

What is Chi Nei Tsang?

Chi Nei Tsang is a bodywork therapy of old Taoist Chinese origin: it integrates the physical, mental, emotional and spiritual aspects of oneself. CNT goes to the very origin of health problems, including psychosomatic responses.

Chi Nei Tsang literally means **"working the energy of the internal organs"** or **"internal organs chi transformation."** CNT uses all the principles of Kung-Fu and Tai-Chi-Chuan known as Chi-Kung, CNT is a form of "applied Chi Kung."

CNT practitioners are trained in Chi-Kung and work mainly on the abdomen with deep, soft and gentle touches, **to train internal organs to work more efficiently.** Unprocessed emotional charges are also addressed in this manner, as well as all of the body systems: digestive, respiratory, cardio-vascular, lymphatic, nervous, endocrine, urinary, reproductive, skeletal-muscular and the acupuncture meridian system (Chi).

CNT came into being an immemorial time ago in the mountain ranges of Taoist China. It was used by monks in monasteries **to help detoxify, strengthen and refine their bodies in order to maintain the highest energy required to perform the highest levels of spiritual practices.**

Today Chi Nei Tsang is mainly used for four different reasons:

1 - **CNT detoxifies:** CNT manipulations help clients relieve their body of excess stagnation, improving elimination and stimulating the lymphatic and the circulatory systems. CNT also strengthens clients' immune systems and resistance to diseases. In doing so, CNT augments other health care modalities with optimal results. (Clients using CNT before and after surgery recover better and faster.)

2 - **CNT helps restructure and strengthen the body:** By working on the visceral structures and positioning of internal organs, CNT stimulates them into working better and also helps correct the postural problems resulting from visceral imbalances. It releases deep seated tensions and restores vitality. CNT has been helpful against chronic pains such as back, neck and shoulder pains and problems related to misalignment of the feet, legs and pelvis.

3 - **CNT teaches us to become more aware of the quality of our emotional life:** All of our non processed emotional life is stored in our digestive system waiting to be addressed. Poor emotional digestion is also one of the main reasons for ill health. CNT facilitates the unfolding of emotions and the clarification of one's emotional life. This makes it possible for individuals to evolve and grow in the direction of their better self. CNT has also been successfully used in combination with psychotherapy.

4 - **CNT teaches us to know ourselves better:** Everyone is responsible for their own health and healing comes from within. Techniques are taught to improve our breathing including fundamental self-help massage techniques. Specific and relevant visualization and meditation practices are used to further enhance the effect of manual treatments.

For more information or to book a session please contact:

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