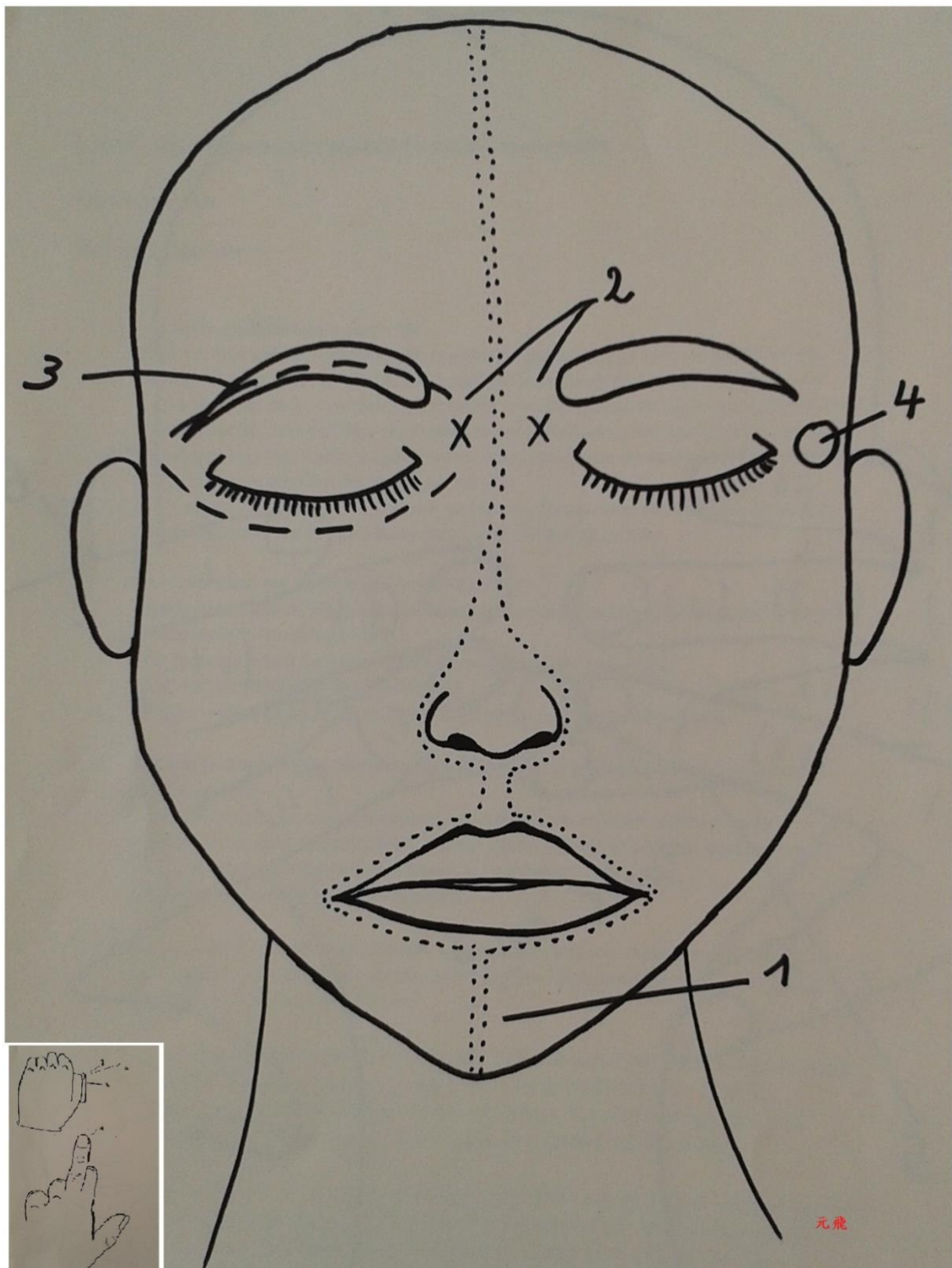
