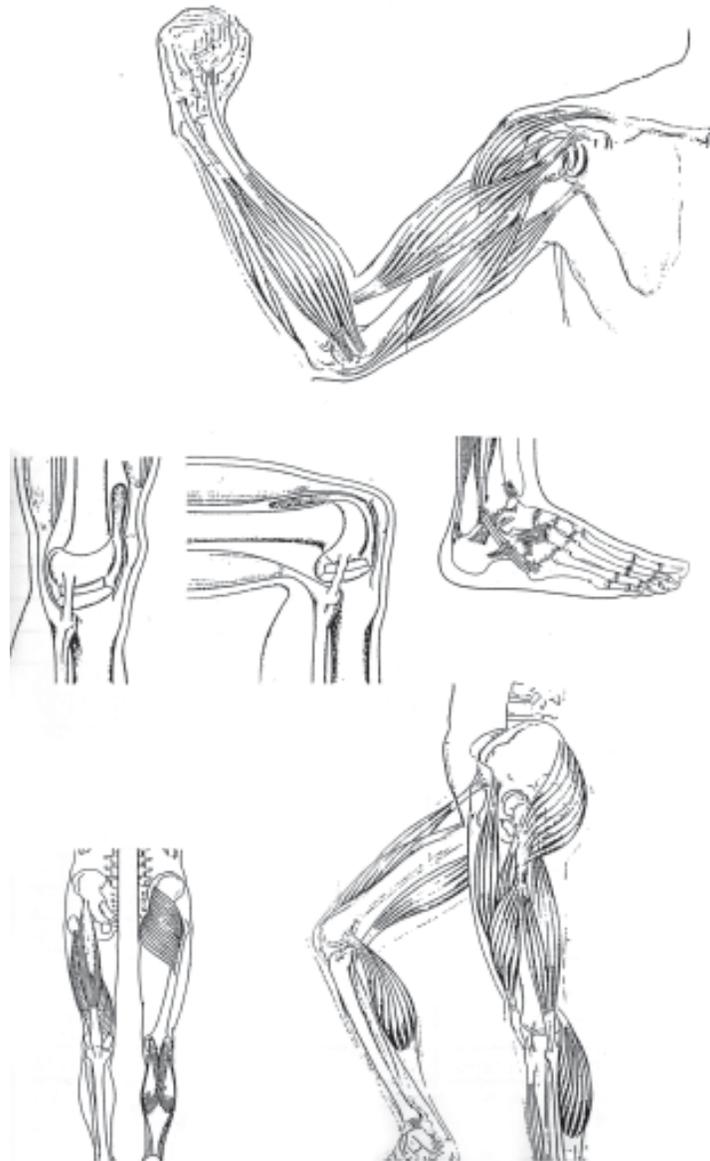
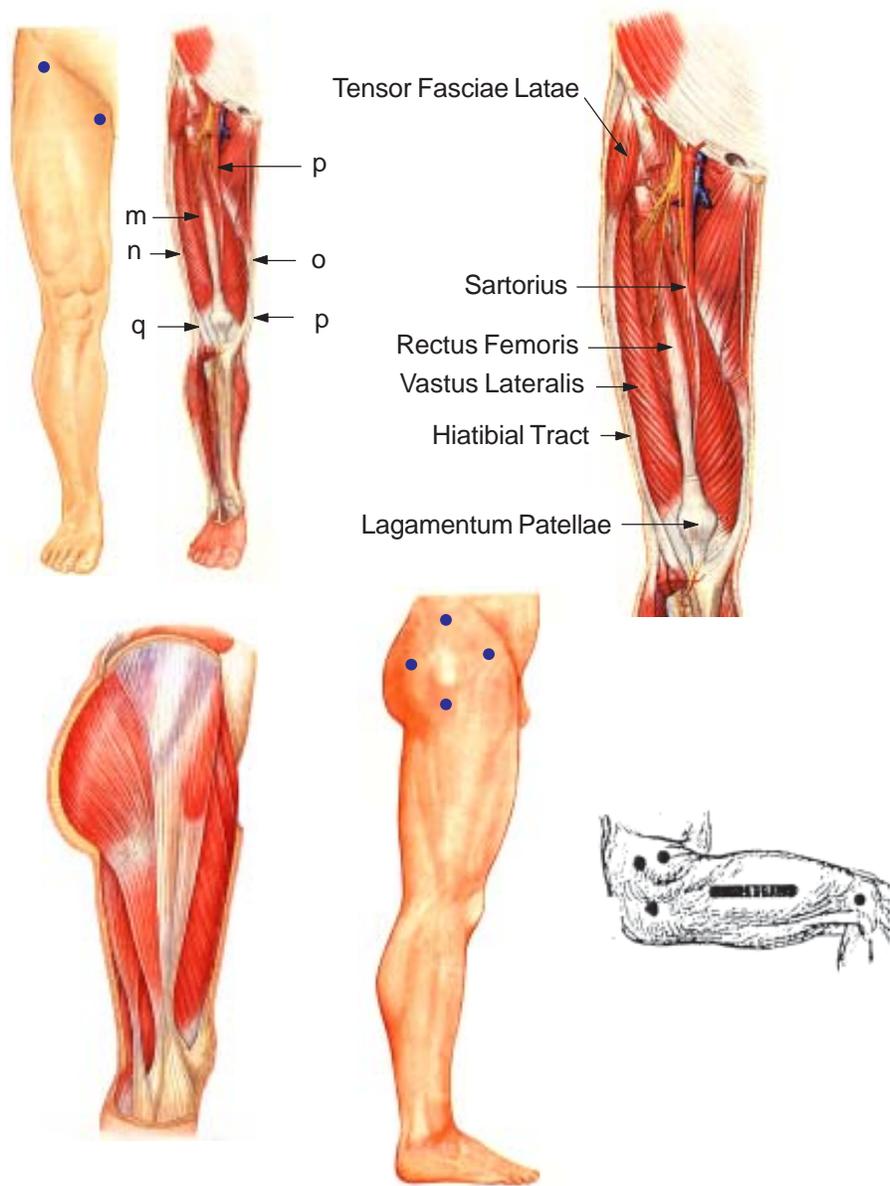


Fig. 14 Knee



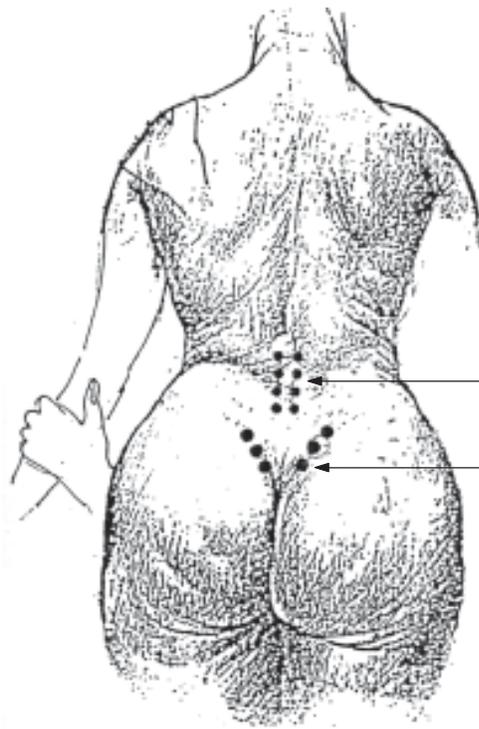
**Fig. 15** *Body Joints*



**Fig. 16** Elbow & Hip

## **The Gentle Way of Loosening the LWS**

- 1) The therapist sits behind the standing client.
- 2) Press with both hands on the points
- 3) Client bends to the left and right
- 4) After this the client sits slowly down on the therapists lap.
- 5) The Client moves slowly to the back above the thumbs of the therapist until the head reaches the shoulder of the therapist. At the same time drooping the pelvis and massages in this position.
- 6) After this the client slowly gets up.
- 7) Client moves and rocks their hips while the hips swing with pelvis and practitioner massages the area on the points.



