

Tension Equalization Massage T. E. M.

by Willy Penzel

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W. Penzel's primary interest is the Chinese Energetics, based on the ancient acupuncture therapy, our superior energy circuit system. It can be assumed that the massage of the acupuncture points represents the older form of the treatment, and the use of needles on specific points developed later.

Penzel's work: T.E.M, is based on the massage of the acupuncture points to unblock the energy paths with a massage stick, to obtain a balance within the meridian channels and a free flow of our Life-Energy. The Yang and Yin forms of energy, as well as the quantitative relationships of "surplus" and "deficiency" of energy are the fundamental considerations of his work

Acupuncture - Massage

The Chinese compare an illness with a plant, distinguishing between the visible branches and invisible roots. If an illness appears in the branches they search for its cause in the hidden roots. In acupuncture, the treatment of the roots means the balancing of the energies within the meridians. They attain this by applying the needles on special points, transferring energy from the surplus in a meridian to an energy-deficient meridian. ACUPUNCTURE - MASSAGE treats the roots, it is a nonspecific method which aims at

harmonizing the energy-flow within the system of meridians with the use of the TENSION - EQUALIZATION - MASSAGE (See the table at the bottom of the page.)

In contrast, the POINT - MASSAGE treats only the points, it is the branches, and it can be used after order has been restored in the energy household of the body with the help of the T.E.M.

The concept of the T.E.M. is like pulling a hoe along all the meridians, in a clockwise direction, in order to free the riverbed for the energy to flow. This will speed up the flow and have a strengthening and tonifying effect.

Working against the energy flow will slow it down, impeding the current and will have a sedating effect. If we want to sedate the Yin meridian, we will not treat the Yin meridian in question, but will tonify a Yang meridian. A sedation is achieved by an indirect influence.

The Bisection of the Energy Circulation

The "life energy" divides itself into the Yin and Yang. All the Yang meridians run in the back and the outsides of the extremities, and all the Yin meridians run on the front of the body and the insides of the extremities.

Our body has also a number of regulatory mechanisms to maintain the body's vitality, to balance actions and reactions, to insure

Acupuncture - Massage

Massage of Chinese meridians and points

Treatment of meridians		Treatment of points	
1.- nonspecific TENSION-EQUALIZATION-MASSAGE	2.- specific TENSION-EQUALIZATION MASSAGE	3.- rule oriented points	4.- acupuncture points

harmonious functioning. Our "inner physician" regulates overdoses, immunizes the body against an over-flooding of stimulations and stops functioning when it is overburdened with work, but becomes active again as soon as we give him the slightest opportunity.

Tension - Equalization - Massage: Dorsal

The TENSION - EQUALIZATION - MASSAGE - Dorsal: works in the Yang area of the body; it tonifies the Yang and calms the Yin at the same time.

Rather than treating conditions of surplus/deficiency individually, it would be better to approach the condition over the "inner physician", which is easily achieved with the TENSION - EQUALIZATION - MASSAGE.

Since only the Yang meridians are tonified, the largest part of the energy is shifted into the Yang and the Yin is emptied. This achieves an artificial disorder in the energy flow. Initially, we have a number of smaller energy-flow disorders simultaneously, leading to a variety of different ailments. After using the T.E.M. dorsal we have only one extensive energy-flow disorder. Now the "inner physician" steps in. The deficiency in the Yin must be filled again. The result is a counter-regulation of the body, which will fill the Yin and empty the Yang. W. Penzel calls this process the "EBB-FLOOD-EFFECT".

When we find conditions which point to a disturbance in the Yin, like circulatory, heart and digestive complaints, as well as fear and depression, we know that the Yin has a surplus of energy. This surplus has been drained from the Yang. An empty Yang can give pain in the head, back and joints based on the energy-deficiency.

The TENSION - EQUALIZATION - MASSAGE - dorsal changes the energy condition again: the Yang will fill up and the Yin will become empty. After a series of T.E.M.-dorsal, the energy conditions will be normalized, Yang and Yin will be in balance. Both will show a normal state of energy (fullness), and the patient will feel better.

The Tonifying Stimulating Strokes in the Yang

(Governing, Bladder, Gallbladder, Large Intestine, Small Intestine and Triple Warmer Meridian)

The Governing vessel - the first stimulating stroke

a) With the client in the supine position, place the stick at the tip of the nose and slowly draw the stroke, applying gentle pressure, down to almost the tip of the coccyx. To achieve the maximal effect it must be drawn exactly over the middle of the spine.

We can achieve the following effects:

In the area of the head the stroke runs over points which influence the central nervous system.

