

**Self-Care TaoTouch Chi Nei Tsang  
with Tiffany Fyans  
Jan-Feb 2026**

**January 16, 2026**

**Welcome!**

**New Moon - new patterns**

**Open by greeting elements and directions that exist so we may exist.**

**Gravity**

feel its pull on the body

Can feel movement up through the bottom of the body, on up

And releasing into the earth  
Let self be held  
Aligning with that Earth force

Staying centered in gravity  
turning attention to energies above  
celestial  
letting light descend  
mis with force of gravity in every cell

Getting in touch with what is behind you (whatever direction you are facing)

**Opening the lungs and back of spine**

Feel back of head resting, like it is on a pillow

**Sense of what is behind**

Sense organs mostly in our front  
notice what draws your attention

**Feeling both two sides at the same time**

Equalizing relationship between the two sides  
releasing any pressure form one side and the other

Can use hands to comb up sides of body  
Then down the front  
Venting  
Venting anything ready to go out of your space

**Venting 9 times**

Creating vibration in space that matches the marrying inside of all the directions around you

Next:

**Hands to navel**

Feel warmth in navel

**absorb that towards your back**

can circle hands over navel

warmth of hands

**spread to pelvis**

up from back into the diaphragm (aka "the rib hugger" - its wrestling name)

letting it stoke the inner fire, inner spark there,  
behind and under the navel

hands still on navel

be aware of whole space behind, all the way to the spine

feel it land in the spine

all the way to surface your back - skin over the spine in the back

let body curve around the hands at the navel

opening the back

breath into your palms

attention come back towards the navel

**Gentle spinal breathing**

drawing the energy ball back to spine, fill it up, spiraling back  
then back to the front

**feeling pressure gradients front and back equal**

expanding chi ball behind navel, in front of spine, equal in all directions

Roll the chi ball around, activating the waist in a little circle  
circle both directions

if you yawn or burp- normal as the pressure gradients adjust

**sliding fascia around the organs**, opening space around the organs there

separate hands to each side of navel

**bring to sides at hips**

hands on hips, thumbs behind

holding each side of rib cage at the lower ribs

keep noticing the movements of this area as let breath come in between Ming Men (Door of Life, by kidneys), and navel

**Liver** - under right side of rib cage

**Spleen and pancreas** under left side

Liver is denser organs. May feel more like a wall to to breath

**Bring a solvent-like breath energy there**

called the Inner Smile

Right rib cage

If left side feels dense too, do the same Inner Smile breath in there as well

As breathing into hands, navel and back, feeling all the directions and gradients  
up, down, side, side, front, back  
allowing breath to move anywhere that needs the attention

### **giving everything a little space of its own**

can lean side to side to open tension on the sides  
opening space for organs, for digestion  
notice form inside out what your body needs and wants

### **This course:**

#### **Concept of digestion**

physical, emotional, mental digestion process that we are going through as we move through life

As we approach springtime, Chinese new year in a month (late one this year)

### **Spring = Wood energy**

Start making room for what is new to grow  
Breaking down things into smaller pieces, more surface area to be broken down  
into what either becomes us and what we leave behind

### **Good practice to do for 15-20 minutes each day**

Feeling what we are and what is around us  
Opening the space for digestion

Just tuning and getting in touch with the way things are inside us  
Way different directions penetrate into our system  
That awareness alone starts the digestive process  
Tuned into healing process that is always waiting

The healing field vs pathological field  
Entering the healing field through feeling what is there

Allowing the intelligence of us in our bodies, mind, breath - to do their thing. To address what it becomes aware of.

## **DIGESTION**

### **First part: brain and mind**

What we have an appetite for  
vs what we are "force fed" - things we don't have choice over  
focusing on where we do have that agency to digest  
models how we digest things we may not have choice about - world, others' energy, things  
have to do, etc.

### **Physical digestive system:**

Thinking about what to cook  
Starts cascade of enzymes for what we are going to consume  
what we consume has big impact on nutrition we are going to absorb

State of mind when eating is huge

## **Starting with mouth**

### **Teeth, salivary glands**

#### **Tapping of teeth**

sends vibration through bones, skull  
clicking teeth together (jaw relaxed) - feel vibration in skull  
sending that into all the bones

#### **Salivary glands and parotid glands**

“milk” those with fingers, starting at skin level  
draw those down with fingers  
feel release of glands  
down towards tonsils  
notice if you get saliva going  
Saliva will reflect the chemical state of your body (and mind!)  
saliva is protectant fro teeth, for mouth  
has all kinds of properties  
increasing salivary excretion is a self-care exercise  
moving saliva around in mouth  
activating glands, jaw, ears

#### **Warrior chi - first line of defense against the elements**

as people age, things dry up  
mouth is the first place of digestion (after chemical cascade from thoughts)

bring lips forward like sucking on something  
Yin quality of moisture into mouth  
incredible boon to digestion

Amylase - enzyme that breaks down carbs into sugar so stomach can take more out of them

#### **Tongue** - move around top teeth - front to back

notice tensions, moisture levels  
use tongue in way to maintain moisture  
Do lower teeth too - with tongue

If mouth chronically dry, can take oil, hold in mouth, let body absorb  
sesame oil, food-grade castor oil

give a little massage to gums too  
relaxing shoulders

#### **Gargling**

##### **tones the vagus nerve**

salt water, maybe essential oils, tea  
gargle, make sound  
vagus nerve - innervates every vital organ  
starting up in head with vagal toning - gargling, singing, ululations  
toning the vagus nerves (we have 2! one on each side)