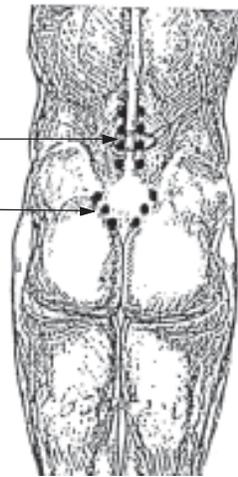
Often the problem is on the other side of the actual pain.

Press the points and grab the shoulder of the other side and loosen points in rotating motion.

Grab points and grasp the arm of the other side and turn wheel and loosen the points.

Hold Ming-Men

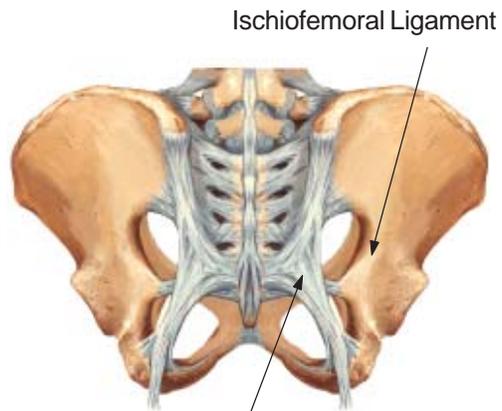
The Theosacral Joint causes 95% of the LWS Syndrom.



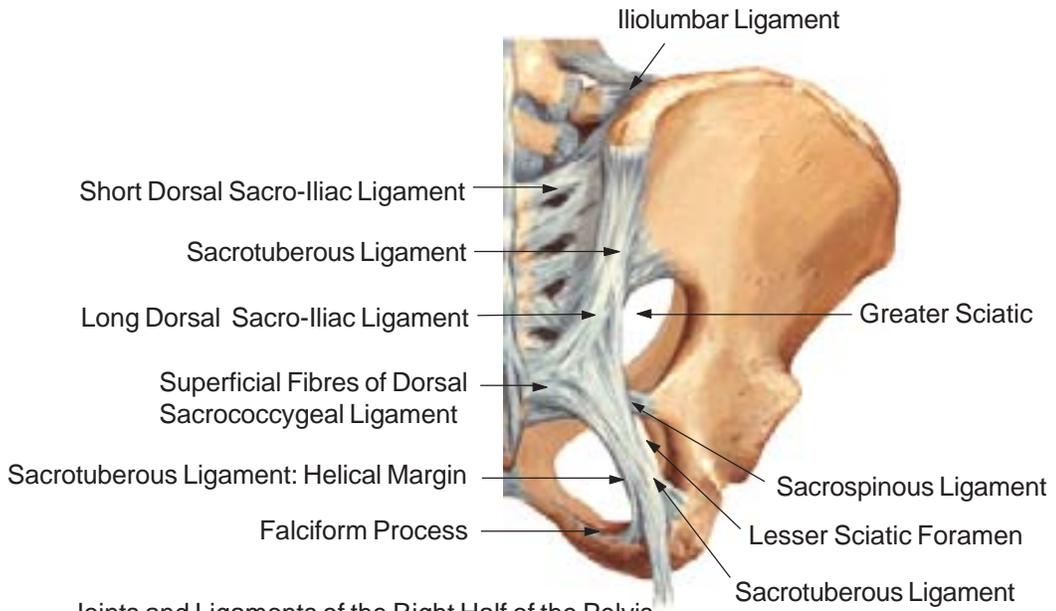
**Fig. 17** Column of the Lumbar Vertebrae



Hip Joint Anterior Aspect



Hip Joint Posterior Aspect

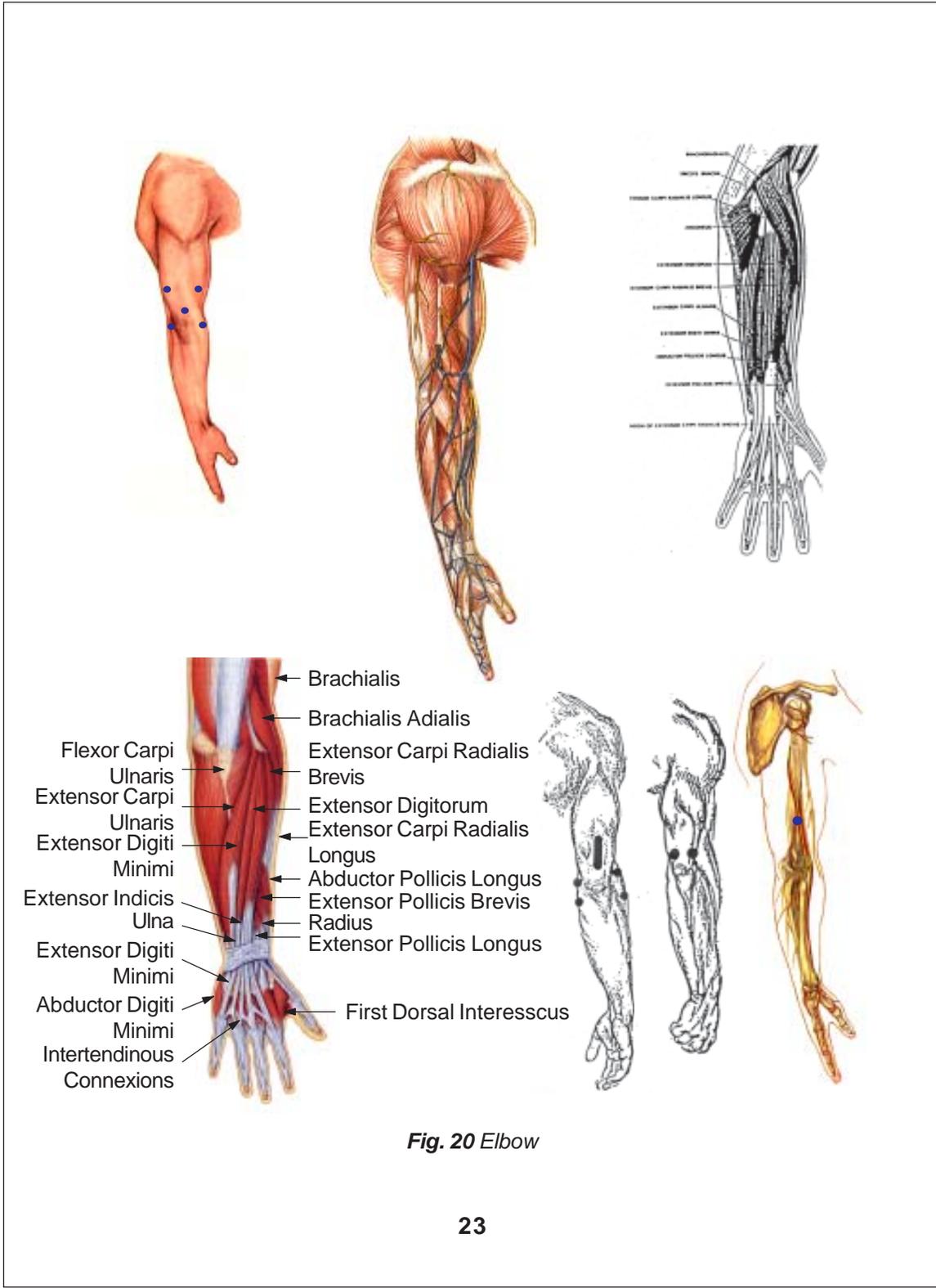


Joints and Ligaments of the Right Half of the Pelvis and Fifth Lumbar Vertebra: Posterior Aspect