In the area of the upper thoracic spine over points that affect the psyche; on the lower thoracic and lumbar spine the stroke runs over points which influence the functioning of internal organs; the points over the sacrum influence the genital area.

By setting the energy-flow in motion, we influence all functions positively, simply because the "inner physician" always strives towards normalcy. We have an artificial, non-physiological energy distribution, we have artificially created a disruption in the energy-flow between Yang and Yin and now expect a harmonizing of the energy system over the "EBB-FLOOD-EFFECT"

Any disruption of the free flow of energy in the meridians should be taken care of by restoring the total energy in this system of circulation.

Note: Most scientific literature teaches that the energy in the Governing vessel ascends from the sacrum to the head. W. Penzel believes that, perhaps due to many translations, at some point the statement was made erroneously. He discovered the correct direction of the energy-flow during the treatment of hemorrhoids. Inflamed hemorrhoids are a state of energy surplus in the Yang, Governing vessel. Therefore, the aim of the treatment should be to reduce the surplus in the Governing meridian and to

tonify the Conception vessel. Tracing a stroke from the pubic bone to the lower lip will tonify the Conception vessel, and tracing a line from the tip of the coccyx to the root of the nose will sedate the Governing vessel, producing the relief of pain in the anal area. If the stroke is drawn in the opposite direction over the Governing vessel, the pain is aggravated.

**Tension - Equalization - Massage:
Ventral**

(Central, Kidney, Liver, Spleen, Stomach, Lung, Pericardium and Heart meridians)

The Conception Vessel - The tonifying, stimulating strokes in the YIN.

The TENSION - EQUALIZATION - MASSAGE - ventral tonifies the Yin meridian and sedates automatically the Yang meridian. The main application is for tense muscles in the back (surplus in the Yang).

The first stimulating stroke follows the course of the Conception vessel, which begins in the front of the anus, ascends over the linea alba and ends at the inner side of the lower lip. We place the stick at the symphysis and, pressing gently, draw it over the vessel to the lower lip. Since the abdominal wall usually has a soft consistency, the free hand must stretch the tissue.

The Conception vessel is directly linked with all Yin meridians. Through our tonifying stroke it draws the energy surplus from all the Yang meridians.

Since the head is exclusively supplied by the Yang meridians, the tonifying stroke over the Cv has a specially marked effect on motor unrest. It will also help for back pain, muscle cramps, insomnia, and induce a complete relaxation.

Dosage:

The dosage of the stimulating strokes: If the Yang or the Yin have been stimulated evenly in all of its sections we will have positive results. The back can endure stronger stimulations and pressure, therefore be careful not to give an overdosage of stimulation here.

In a single treatment session either the back or the stomach should be treated only, stimulating both is contra-indicated. All longitudinal strokes which are drawn with the stick are to be carried out three times, with the patient able to feel them distinctly. Strokes with the fingertips are to be repeated six times.

Ultimately it is not the number of strokes, but the reaction of the skin which determines the frequency of the strokes.

Tonifying:

The TENSION - EQUALIZATION - MASSAGE places only tonifying stimulations. Tonifying is a simple, quick method. If we want to sedate any given condition we simply tonify at a different location with the T.E.M., drawing the surplus of energy from the excited area.

APM - Cream:

To reduce the time required for each massage to an acceptable minimum and to give the client a long-term stimulus, use APM Cream. You can also use Aubry's Lotion.

Fundamental Principles and Rules of the T.E.M

Indications of the TENSION - EQUALIZATION - MASSAGE.

To summarize: The TENSION - EQUALIZATION - MASSAGE works over the bisection of the energy circulation or the division of the life-energy into Yang and Yin energy.

Effect of the T.E.M. dorsal is: an energy transfer from the Yin into the Yang

Effect of the T.E.M. ventral is: an energy transfer from the Yang into the Yin.

The motion of energy between the Yang and Yin is called the EBB-FLOOD-EFFECT. By a unilateral tonification of the Yang or Yin an artificial, non-physiological energy distribution takes place, which induces the "inner physician" to reorder the energy supply and to normalize the artificially created disharmony.

We apply the T.E.M. dorsal when there is a deficiency in the Yang or a surplus in the Yin.

Exception: Extreme tension of the muscles and acute pain in the Yang area contraindicates additional therapeutic stimulations in the Yang.

We apply the T.E.M. ventral when there are conditions of deficiency in the Yin or conditions of surplus in the Yang. The head (central nervous system) is Yang: motor unrest, nervousness are Yang conditions calling for a T.E.M. ventral.