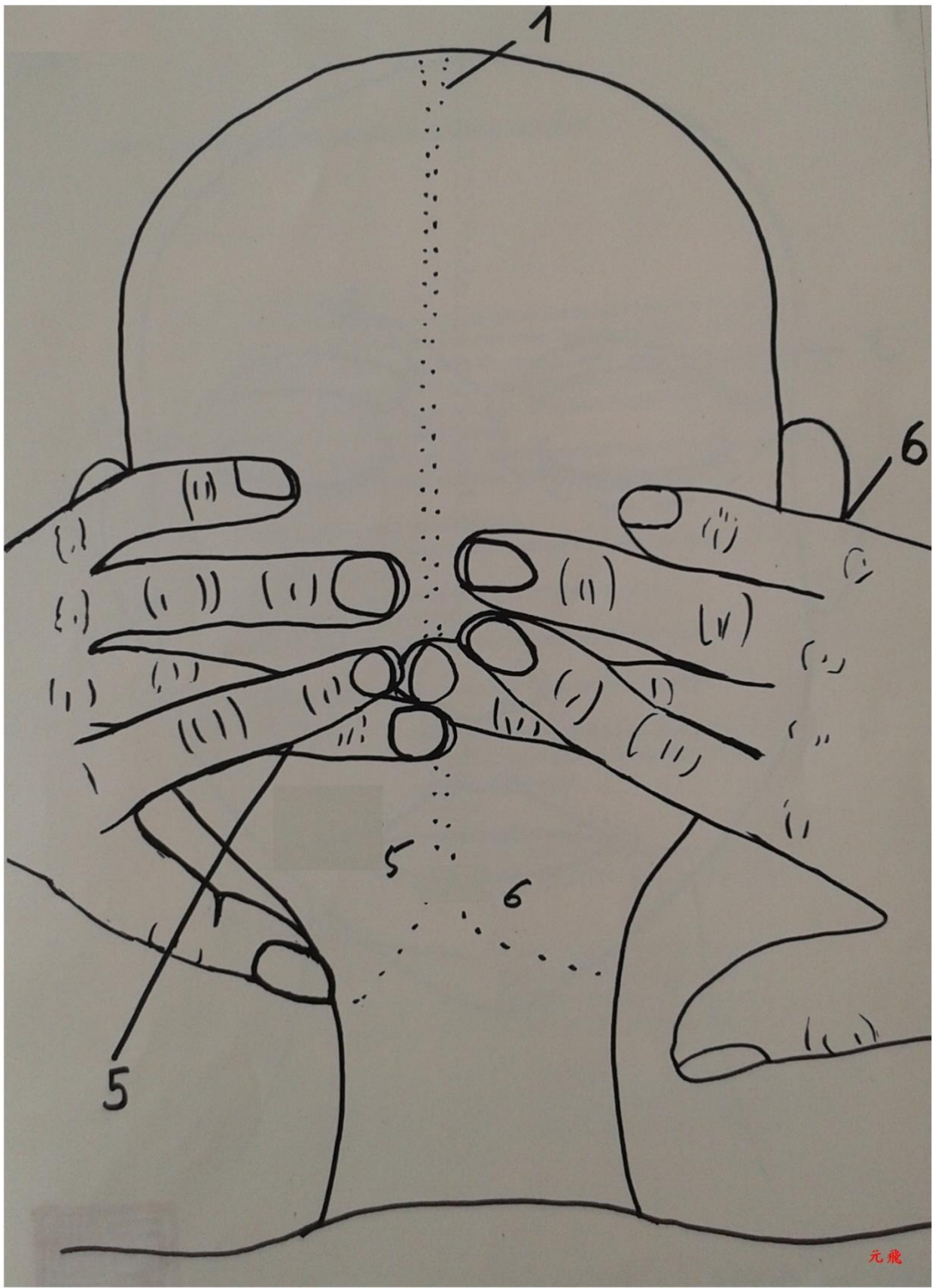


