

**Please Note:**

**Discarding abdominal opening wind gate:** Abdominal opening wind gate requires pressing on the abdominal over the abdominal aorta area. Abdominal aorta is the main and largest artery in the body. This is also one of endangerment sites.

After careful consideration for safety reason, TMC is removing this technique from our lessons. The additional technique to close the abdominal massage sequences is by enhancing energy.



**Abdominal massage L.1**

**Sequence 4:** Circulation technique.

Sit down face to recipient's body. Place both hands with right hand below and left hand above on the abdominal surface and circle around the entire area from left to right. Start from the center and circle to cover the entire abdominal surface. Perform this technique gently with concentration to send energy and love and caring to the receiver. Repeat 3 times.