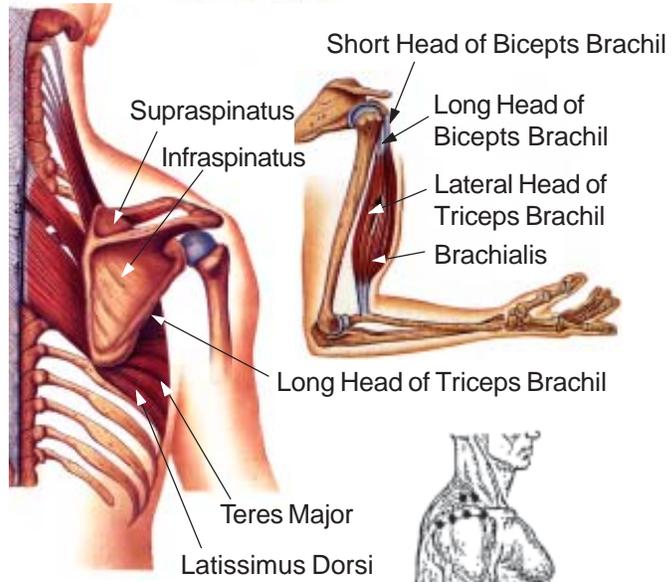
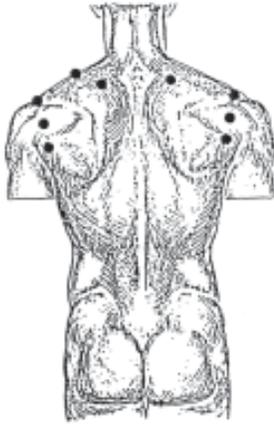
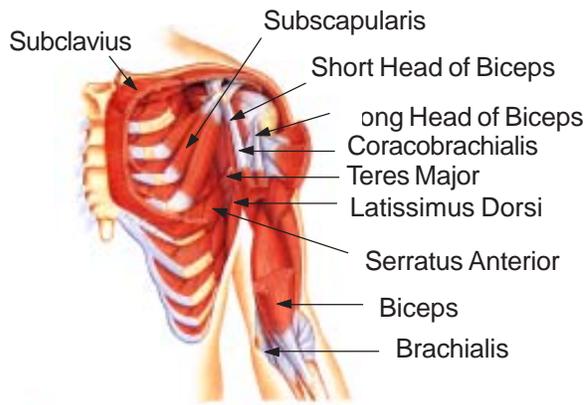
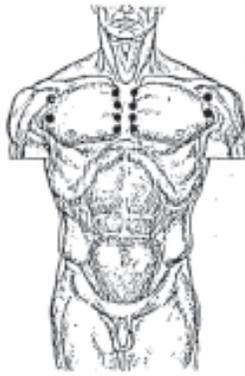
**Fig. 18** Femur and Hip Joint



*Fig. 19 Hand*



**Fig. 20 Elbow**



**Fig. 21** Shoulder

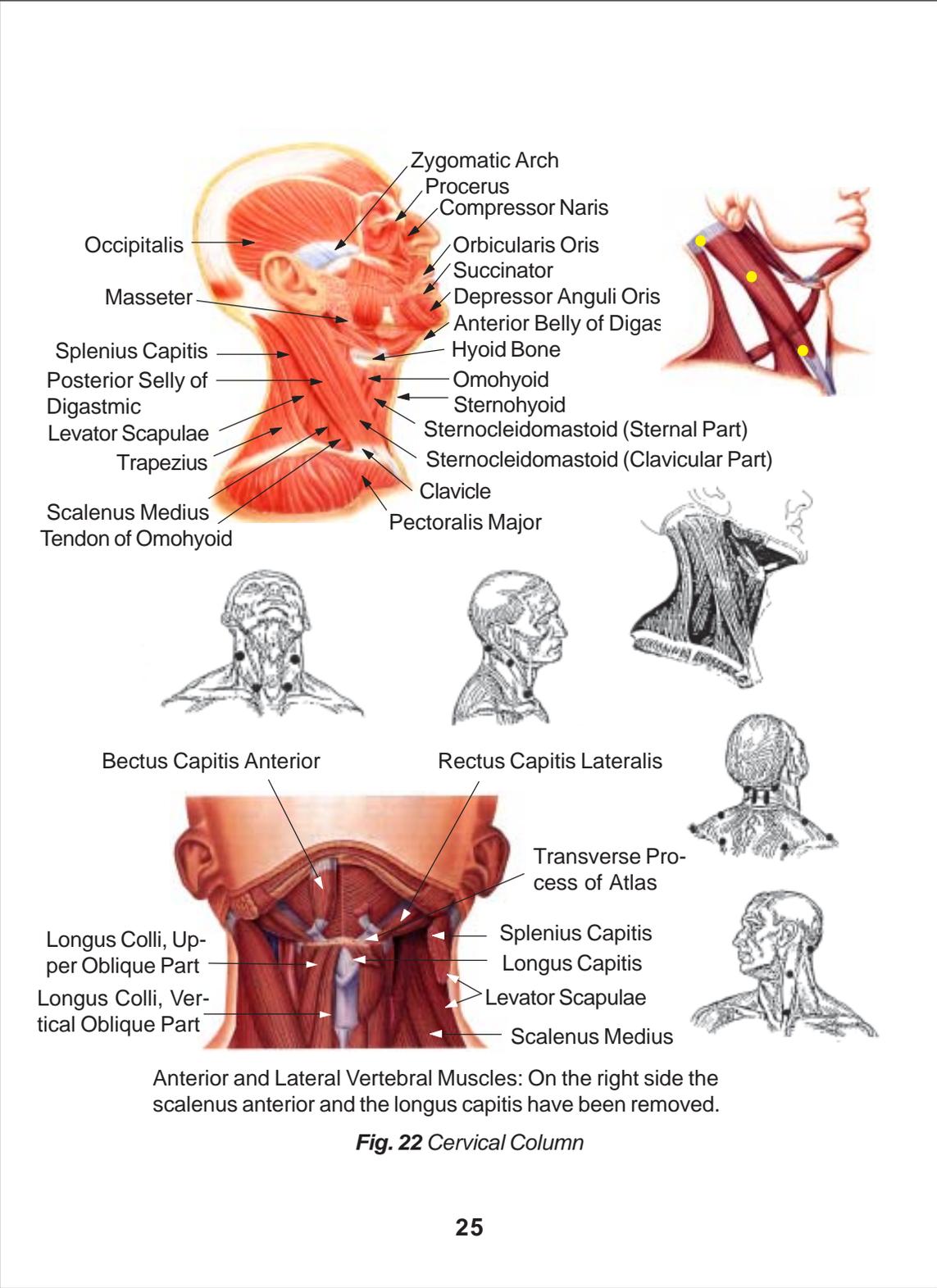
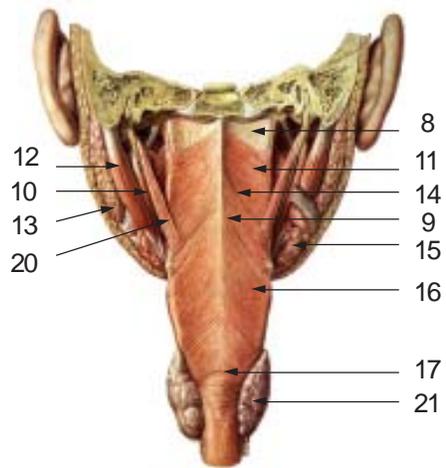
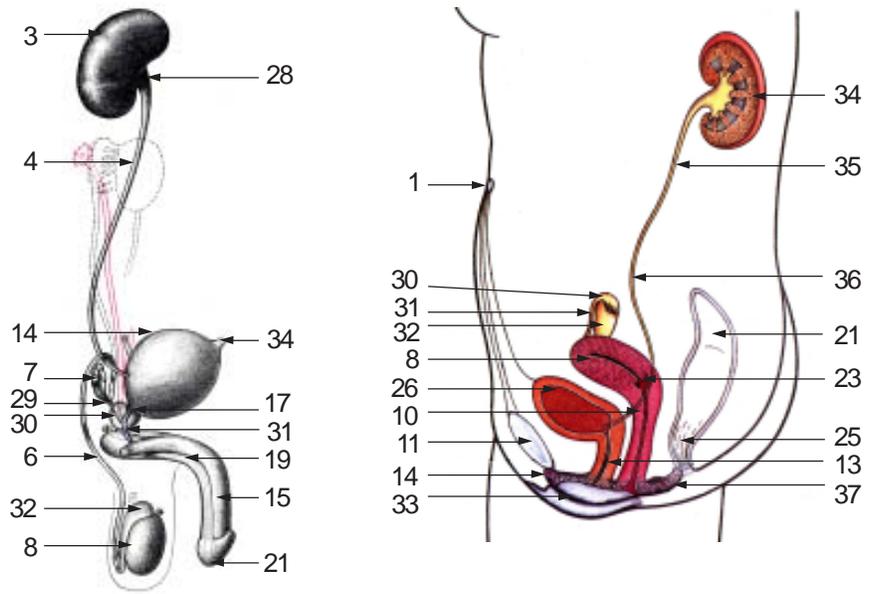
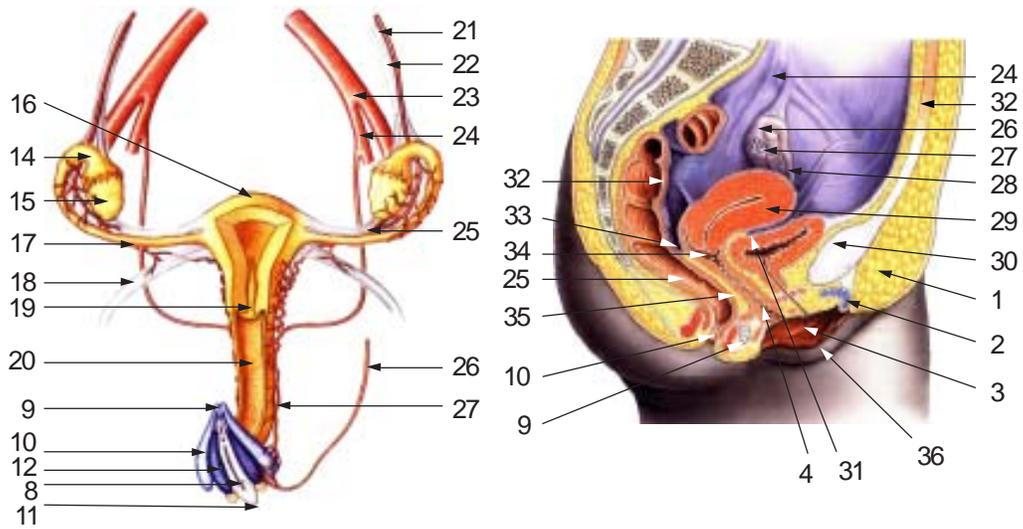