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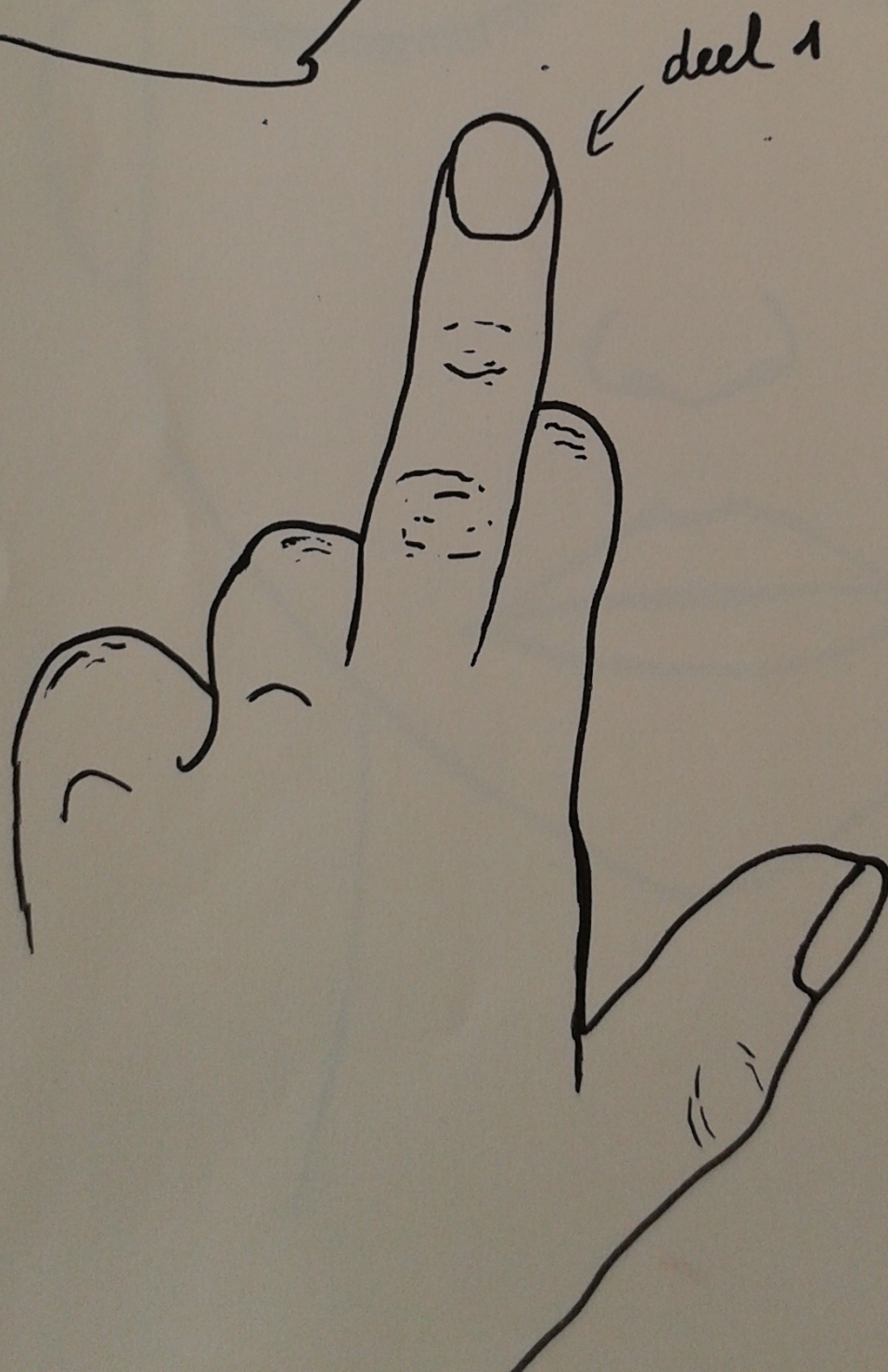
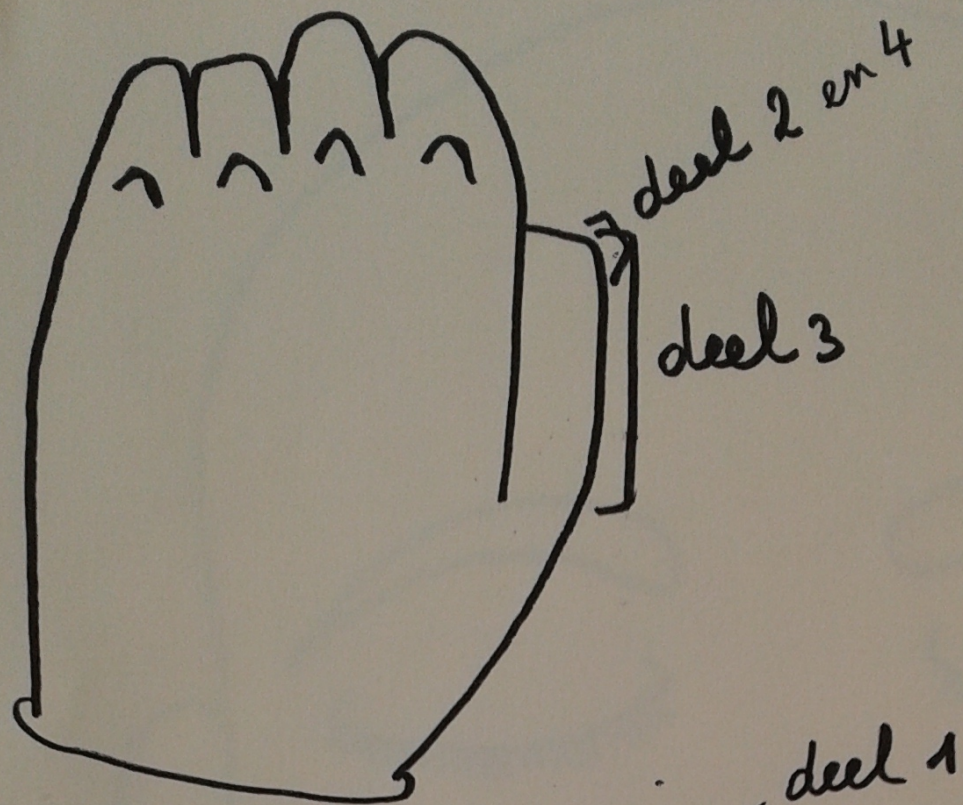


