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## Chi Nei Tsang: Long Definition

Organ Chi Transformation and Healing Light Massage

Ronald H. Diana was a licensed Massage Therapist, and originally the only Senior Instructor authorized by Master Mantak Chia to teach Chi Nei Tsang. Mr. Diana was the Director of the Healing Tao Center of New Jersey. After earning a B.A. in Psychology in 1972, he went on to study meditation and traditional healing practices. A practitioner of Chinese herbology in the New York metropolitan area since 1980, Mr. Diana was a faculty member of the school of Classical Chinese Herbology - Tao University, and has taught Chi Nei Tsang throughout the U.S., Canada, Mexico, and Europe. He contributed the AOBTA's original description of Chi Nei Tsang. Since his passing the AOBTA has had a number of qualified Chi Nei Tsang AOBTA C. I.'s including Jampa Stewart. Currently Tiffany Fyans officially represents the the Chi Nei Tsang Form and the AOBTA is working toward continuing to work together with the Healing Dao and Master Mantak Chia.

**Chi Nei Tsang** ("CNT") is a Taoist system of abdominal massage that focuses on the navel center of the body. It is thought that the navel center is the primary area where imbalances occur. These imbalances may cause negative emotions, stress, tension congestion and ultimately illness. CNT techniques will enable energy blockages to be cleared within the abdominal area and the internal organs long before they are noticed in the periphery of the body.

Chi Nei Tsang incorporates the Taoist understanding of the meridian system of energy and adds a new dimension to the practitioner's healing work. Practitioners use a variety of massage techniques to aid in increasing the energy flow within the internal organs, connective tissues, tendons, muscles and lymph, nerve and endocrine systems. These techniques provide a method to balance the energy by using visceral manipulations, thereby improving vital body functions.

Chi Nei Tsang Techniques are easily adaptable to practice on yourself, thereby offering an opportunity to heal yourself and to teach clients to better care for themselves. Sessions are done with clients lying down with their face up either on a table or mat. The sessions range in time, averaging forty-five minutes. Clients can receive treatment clothed or with direct touch to the abdominal areas.

Chi Nei Tsang is part of a larger Taoist paradigm of practices that include meditation, Tai Chi and Chi Kung. Mantak Chia introduced Chi Nei Tsang to the west, exclusively, from a consolidation of Taoist masters from eastern Asia. The

International Healing Tao has trained and certified practitioners throughout the world. Chi Nei Tsang: Internal Organ Chi Massage by Master Mantak Chia, and Maneewan Chia is the main source book used by professionals and laypeople. The international Healing Tao Center in United States is located at: 475 Park Avenue (16<sup>th</sup>) floor). New York, New York 10016. The phone number is 212-592-4279. Ronald H. Diana, Certified Senior Instructor for the International Healing Tao, prepared this article. Licensed massage professional and AOBTA Certified Instructor.

### **Chi Nei Tsang**

Chi Nei Tsang (“internal organ energy transformation”) is a traditional Taoist massage technique, brought to the west by Master Mantak Chia. Chi Nei Tsang makes use of the energy flow of the five major systems in the body: Vascular, Lymphatic, Nervous, Tendon/muscle and acupuncture meridians. Visceral manipulation is used to increase energy flow to specific organs through massage of a series of points in the navel area. Practitioners learn how to protect their own well-being and avoid burnout, while at the same time increasing their capacity to generate healing power. Chi Nei Tsang frees the energy blockages in the navel, clearing them to allow channeling of the healing energy into other parts of the body. This precise method of massage can be used to counteract illness and to promote rejuvenation, balance, and abundant good health.