図 3.16 背筋の模式図



**Fig. 23 Neck & Spine**



**Fig. 24** Genitals

## 1. Sen Sumana

Sen Sumana starts at the tip of the tongue, travels down the throat and chest to the solar plexus. Its path is quite similar to Sushumna Nadi in the Yoga Tradition and also the Ren Mai Meridian in Chinese acupuncture.

**Therapy:** Asthma, Bronchitis, Chest Pain, Heart Diseases, Spasm of the Diaphragm, Nausea, Cold, Cough, Throat Problems, Diseases of the Digestive System, Abdominal Pain.

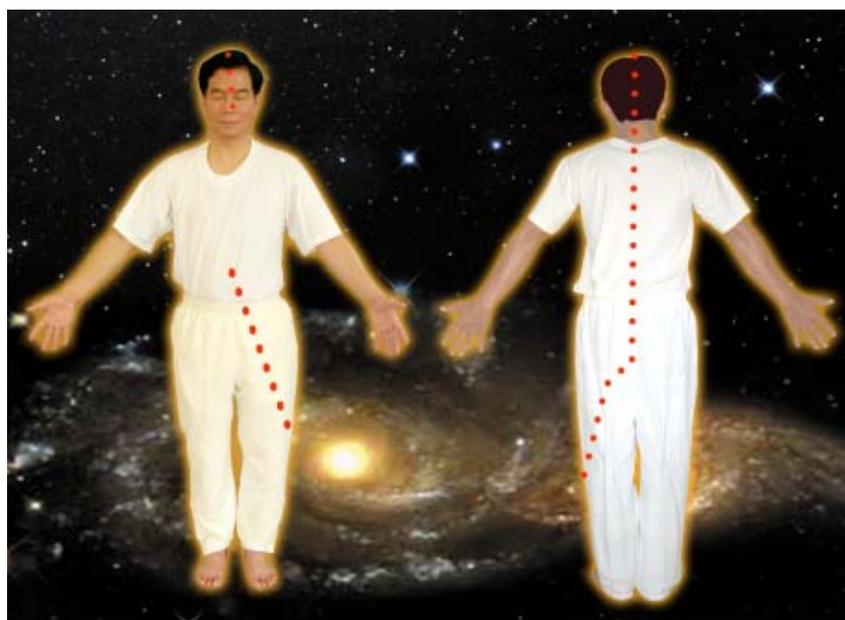


*Fig. 25 Sen Sumana*

## 2. Sen Ittha

Sen Ittha starts at the left nostril, travels up to the head and down the neck. It becomes Line I on the back, crosses the buttocks and moves down the third outside line on the thigh. It changes then to the front of the body and becomes the first inside line on the thigh. It goes up to the abdomen and stops one thumb distance left from the navel. It is similar to Ida Nadi in Yoga and to the urinary bladder meridian in acupuncture.

**Therapy:** Headache, Stiff Neck, Shoulder Pain, Common Cold, Cough, Nasal Obstruction, Throat Ache, Eye Pain, Chill and Fever, Abdominal Pain, Intestinal Diseases, Back Pain, Diseases of the Urinary Tract, Dizziness.

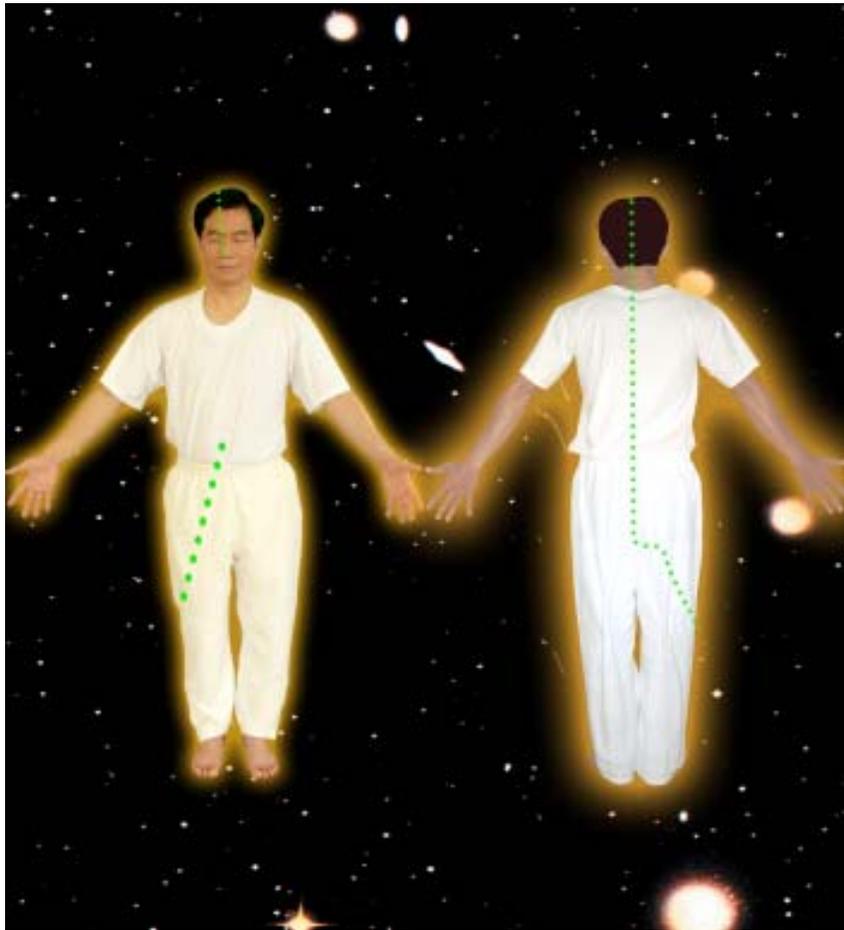


*Fig. 26 Sen Ittha*

### 3. Sen Pingkhala

Sen Pingkhala takes the same course as Sen Ittha, yet on the right side of the body. It is similarity to Pingala Nadi in Yoga.