Taught By Tian Yuan' s House Teacher Tian Yi- 天怡
Centre Nature du Pré Bénit, March 29, 2016

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Massage with warm hands.

1. Put both middle fingers under your chin

Inhale:

Glide them over your chin, up to under your lips, continue left and right up to the corners of the mouth, then inward above the lips, under the nose, upward aside the nostrils, between the eyes, over the forehead, over the hair, stay in the middle of the head

Exhale:

You glide further over the back of the head until the neck. Slide around the neck and return to the front gliding under the ears, back to the chin.

We repeat this 3X. Then rub your hands again and repeat this process another two times. So we will have done this massage 9 times.

2. Use the knuckles of-your thumbs.

Put them at the inside of each of your eye corners, your fingers pointing upward. Some people use this same spots when they have-headache.

Here we press at least 9 times, but you can do it up to 81 time.

Press, and softly release in a bouncing effect, and repeat, ...

It is easy to do if you clench the thumbs under the other fingers

3. Use the middle phalanx of your thumb, still clenching the thumbs under the other fingers. Put both fingers between the eyebrows. Glide with pressure outward left and right over your eyebrows. At the end use a little energy to release. Alternate above and under the eye sockets.
4. Using the thumb articulation (2nd joint). Make a circular movement on the temples while constantly keeping pressure. Turn 9 times in one direction and then 9 times in the other direction.
5. Put both hands on the back of the head with the palms on the ears. The elbows point to the front. Put the index fingers on the middle fingers and let the index fingers drop from the middle fingers. You should hear a kind of snapping noise. Do this 9 to 81 time.
6. Leave your hands as in number 5. Pressure gently but firmly on both ears and then let go. You can hear a sort of popping noise. The elbows point to the front as in number 5, but they move slightly outwards when doing the popping. This is not necessary, but may be easier.

- Remember that the general posture is as in taijiquan:
- Breathe gently through the dantian.
- Take a relaxed posture, open the back, sink the chest, relax neck and shoulders. If you are well relaxed, you will feel well grounded.
- Make sure you always have warm hands. If necessary, rub them in between the exercises.
- Avoid using oils or chemicals on the hands, face or hair.

You can use this massage to get a quick positive stimulus, or if you are unable to do your breathing session.

Enjoy the successful results.

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