

Sacral Energy Chi Kung

with Tiffany Fyans

April 2021

Notes by David Sloves

April 2, 2021

Sorry I was too absorbed with the beginning of this new class, and helping people onboard, etc. Only started taking notes at :41! (So watch the video!)

Before though, we did venting (bringing heat/energy down), shaking, breathing, etc. Diaphragm, navel, kidneys.

Short breakout rooms for sharing

Connecting with belly - get internal message where to connect with.

Bring energy down legs, etc.

Tapping on kidneys, etc. Moves chi. Creates stem cells.

Ming men center - Gate of Life - in back by kidneys. Opposite from the navel.

Movement, “picking cherries”, whatever you want.

Q&A, sharing:

Where is “belly”?

Where is dan tien?

Pressure gradients can go all the way up sternum, collar bones, etc.

But we’re working more with solar plexus down to pubic bone - octagonal.

Bagua = 8 corners

Back dimensions: similar. Root of navel attached to base of spine. Breath/connect with back helps, but we're working more from front.

TERMS: Bagua, dan tien, wind gates, etc. we will define as we go...

:57 Practice Today: 1st step of practice

Sit on sit bones (not tail bone)

Feet on ground, Kidney 1 point - bubbling spring- middle of ball of foot

perineum point connecting with chair or ground

Plugged into energy source - 2 feet, 2 sit bones. Rest of body stacked up.

Connecting navel and ming men points. Feel like connected with a rope, pulling forward and back. "Flossing" channel betw navel and ming men. Cleaning out any sediment, thickness, blockages. Nourishing this channel...

Rocking on sit bones

Hui Yin point - perineum. Gathering point for Yin energy, gather up from feet, from Earth.

Now "floss" channel between Hui Yin and Navel points. Out Navel and Hui Yin. While doing same rocking as before.

Smile into it. Inner smiles.

Gentle, self-compassionate work.

Connect Hui Yin and Ming Men points, flossing, rocking. Channel between them - intestines, "inner winds", etc.

Kidney sound - cold energy - choooo

Now move among those points in a triangle.

Rocking is organic, like a water wheel, continually going.

Eventually, breathing into the whole triangle at once.

Breath into area, expand like balloon. Then compress like making diamond.
Expand, compress... Hug into triangle at top and bottom of breath. Breathe in light, nourishment. Breathe out, squeezing, hugging...

And relax. Let it be as it is.

End by warmup up hands, smile in belly, and connect hands with a spot or places that need some extra love.

Then brush lightly around belly in general in direction of digestion.

Triangle with hands on lower abdomen. Breath. Can tap back body and down legs.

Eventually in this course we will build a sphere in there, where the triangle is.
Filling up the sphere...

April 9, 2021

Warmups - shaking, twisting around central axis, picking cherries, etc

“Winds” - inner weather

How to touch belly

Digesting emotions, like physical digestion

Practice gets in touch with the dream body

Breakout room - 5 min - check in, sharing from past week

20 min practice: Connecting with each of the 8 sections of the abdomen. (I almost wrote “quadrant” but I guess it would be “octodrant” or something?)

Rub hands together

Lower, sacral cavity, up to just under the naval

Top of abdomen - solar plexus, then top of rim of navel

Just noticing how it feels. Then after, what it feels like now... any referrals to other parts of body, etc.

Left side - under stomach, pancreas. Descending colon

Allowing sounds, burps, gas, to come on out. The beauty of practicing alone at home! ;)

Right side - between ribs and hip bone. Side, then walk fingers over to rim of navel on that side.

Upper left, under rib cage

No “right” way to do it - just finding what works for you at this moment. Relax with it.

Notice pressures, breathing in and around them.

Then working hands down to navel - upper left corner of navel. How does it feel different than other spots?

“Wind gates” are around rim of navel.

Inner pressure gradients create the winds. We can change these pressure gradients to help mollify the winds.

Upper right - liver

Inner smile into places that don’t feel so good.

Now bottom 2 sections. Doesn’t have to be in any order. Lower left, lower right moving in to rim of navel.

Rub hands again and put over whole navel, and just feel...

This practice can serve as an orientation point - a point of reference for approaching the world around us. A coordinate place that we can always go to - a seat of inner power and control of our relationship with the universe.

Central channel: Hui Yin (perineum) to top of crown.

Sense of orientation very important to mammals.

Breakout rooms for sharing

Practice: flossing channels: navel, Hui Yin (perineum), Ming Men (back, opposite navel - “Door of Life”)

First, grounding at Bubbling Spring (Kidney 1) point - center of sole, bottom of feet.

Flossing channels - navel/Hui Yin, Hui Yin/Ming Men, Hui Yin/Ming Men

Flossing Lower Triangle - navel/Hui Yin/Ming Men. Then breathing into the whole triangle all at once. Breath in, fill... then release.