**Therapy:** Same as Sen Ittha. Additional Indications: Diseases of the Liver and the Gall Bladder.



*Fig. 27 Sen Pingkhala*

#### 4. Sen Kalathari

Sen Kalathari starts at the navel and divides into branches, two on the right, two on the left. From the navel up through the chest and shoulder down the middle line of the arm to the hand. From there to the tips of all the fingers on both the left and right side of the body. From the navel down the mid-line of the inside of the leg (the second inside line) to the foot. From there to all the toes on both the left and right side of the body.

**Therapy:** Diseases of the Digestive System, Indigestion, Hernia, Paralysis of Arms and Legs, Knee Pain, Jaundice, Whooping Cough, Arthritis of the Fingers, Chest Pain, Shock, Rheumatic Heart Disease and Cardiac Arrhythmia, Sinusitis, Pain in Arms and Legs, Angina Pectoris, Epilepsy, Schizophrenia, Hysteria, Various Psychic Diseases and Mental Disorders.



*Fig. 28 The Gentle Way of Loosening LWS*

## 5. Sen Sahatsarangsi

Sen Sahatsarangsi starts in the left eye and travels down the head, throat, left side of the chest and abdomen, then changes to the outside of the leg coinciding with the first line on the outer leg. It changes again at the foot to the inside of the leg and forms the first inside line. This line continues across the groin and stops directly below the navel. It is quite similar to the stomach meridian in Chinese acupuncture.

**Therapy:** Facial Paralysis, Toothache, Throat Ache, Redness and Swelling of the Eye, Fever, Chest Pain, Mania Depressive Psychosis, Gastrointestinal Diseases, Diseases of the Urogenital System, Leg Paralysis, Arthritis of the Knee Joint, Numbness of Lower Extremity, Hernia.



*Fig. 29 Sen Sahatsarangsi*

## 6. Senthawari

Sen Thawari takes the same course as Sen Sahatsarangsi, but on the right side of the body.

**Therapy:** Same as Sen Sahatsarangsi. Additional indications: Jaundice and Appendicitis.



*Fig. 30 Senthawari*

## 7. Sen Lawusang

Sen Lawusang starts in the left ear, travels down the left side of the throat, then towards the nipple. It makes a slight turn thereafter towards the navel and ends at the solar plexus.

**Therapy:** Deafness, Ear Diseases, Cough, Facial Paralysis, Toothache, Throat Ache, Chest Pain, Gastrointestinal Diseases.



*Fig. 31 Sen Lawusang*

## 8. Sen Ulangka (Also called Sen Rucham)

Sen Ulangka takes the same course as Sen Lawusang, yet on the right-side of the body.

**Therapy:** Same as Sen Lawusang.



*Fig. 32 Sen Ulangka*

## 9. Sen Nanthakrawat

Sen Nanthakrawat comprises two lines:

- Starts at the navel and runs as Sen Sikhini to the urethra or urinary passage.
- Starts at the navel as well and runs as Sen Sukhumang to the anus or fecal passage.

**Therapy:** Sen Nanthakrawat is generally worked on by giving an Abdominal Massage. Indications are: Hernia, Freuent Urination, Female Infertility, Impotence, Precox Ejaculation, Irregular Menstruation, Uterine Bleeding, Retension of Urine, Diarrhoea, Abdominal Pain.

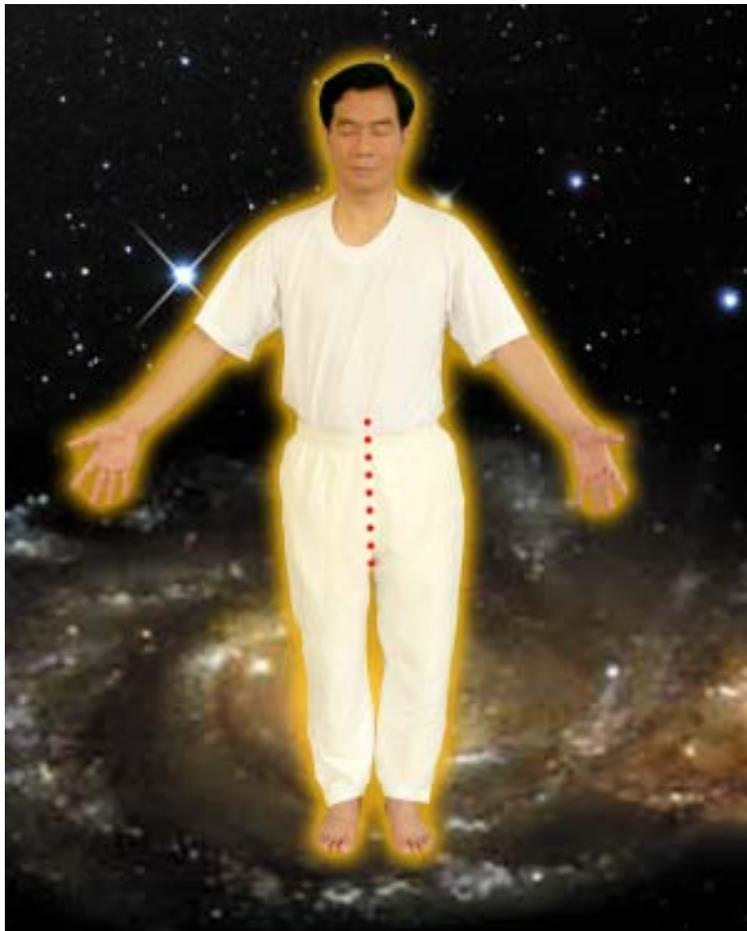


*Fig. 33 Sen Nanthathakraawat*

## 10. Sen Khitchanna

Sen Khitchanna is broadly similar to Sen Nanthakrawat. It runs from the navel to the penis as Sen Pitakun (male) and from the navel to the vagina as Sen Kitcha (in women).

**Therapy:** Therapy on Sen Khitchannais done with abdominal massage as well. Same indications as with Sen Nanthakrawat.



*Fig. 34 Sen Khitchanna*

## **Muscle-Tendon Meridians**

There are 12 muscle-tendon meridians in the body. These exist along the surfaces of the muscles and tendons, running from joint to joint. Unlike the other meridians, these do not connect with any internal organs.

They seem to be primarily involved in the gross utilization of energy with which the musculature is associated. Here, however, there is far greater efficiency (that is, minimized effort with increased energy output) than is ordinarily presumed to be normal.

Muscle-tendon meridians originate in the extremities, meet at major joints and end at points ranging throughout the torso and head.

Knowing the Tendon Routes well and energizing them will greatly increase the Muscle-Tendon-Fascia Tone and improve the range of movement or radius.

