

## **Benefits of Massage Points**

The simple explanation for why we massage points is to increase circulation, chi and chi flow to the entire body. This in turn, helps the body heal itself by bringing fresh oxygenated blood to where it's needed. Blood circulation is one of the most important functions in the body. It supplies oxygen to the brain and other organs. It also promotes healthier skin and helps cell growth.

Massaging these points helps open blocked channels and relaxes your body and mind. But each point still has its own set of specific benefits. Below is just a sample of that, but understand that there are many more benefits than what's listed below.

Always do these with slow, deep and relaxed breathing.

### **Temple Massage:**

Helps reduce stress, anxiety and tension and promotes a deep sense of relaxation.  
Increases blood and oxygen to brain, releases tension in facial muscles, eyes, and forehead,  
And can also help to relieve migraine headaches.

### **Behind the Ears Massage:**

Helps to relieve headaches, deafness, tinnitus, pain in the ear and eye, and tension in the neck. Opens the gate to perception to higher consciousness. Also aids in a more peaceful sleep.

### **Eyebrow Massage:**

Helps liver function, better sleep and eye problems.

### **Massage Kidneys:**

In traditional Chinese medicine, the kidneys are a very central organ, so by massaging and warming them it helps kidney functions which helps overall health and generates a sense of warmth and well being throughout the entire body.

### **Massage Dan Tien:**

Helps cultivate health and energy. With Dan Tien circular massage, the chi fills up in your lower abdomen. Then when you stop massaging, the chi will condense towards your center. Kind of like the sensation of swirling water in a bucket creating a reservoir of chi. Then the chi will be stored and some will flow outward through circulation paths throughout the entire body.

### **Beating the Heavenly Drum:**

One of the objectives of beating the heavenly drum is to clear the rust and dust from the head, especially from the brain cells and in turn, aiding mental clarity. Also good for balance, dizziness, nausea, and tinnitus.

The flicking of the index finger hitting the base of the skull will cause the bone to vibrate. This will stimulate the inner ear and the nervous system and help us maintain our balance. This vibration also serves to decalcify the pineal gland, helping with concentration and better sleep with lucid dreaming and probably much more.

Concentrate on the sound, and let every beat bring your attention more fully to the vibrations in your skull and brain. Beating the drum clears the mind. When you are done and take your hands off your ears, you will feel like you just woke up, and everything should seem more clear.