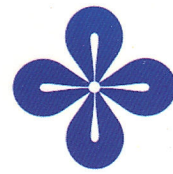


How to Roll the Yangwei



Rolling the Yangwei is a simple yet profound method for relaxing the Yangwei, in other words, this is a great way to release or let go of the stress of the day. The impact of rolling the Yangwei is immediate and has a cumulative impact in preventing the buildup of stress which inhibits our optimum health and wellness.

How to Roll the Yangwei

Rolling the Yangwei (jade roller for home use; jumbo roller for clinical use)

Beginning at GB 20, roll downward with moderate pressure (enough to feel sensation, not so much as to cause discomfort), following the pathway to GB 21 and through TB15, allowing the roller's momentum to let it fly off the shoulder. Repeat 7 times. You may do 7 sets of 7 for optimum results.

Rolling the Yangwei: Self Massage

Method 1: In sequence gently push with moderate pressure and a downward motion (enough so that you feel sensation, not so much to cause discomfort) GB20, GB21 & TB 15. Push each point seven times rapidly Repeat the sequence seven times.

Method 2: Begin by pushing GB 20 with light to moderate pressure and hold. Then gently drag (do not lift finger) down on a line that passes through GB 21 & TB 15. Let the momentum of the dragging have the hands fly into the air after passing through TB15. Repeat seven times.

Point Descriptions

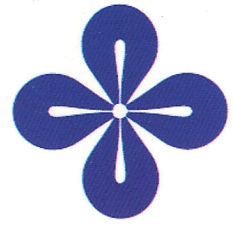
GB 21 The highest point of the shoulder, halfway btwn C7 and the bony prominence of the shoulder.

TB 15 One body inch (thumb width) below GB 21.

GB 20 On the back of the neck, below the occipital bone, in-between the sternocleidomastoid muscle and the trapezius muscle.



What is the Yangwei?



As human beings we simultaneously move through the world and have the world move at us. The Yangwei (outer gate) regulates the quantitative and qualitative nature of the world's influences that we allow in our being and the selection of the environment in which we consciously or unconsciously place ourselves. The Yangwei helps us define ourselves as individuals separate from the world by boundary making. Our experience of ourselves as distinct from the rest of the world is a manifestation of the Yangwei. The Yangwei protects and defines us by contraction, particularly at the surface of the body. The external challenges of our daily lives often create a *surface tension* that is a manifestation of the normal protection function. These surface tensions can create pain and discomfort anywhere on our body and acute feelings of emotional distress. When the Yangwei is functioning well we are at ease in our surroundings and move through the world with harmony and grace.



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