

## 'Chronic Fatigue or Chronic Energy Block?'

by Kim Knight, certified Chi Nei Tsang practitioner  
(Article for InPut Magazine April 2006)



I first heard about Chi Nei Tsang abdominal massage in a yoga class in Costa Rica. I was on the last leg of a trip around the world and immediately wanted to know more about this intriguing modality. Two weeks later I was on my way to the Chi Nei Tsang Institute in Berkeley, California, to pick up some information before heading home to New Zealand.

I had been unwell for several years, experiencing over that time what is commonly known as 'M.E.' or chronic fatigue, along with low thyroid function. I had tried over a hundred different therapies and although I was making progress, it was a slow journey and I just didn't seem to be getting to the bottom of things.

I rang to make an appointment to meet Gilles Marin, the Director of the Chi Nei Tsang Institute. Miraculously, despite the fact that his schedule is booked out weeks ahead, he had a free slot two days later. However, the day of the appointment found me almost immobile in bed with fatigue. Unable to take the train, I took a cab, arrived at the door and promptly burst into tears as soon as he asked how I was. Even more miraculously, he offered to give me a treatment on the spot.

Sometimes one is ripe for change and ready to let go - and I was. I had had enough. As I lay there on the table, he told me "Well, the good news is you are strong". Having only just been able to crawl out of bed I felt doubtful. He continued, "the bad news is, you use that strength to keep everything inside - **chronic fatigue is not a lack of energy, it is excess energy that is dammed up**".

Well, in one split second the paradigm about my "illness" changed. I was strong and I had plenty of energy - which meant I could be well as long as I found a way to unblock the energy. As he moved his fingers around in my abdomen, I connected with old and hidden emotional pain, finally allowing myself to connect with it and let it go. I howled for what seemed like ages as he and his assistant (who had stepped in to help to hold acupressure points) worked on me. I remember him repeating '**feel the familiarity of the feeling - emotions don't need to be understood, they just need to be felt**'.

At the end of the session, he placed my hands on my stomach and I could have sworn that someone had sneaked into the room and given me a new one - it felt so different. Gone was the hardness, replaced with softness and comfort. As I sat up I felt dizzy, and he gave me a cup of tea to help the body to integrate the session. Strangely enough I could not find the way to my mouth with the cup and spilt it down my front. How ridiculous that I could not find the way to my own mouth!

He told me to get up and walk around but when I tried to I couldn't move forward. He explained that in cases when big energetic shifts have taken place, the body's nervous system needs to 'recalibrate'. He instructed me to walk backwards, which apparently re-sets the nervous system. This I did, and was then able to slowly walk forward.

After that session, having arrived in a cab, I was well enough to take the train home. Within the space of one hour I had gone from feeling like I was half dead to very much alive. I also found out he had a workshop in Santa Fe starting two weeks later - it was too good an opportunity to miss, and after changing my ticket, I set off to learn more.



*Chi Nei Tsang is the physical branch of the Universal Tao of Mantak Chia, a complete system of personal development encompassing a structured series of meditations, chi kung, nutrition, tai chi and internal energy cultivation, leading to purification of all levels of a person's being.*

*During a session the client is guided to breathe deeply and reconnect with the body, bringing the attention out of the head (mind). The role of the practitioner is not to try and 'fix' the client, but rather to re-establish an often long-forgotten connection between the client and their self. The body has everything it needs to heal itself given the right conditions and the opportunity to do so.*

*Kim is now a certified Level One Chi Nei Tsang practitioner based in Auckland, New Zealand.*

*For more details about Chi Nei Tsang abdominal massage see [www.chineitsang.co.nz](http://www.chineitsang.co.nz).*

*For details about upcoming training with Gilles Marin in New Zealand November 2006 see [www.chineitsang.co.nz/workshops](http://www.chineitsang.co.nz/workshops)*