The effects of a TENSION - EQUALIZATION - MASSAGE dorsal and ventral are:

- a) the meridians are cleared for the energy flow.
- b) an energy transfer from the Yang into the Yin and vice-versa takes place.
- c) the EBB-FLOOD-EFFECT activates the energy circulation.
- d) all the meridians are influenced
- e) treatment of the segments is affected by the transverse strokes
- f) the T.E.M. is a simple method to achieve self-regulation by the organism instead of exterior control through medications.

The Massage Stick

The massage stick we use for the tonifying stimulating strokes, is made out of wood or metal. (See Figure 1.) The variations in the spherical tip facilitates the dosage of the strokes.

The T.E.M. can also be performed with the fingertips, but the stick has certain advantages. It allows stimulations to be placed with greater precision.

The stroke with the massage stick places a red or white dermatographia, which will appear already after the first stroke on sections of the meridian, on other areas you can observe a

white line. The strokes must be repeated on this white lines until the whole meridian shows a red line. If the stroke creates a uniform redness that lasts for a few hours then you have succeeded in restoring the circulation in the meridian.

If the redness over the total course of the vessel fades very quickly, then the vessel lacks good circulation.

If the redness fades on a section of the meridian (this is often the case in the lumbar area) then the meridian in that section has a condition of emptiness. Since emptiness is a deficiency in the energy supply, the patient could show shortly ailments in these areas.

The Handling of the Massage Stick:

The stick consists of a shaft and a ball. The shaft lies in the palm, the ball is pressed into the end of the middle finger, almost disappearing in it. (See Figure 2.) The stimulating stroke is thus performed with the tip of the palpating finger and the stroke can be applied in differentiating and individual dosages by raising or lowering the wrist, so that the ball of the stick protrudes.

Success or failure of the TENSION-EQUALIZATION-MASSAGE depends on the correct direction in which the stimulating strokes are drawn. The stroke must ALWAYS RUN TOWARDS THE CENTER OF THE THERAPIST'S body. This is the most important element in this therapy. Therapist and client form a joint energy system during the treatment. By bending over the patient and placing the section of the meridian to be treated between his two hands, the therapist creates the closest contact.

It is important for the patient to cooperate by following certain regulations: avoid common massages, dry brushing, cold or heat treatments, extremely hot or cold showers, sauna or solarium for two days.

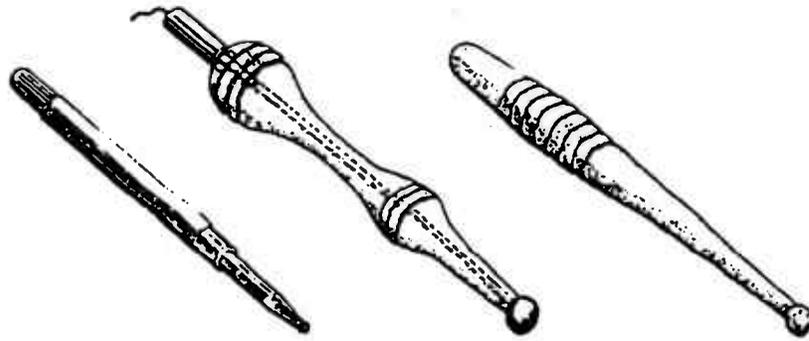
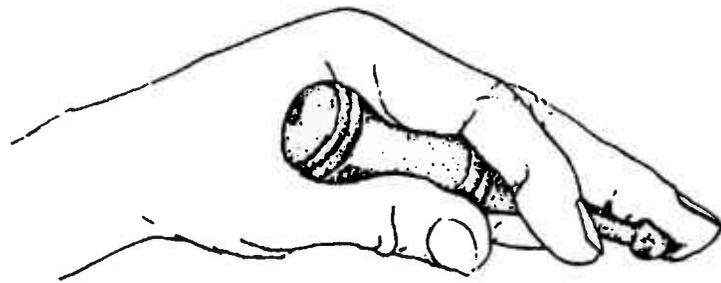
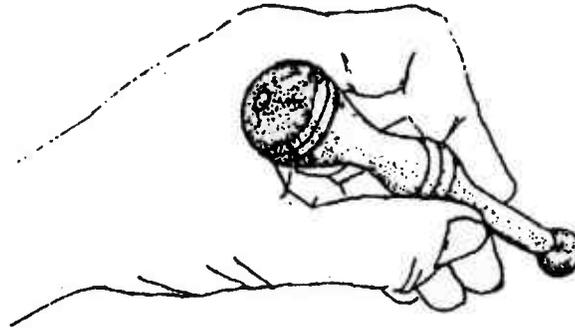


Figure 1 Typical Massage Sticks



Correct Position



Incorrect Position

Figure 2. Positioning of the therapist and patient