Relieving Gyne Stagnation = Pain



Bash Bash with closed knuckles Up and down the outside of thighs



With closed fists - wake up the sacral flows and bum area

GB 41 - at the end of the triangle



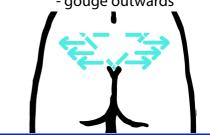
when running your finger up from the 4th and 5th toes (where they join). Will likely hurt with pressure. Find the sorest point and press it
- massage well. May also
find others on the shin
bone
- gently massage them

Pincer like - press in and out



OR press really firmly whichever works

Attack with your fingers - gouge outwards



Lean back to gain more leverage . Skin may be hard to loosen.



Rolling and eventually yank upwards.

Aim - undo adhesions disrupting flows - thus pain happens



Side to side yanks. repeat all moves several times.

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