### **1. Lung Muscle-Tendon Meridian**

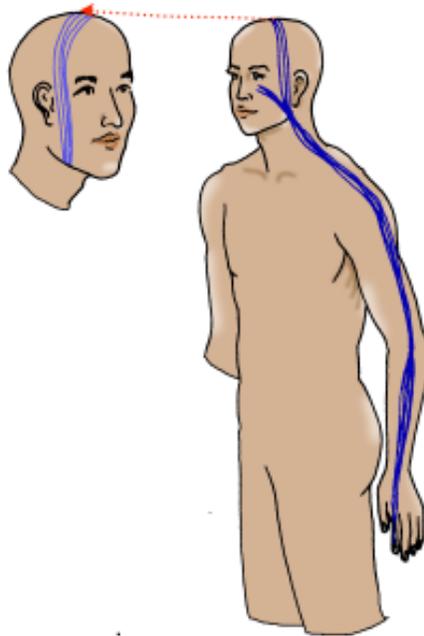
This meridian has its origin at the end of the thumb. Looking at a person standing and facing you with his arms at the sides of his body and the palms facing forward; the meridian would be seen as a line that extends up along the outer side of the bones of the thumb to the outer side of the wrist. It then ascends up the outer side of the forearm to the crook of the arm and, rising up the biceps, crosses over to and enters the chest, coming out again at the sterno-clavicular joint. From there, it extends across the collar bone to the front deltoid, while another branch extends downward into the chest, sending still other branches down to the diaphragm.



**Fig. 35** Lung Muscle-Tendon Meridian

## **2. Large Intestine Muscle-Tendon Meridian**

Again, picture a person who is standing and facing you. Now his arms are at his sides with the palms facing inward to the torso. Beginning at the end of the index finger, this meridian travels up along what is then the outer side of the forearm to the outer portion of the crook in the arm. There it continues to ascend along the outer side of the upper arm to the side deltoid and then splits into two branches. One goes back over the trapezius muscle, descending down between the spinal column and scapula and extending up along the backbone to about midway of the length of the neck. The other travels across the lower surface of the trapezius and then to the sternocleidomastoid muscle on its way to the face, where it splits again at the jaw line. One short branch runs to the corner of the nose, the other travels up along the side of the face, passing through the side of the forehead on its way over the top of the head and down a similar route to the opposite jaw, where it finally anchors.



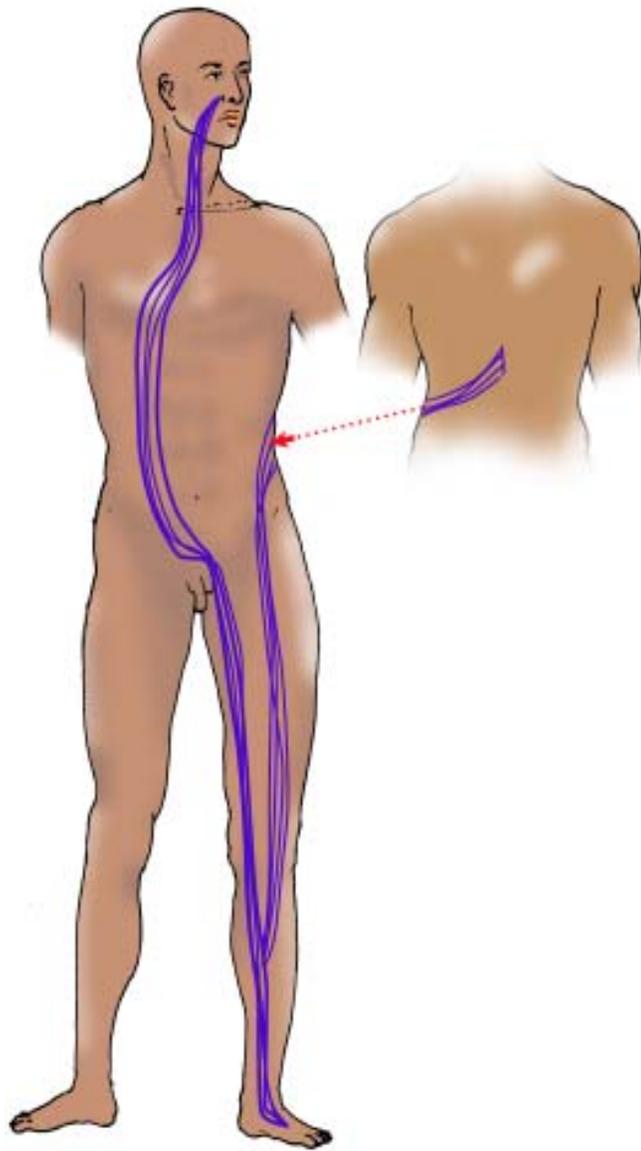
**Fig. 36** Large Intestine Muscle-Tendon Meridian

### **3. Stomach Muscle-Tendon Meridian**

This meridian is somewhat more elaborate, starting at the third toe and sometimes the second and fourth, too. The meridian runs up the lower surface of the foot to about the level of the ankle. From there it splits into two branches.

One goes up the middle of the lower leg to the outer side of the knee. The other, running laterally to the first, continues to the hip joint and then up over the ilial crest (upper part of the pelvis) to continue on around to the back where it crosses the lower ribs and joins within extension of the meridian that runs along the backbone from the sacrum to about the level of the collar bone.

Returning to the more medially located branch, we see that it continues up to the top of the thigh and veers in towards the pubic bone. There it enters the abdomen and emerges again above the cavity of the collar bone. Next, it travels up the side of the neck and jaw, where it splits in two. One branch veers forward towards the corner of the mouth, ascending up along the side of the nose to the corner of the eye. The other goes up along the jaw line to a point in front of the ear at the temple.



*Fig. 37 Stomach Muscle-Tendon Meridian*

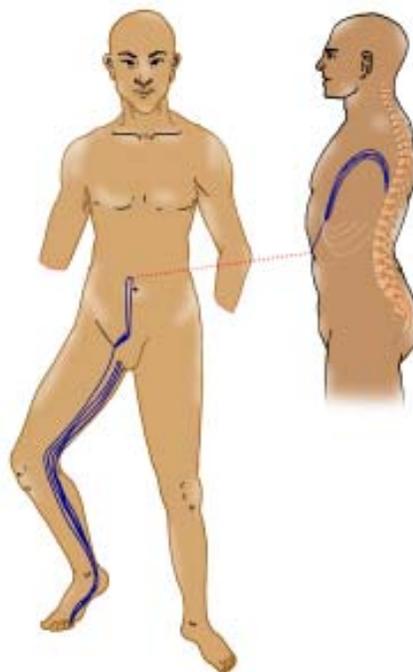
#### **4. Spleen Muscle-Tendon Meridian**

With the figure standing and facing you, this meridian is seen as originating at the middle and end of the big toe. It then runs along the middle of the foot and ascends to the internal malleolus (hammershaped bone on each side of the ankle).

From there it continues upward along the middle of the shin, passing the middle of the knee.

Then it travels upward, beginning at the middle of the thigh and sweeping across it to end at a point on the groin. It then turns in toward the pubic bone and rises straight up to the navel. Veering off laterally, it crosses the abdomen, ending at a point just below the nipple, where it then enters into the chest.

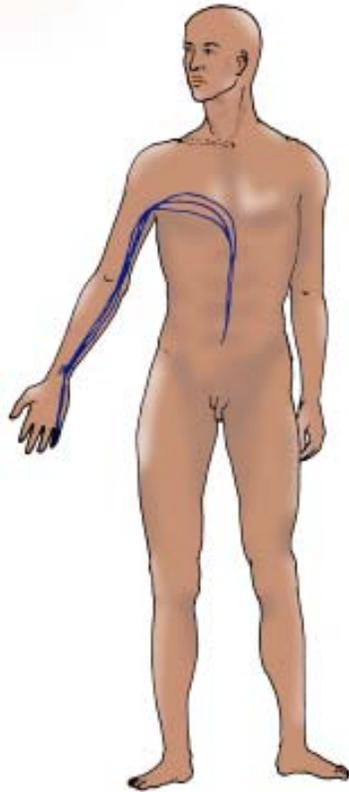
Another branch runs through a point located at the pubic bone, to the coccygeal region where it ascends the mid-line of the backbone to about the level of the tops of the scapulae.