Now drop mind into middle of this triangle. Gather energy there. Place of coalescing, condensing own energy. Place of recognizing yourself. Get comfortable in that area.

Forms a sphere there. Maybe it's swirling like the Milky Way, blending into a stellar energy (just one idea).

Becoming a sphere that's more formed, smooth all around, equally touching all lines of the triangle. Bring breath into this sphere, equally everywhere.

Powerful practice, so take it gently.

Good for fertility.

Rub hands together, gather saliva in mouth, swallow into center of the sphere. Smile there.

Work with this throughout the week!

Q&A/Feedback

Widad, Linda, Saskia

Leaving this more vague, helps us feel what's really there in us. For now, feeling, exploring.

Go slow, take breaks, little by little if feeling disoriented or anything.

April 16, 2021

David away camping with no wifi 😊

Brief notes by Janene:

We repeated the exploration of the belly, anyway you want to do it. No sequence of the 8 directions matters. Take your time.

We flossed the channels, ran the inverted triangle of energy, coalesced the energy sphere.

She asked that we do the practices from the previous classes each time before the next class, so we can continue with the new.

Longer notes by Cindy:

Started with standing (shimmering), breathing exercises to open the meridians/channels - open palms, gather energy from the earth, and receive energy into the crown with the palms of both hands

Massage the “tiger mouth” (large intestine 4) located at the base of the thumb and index finger

Fingers relaxed - middle finger “dips down” so that the three middle fingers create a funnel (like a triangle) to draw energy in from the earth and heavens

Massage the “bubbling spring” on the sole of feet (kidney 1)

Tiffany reviewed what was covered during Session 1 and 2

Breakout in groups - twice during this workshop

Dantian breathing - imagine and breathe into the triangle lines of the dantian

Hug the lines of the triangle

Drop into the space of the “upside down triangle”

Rock side to side, front to back, back to front (repeat as needed)

This is a personal process

Energy becomes more concentrated

Next week, we will carve out the center of the sphere.

April 23, 2021

Breathing into full inner space - "hugging breath"

Daughters of Copper Woman story

Central point in visceral space in abdomen

Where do the different charges lie in your abdomen?

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Chi Kung warmups

Venting

Shaking

Fingers as magnets to cleanse energy field

Spinal breathing

Squeeze, expand

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Today: More formal Chi Nei Tsang self-help routine

Get into a relaxed position - lying or sitting - keep tail bone free though, will need to let it move during the practice.

Watch video for the practice!

Connect w/ kidneys, breathe there

Bring breath from sacrum up to shoulder blades. Expand rib cage. Exhale from chest first, then abdomen (bottle breathing - in from bottom to top, out from top to bottom)

Rub hands warm, rub nails together

Open hands (open eyes of finger tips, a soft open) - and place gently on abdomen and explore around. Can be under or over shirt, but skin to skin contact can be beneficial

Watch video for benefits and more details!

Keep bottle breathing going while exploring

Now take “interesting” parts, and kinda cat paw, bringing 2 areas together in towards navel. Hugging breath, hands directing where breath can come. Pumping the belly a bit in all places calling for attention. Let hands’ own intelligence to guide the way.

Work right side area under rib cage: stomach, spleen, pancreas. From bottom to top, top to bottom, etc. Descending colon.

Then left side: liver, gall bladder, ascending colon

Bringing that down to the navel

Lower abdomen, right above the pubic bone, and lift up towards the navel

Can work at skin level, fat tissue level, and/or deeper towards spine. If deeper, move more slowly. Can use micro movements. All about the connection, breath, activation of these spaces inside.

Now Pump lower abdomen from side to side, up towards the navel. Massage self with breath on the inside.

Now free-form some finishing massage touches, maybe returning back to areas that asked for attention earlier.

Rest hands on navel. Relaxing, letting heat from hands absorb into abdomen. Abdomen absorbing, hands sensing/feeling what underneath them. Breathe. Moment of silence to sit with it.

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Breakout rooms

<https://www.youtube.com/watch?v=IIOJdMdS56k>

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In vs. outer phenomena, and the bridging of the two

Where is a place we can find some physical purity, a real physical place?

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2nd Practice: Inner Triangle, Sphere

Cultivating a zone of neutrality, equilibrium

Let's go into that sphere, bringing our consciousness there, pour ourselves in.

Clean out the triangle, clear the sphere.

Rocking, etc.

Breath into surface of sphere, shine it up. Smiling down.

Suction in, drawing in power into the area. Breath, awareness, calling all the parts of you home.

Allowing all the waters inside to come into one awareness.

Yin center - gather any scattered ideas, feelings. Bringing all the fractured stuff home, making whole, making peace.

At some point we can just let go, letting the sphere itself to do the work.

Plugging everything back into the source of our being.