## **Thyroid, parathyroid glands**

Tao Yin practice - Chi massage there  
open space around, warm up space around thyroid in throat area

Cold food, ice - has huge effect on digestion  
contracts thyroid, etc. - slows down digestive process

### **a warm thyroid is more functional**

also that warmth nourishes the spleen

## **LYMPH**

lots in the neck area

Warrior chi - first line of defense

under collar bone - subclavian vein

gentle lymph drainage down sides of neck, down collar bone

huge for self-care

Lymph is our immune system

T-Cells, B-cells, macrophages

## **HYDRATION**

When **lymph** gets dry, it slows down, gets gooeey, locks up fascial planes, all through body  
when lymph has gotten dry, grainy, gluey, then it becomes hydrophobic- moisture doesn't  
absorb, it just slides off

Rubbing area helps open lymph to receiving water

Lymph nodes and tubules

in the interstitial parts of body tissue, there's fluid area where blood cells move through  
capillary beds. Pick up things from blood and brings it where it needs to go

Interstitial places - in between everything

Neck area - lymph

Subclavian vein

gets it all going

Rubbing gently from outer collar bone towards sternum

**Breathing!** Navel, behind navel

breathing helps move lymph

Feeling for any nodules under clavicles

Caring for our body

Starting with the base line that holds all our parts

## **BREAKOUT ROOMS**

As feeling different directions around the body, where were you correcting from to get back to  
the center. Any discoveries about the process. Also what you found when working with the  
mouth and lymph?

Thanks for participating!

## **Couple components of digestion**

Breaking down into smaller parts

Assimilation/absorption - once they have been alchemized into something we can use

Those 2 processes done by same system

## **Yang and Yin sides of digestion**

**Yang side** - strong mashing up and breaking down into usable components

**Yin side** - absorption

### **Study on eating:**

concentration camp, not a lot of food

3 survivors

took time with food, keep it in mouth long, for better absorption

Getting into state of mind (and chemistry state inside) where we can benefit most from our food intake

**Time** - taking your time for practices, time to taste

So when it goes down to autonomic aspects, our body knows what to do with it  
our nervous system in a condition for best digestion, absorption

Going for really good digestion

**In Chi Nei Tsang world, extends into emotional digestion** - big part

Don't have to wallow in our feelings to digest them

but avoiding how we feel hinders digestion

don't have to digest everything at once - in emotional digestion

our body and mind knows

### **Biology of Consciousness**

coming from past (Water) to where we are being drawn into something new (Fire)

balance between those two

**Appetite** - what do we want to eat, where want to go in life, purpose and direction in life

### **Tube:**

Our bodies are a container for a tube from mouth to anus

As things move through, broken down, presented with components that we can use (or not)

**Hard feelings** - don't try to push it down or push it out - just feel it, let it be there, as uncomfortable as it may be- it will move on its own, body will take care of it naturally. Trusting the process.

Whatever is there in that tube, is meant to be. So we can outgrow things we don't need anymore. And receive something new so we take the next steps with more chi, power.

*Healing From Within* book by Gilles

### **Digesting a brick. Already eaten. Have to digest it, naturally**

As passing through the tube, hitting up against personal tender parts of ourselves, making themselves known. We have to breathe and make space around it. Allow it to move through.

Tubes, breathing, making space, moving body, moving mind, feeling emotions that are there, while being gentle and tender with ourselves.

### **Guardian - Denial system - ok**

Don't have to face everything all at once.

Breaking the brick down into digestible chunks over time

Doing the practices helps us to be able to receive what we have to digest  
Where can handle our feelings more.

**Wendy:** Happy to be here. Things we know but don't take the time to practice. This class helps us to do these exercises and such.

**Osteoporosis:** Eating when in a hurry or stressed, stomach takes minerals from system that it doesn't need to otherwise. It takes these minerals from our bones.

### **Eating less**

Anjalis - Ayurvedic

### **Knowing how much to eat**

#### **Form hands into a little cup/bowl. That is your portion for a meal.**

Of that portion: one palm is your protein amount

the rest is your fiber/carbs (esp vegetables)

two thumbs are good fats

if protein is fatty, then that takes up part of the fat (thumbs)

#### **Pancreatic enzymes - most available 7-9am, 12-2pm and 7pm**

digestive fires the strongest

**Tiffany's video freezing!** Internet issues at end of class here...

David and Rieko sharing

**David:** Eating slow helpful, better digestion and not overeating

Drinking water - upon swallowing, intention of absorbing, helps with hydration! Noticed in real life.

**Alicia:** 30% protein, 30% fats, 40% carbohydrates (veggies)

Dry carbs - can take long time to move down esophagus

Space in the stomach.

**Glass of water with salt,** few minutes before eating, eating slowly

Hydrating system prior to eating

not too much to dilute enzymes

**Salt** - electrolytes. Unprocessed salts. Best with names of particular seas: like Celtic sea salt, grey Atlantic salt. Salts that still have ionic properties to them.

Teaspoon of unprocessed sea salt in morning with warm water - great way to start hydration

Hydration - Hydrogen - lightest molecules. Help molecules move in body.

Due to internet issue, getting to end anyway  
so, closing class now

### **Bring hands back to navel**

warmth back from navel to ming men center

gather selves in warmth

Gathering anything in this meeting that was valuable to you

**Feel free to email in questions, feedback, sharing throughout the week.**

**Thank you! See you next week!**