**Fig. 38** Spleen Muscle-Tendon Meridian

### **5. Heart Muscle-Tendon Meridian**

With the person standing with his arms at the sides of his body and the palms facing forward, this meridian begins at the lateral tip of the pinky finger. From there, it ascends to the middle of the wrist, continuing upward along the middle of the forearm to the crook of the arm. Traveling upward and medially, it runs to the armpit and then crosses the pectoral muscle at about the level of the nipple, joins at the mediastinum (the partition between the two pleural sacs of the chest, extending from the sternum to the thoracic vertebrae and downward to the diaphragm) and runs straight down to the navel.



**Fig. 39** Heart Muscle-Tendon Meridian

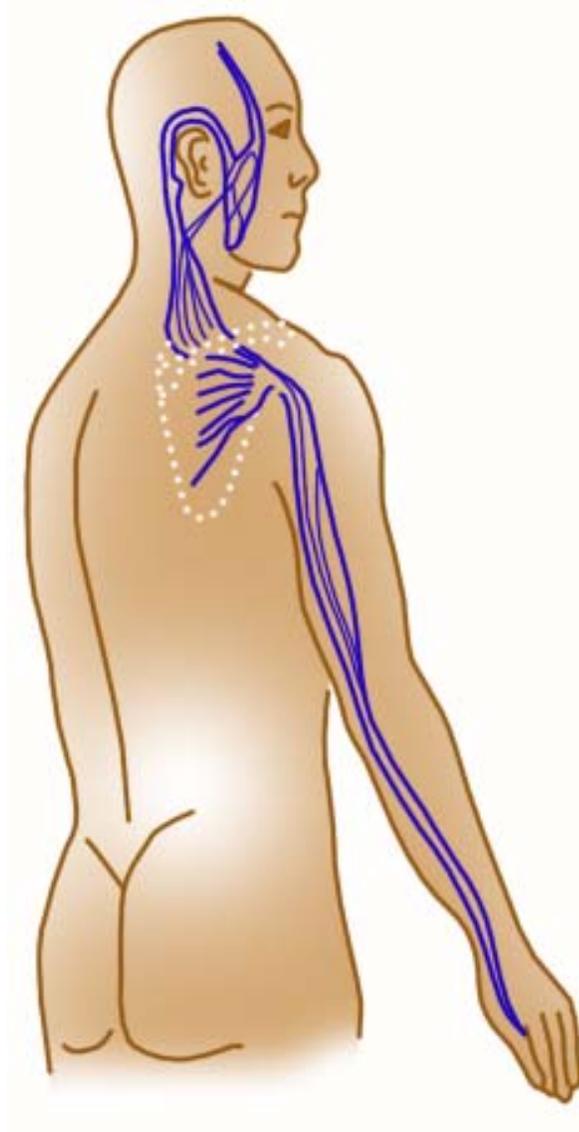
## **6. *Small Intestine Muscle-Tendon Meridian***

With the person standing and facing away from you with his arms at the sides of his body and the palms facing forward, this meridian begins at the tip of the little finger. Ascending up along the back of that finger to a point on the wrist just above it, it continues up along the middle of the forearm, joining its upper arm extension in the middle of the elbow.

Proceeding up the middle of the upper arm, it unites with its neck and ear extension behind the armpit. Ascending and descending, tracing out a pattern like a Z on its side, it continues up and over the trapezius, crossing the neck and connecting at the mastoid process with a small branch entering the ear.

Another branch loops up and over the ear and then dips down to end at a point on the jaw below that is slightly behind the level of the outer corner of the eye. It then ascends, passing very close to the outer corner of the eye as it travels to the forehead, uniting with the muscle-tendon meridian extension of the mastoid process at the temple.

Still another branch issues out of the point at the mastoid process, ascending the previously described branch that crosses the forehead on its way to the temple.



**Fig. 40** *Small Intestine Muscle-Tendon Meridian*

## **7. Bladder Muscle-Tendon Meridian**

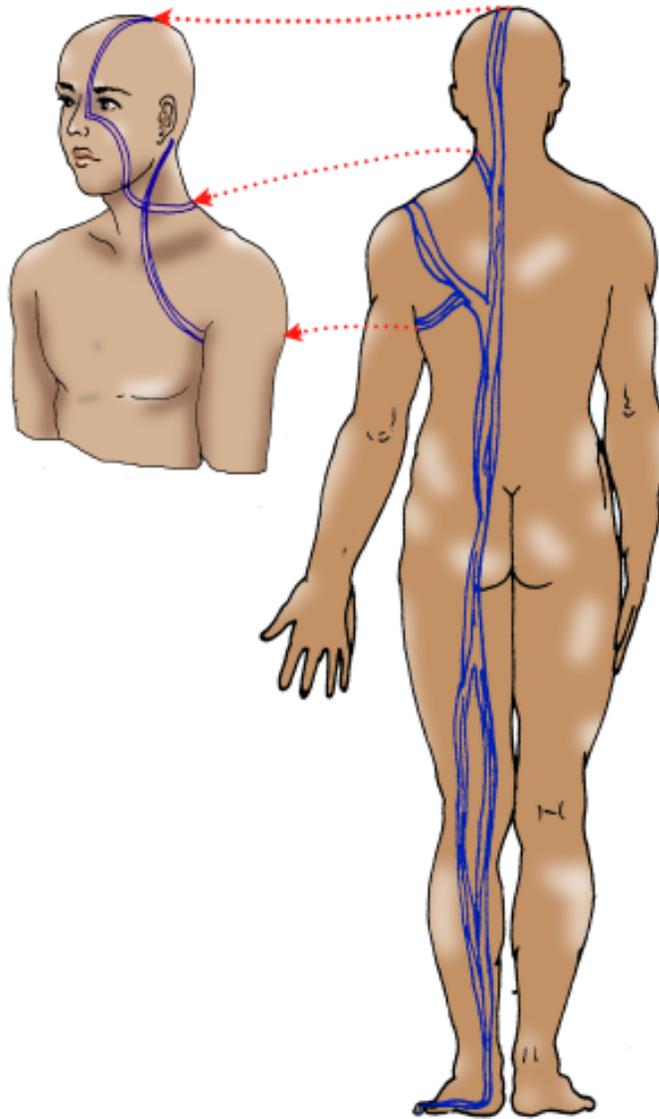
Looking at a standing figure faced away from you, the bladder meridian begins in the small toe. Running along the outer side of the foot, it rises and joins with the external malleolus.

It then ascends to and joins the lateral corner of the popliteal fossa (or cavity behind the knee), while a branch extends downward from the external malleolus to join at the heel. Then it runs up along the calf and joins at the back of the knee.

From there, it ascends to the middle of the buttocks, while at the same time extending downward along the middle of the calf to the heel. From the buttocks it ascends along the mid-line of the backbone to the nape of the neck, continuing upward to join with the occiput (the lower back part of the skull). It continues upward across the crown of the head to unite with a point at the side of the nose near the inner corner of the eye.

A branch arches along the line of the eyebrow and swoops down to the cheekbone. Then, continuing downward, it extends to the lower jaw, the throat and onto the chest, passing under the armpit to angle up to and join with the line that ascends the back bone.