Then can be aware when it is being drawn out during life - just be aware and can draw it back in.

Motion, activity there, but also a place of rest.

Now, Move to center of the sphere, dive into the middle.

Feel central channel up and down the whole body. Direct connection of going into center of sphere, and having the central channel open.

Couple more minutes practice, in silence.

Another 80s New Wave song here:

<https://www.youtube.com/watch?v=aGSKrC7dGcY>

Now brings hands back to abdomen, give yourself some love. Thank yourself!

Can bring that concentrated energy to anywhere in the body.

Kara question: Physical things that can happen with this practice. Physical changes, adjustments, shifts...

Watch the video for Tiffany's great answer!

No need to "fix" anything, just about being aware. It will shift, heal naturally.

That's all folks! Did I mention... watch the video?!!

April 30, 2021

Tiffany's website:

tiffanyfyans.com

Working with the waters of the viscera when also working with the winds, etc.

How to bring the breath inside the abdomen when working with the full 360 degrees.

Pressure gradients

Integrating parts of self to one consciousness self

Chi ball helping connect with our Intuition.

Biggest part of lungs are in the back. Back of rib cage. Belly might go out, but don't try to push your belly out. If anything, try to fill the back. Then front might push out as well. Going for 360 degree pressure.

Warmups:

Venting practice

Interesting tidbit about lymph

Picking cherries

Spinal movement - kidneys

Connect with 8 sections, extending all the way through body

Lifting knees toward navel (hanging from string, not marching motion)

Peritoneum - lining of internal organs

Today: A little more self Chi Nei Tsang treatment! Taking the work we've done and apply it to the **LARGE INTESTINE** - Metal organ. Digestion of food, digestion of emotions as well. Sensitive organ, like Metal is a sensitive element.

Hands on lower left part of abdomen: the **sigmoid colon**. Breath in and around it. TaoTouch approach - just making contact, listening with hands, and respond in kind- with with it - no forcing anything.

Emotional aspect - parts here are at the end of their journey of being processed. This part, sigmoid colon, is about letting go.

This touch might release gas. Ah the benefits of doing this on Zoom at home, and not in a big class!

Now move up to **descending colon**, between ribs and hips. Part of this goes towards the side and back.

See video for the visual references.

Now bring hands to **splenic flexure** of color, under left side of rib cage. Often tight here. When expand breath laterally, helps opens this area.

Helps cause and process change, on emotional, self-identity aspects. Just be with feelings, don't try to change it, hide, or anything. Let them be and they will change and be digested naturally in their own time.

Now: **Transverse Colon**. First go to solar plexus area. (Gastro-colic ligament holds transverse colon up, connected by fascia.) Walk hands down from solar plexus, maybe can find transverse colon tube going across. Can even be lower than navel. Might be hard to feel. Different feeling and specific placement for everyone, and can change. But still just connect with that area with hands. Breath encompassing structure from all sides.

Good for nerves, blood supply, peristalsis, etc.

Making room from end of tunnel to the start. Clearing space.

Next move to the **Hepatic Flexure**: under right side rib cage, right under liver. Liver is Wood element, associated with wind (and anger) so working here can help quell these winds. Opening the flexure. Greeting to things that are just going into the light of day/consciousness. Watch video for more great info from Tiffany! Breathing, feeling (not pushing) - it will break down. Creating a solvent with the breath, feeling, chi connection. Place both hands and can "bake" areas between the hands, anywhere on body.

Going back a bit more more technical info about transverse colon and connecting with it.

Hiatal hernia - yes this practice can help with this condition. It can lower the pressure in chest, and ease the upward pressure.

Now, thank the hepatic flexure for all it does!

Moving to **Ascending Colon**, right side of abdomen between rib and hip. Like descending colon, also goes a bit posterior (side and back).

Then the **Cecum**, by bottom right hip. Is a sort of bag that the small intestine empties its contents into. Where emotional digestion begins in large intestine. At this beginning point it is subconscious. Give this area some kind, warm encouragement.

Between all areas, you can go to the navel for integration.

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Breakout rooms

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Brief Sphere Practice

Sphere - trying to keep it round in all directions.

Rocking on sits bones

Triangle - Navel, Ming Men, Hui Yin

Flossing

Drop into the sphere

Using breath to shine up the sphere on all sides

Noticing parts that are less “shiny” and put breath there.

On your own, you can spend how ever much time you want to on any part, or this whole exercise.

Ask and fell: Where is the middle?

Fill sphere equally, all 360 degrees.

Now drop consciousness into the middle of the sphere. Now our consciousness in in the middle - the sphere is big all around us!

Nourishing breath in middle, fill whole body, into magnetic sphere that surrounds you. Go 25 feel out in each direction around you.

Equalizing pressures around and to the center. Can be explored inwardly infinitely. Can keep going deeper.