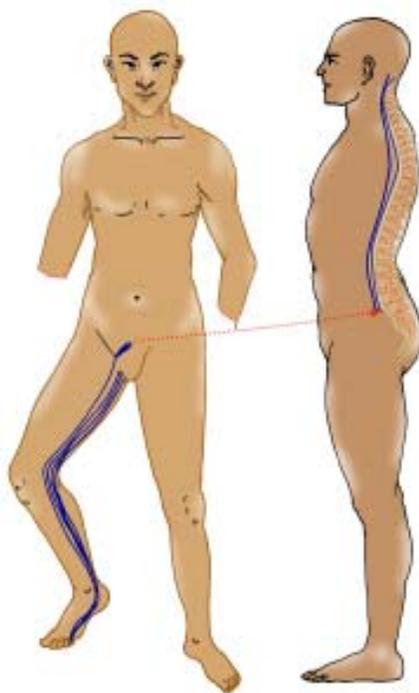
A small branch extends up out of this extension' to the backbone, rising at an angle out of the region of the scapula to unite in the shoulder. There is also a branch that extends out of the nape of the neck to unite with the root of the tongue. Finally, a short branch extends from the line coming up and out from under the armpit to join at the mastoid process.



*Fig. 41 Bladder Muscle-Tendon Meridian*

### **8. Kidney Muscle-Tendon Meridian**

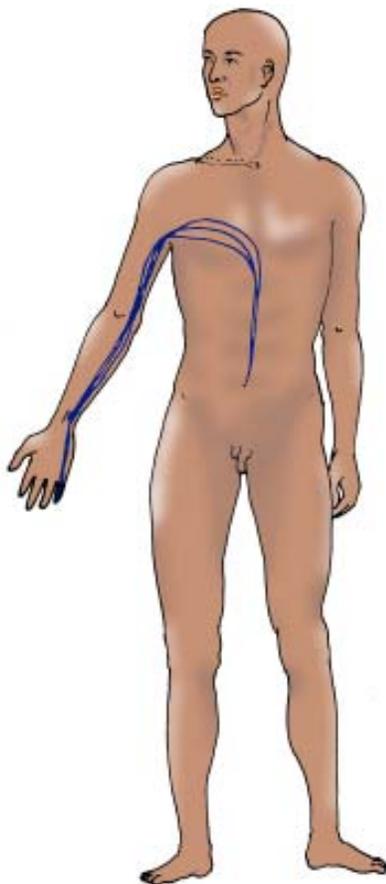
Looking at the back of a standing figure with the left heel lifted, the meridian is seen to start under his little toe. From there it travels along the spleen meridian and curves up at the arch of the foot, passing the underside of the ankle and uniting with the calf extension of the muscle-tendon meridian at the Achilles tendon. Continuing to ascend the middle of the calf, it unites again at the middle of the popliteal fossa (cavity behind the knee) joining with the bladder meridian. Viewing the same standing figure from the front, the kidney meridian is seen to continue up along the inner side of the thigh along with the spleen muscle meridian. It unites at the pubic bone, continuing a short way up to the navel. From the pubic bone it goes through to the coccyx, where it ascends the backbone to connect with the occiput and join with the bladder meridian.



**Fig. 42** *Kidney Muscle-Tendon Meridian*

### **9. Pericardium Muscle-Tendon Meridian**

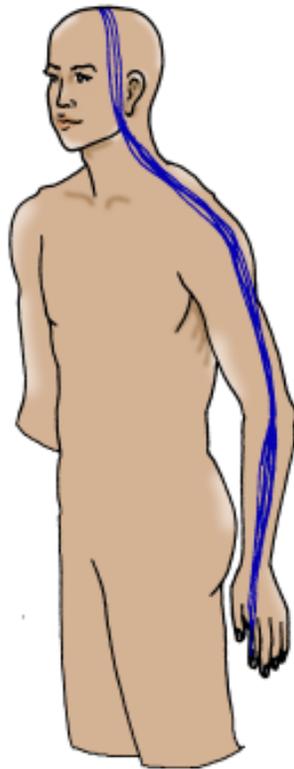
Facing a standing figure with his arms at his sides and the palms of the hands facing forward, the meridian begins at the middle fingers. It then rises up the mid-line of the forearm and upper arm, passing through the middle of the palm, the crook of the arm, the point of attachment of the front deltoid and then into the armpit. From there it spreads out into the chest both ventrally and dorsally.



**Fig. 43** Pericardium Muscle-Tendon Meridian

### **10. Triple Warmer Muscle-Tendon Meridian**

Observing a standing figure from the rear with his arms at his sides and the palms of the hands facing forward, the meridian is seen to begin at the end of the fourth finger. It rises to a point directly above it at the wrist and goes up the forearm to the elbow. Then, it travels up the middle of the upper arm, over the trapezius to the neck, where it joins the small intestine meridian. One branch goes to the jaw and connects with the root of the tongue, while the extension of the main meridian rises past the teeth to the ear. There it shifts forward to the outer corner of the eye and continues up past the temple to the upper part of the hairline.



**Fig. 44** Triple Warmer Muscle-Tendon Meridian

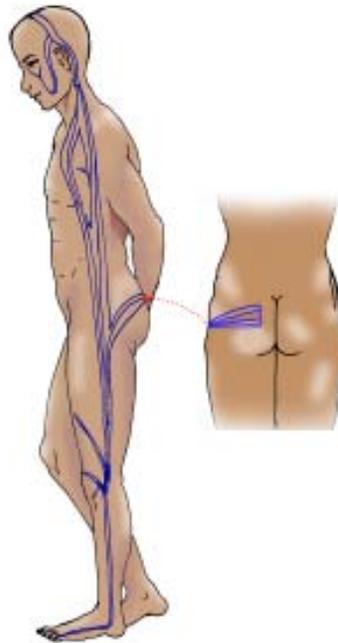
### **11. Gall Bladder Muscle-Tendon Meridian**

Here, when we view the figure from the side, we find that the meridian begins at the outer side of the end of the fourth toe. From there it angles up along the lower leg, sending out a branch to the outer side of the knee.

Continuing up the thigh, it disperses another branch at S-32 and, continuing upward, sends out yet another branch that runs to the anus. It then ascends along the side of the body and rises in front of the shoulder, uniting with the muscle-tendon meridian extension that leads to the breast at the supraclavicular fossa.

A slightly divergent point just below this bulges forward, where it links with the breast. The main meridian continues upward, rising up behind the ear to the crown of the head.

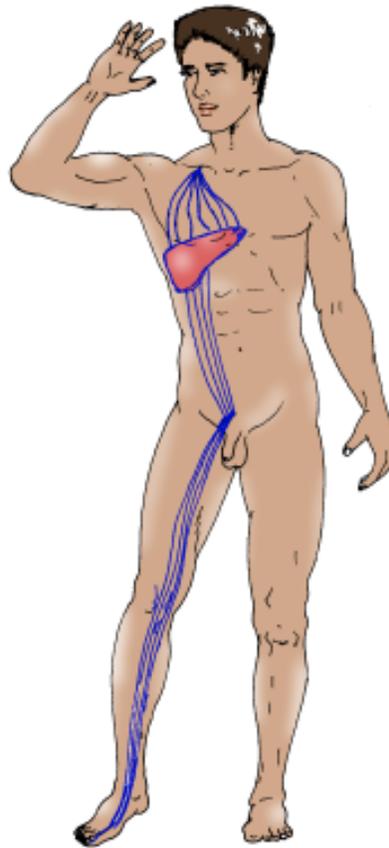
It also descends in front of the ear to the side of the jaw from where it ascends again to the corner of the nose, while another branch travels up to the outside corner of the eye.



**Fig. 45** Gall Bladder Muscle-Tendon Meridian

## **12. Liver Muscle-Tendon Meridian**

Here we view the standing figure facing us. The meridian starts at the big toe and connects in front of the internal malleolus. It then rises up the lower leg along the tibia (the inner and larger of the two bones of the lower leg) and joins on the inner side of the knee. Finally it sweeps up the thigh and unites at the pubic bone, thereby connecting with all the other muscle meridians.



**Fig. 46** Liver Muscle-Tendon Meridian

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Master Mantak Chia is the creator of Universal Tao System, Healing Tao, Tao Yoga and is the director of the Universal Tao Master School at Tao Garden Wellness Retreat in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Tao System which is now being taught throughout the world.

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