

How the Qi Roller Works

Designed in accordance with the venerable principles of Qinese medicine, the Qi Roller massages your muscles, aligns your spine, and stimulates healing.

The Qi Roller stimulates three fundamental lines of energy; the central line of the spine which is gently stretched, and the two lines either side of the spine which are massaged.

Acupressure points are found the Yu channels. By stimulating these points energy is transported to the internal organs.

The Qi Roller addresses imbalances wherever energy is blocked and does not freely flow.

For many, even the first use affords great pleasure.

If tenderness is felt it is an indication of dammed energy which needs to be released. Give yourself over to it and accept it.

The result will be deep relaxation and repose. As tension subsides, and the stir of life is felt, tenderness turns into a joy of the body.

About the Qi Roller

Of first importance is the cultivation of a "feel" for the use of the Qi Roller, and developing an individual relationship with it.

Then one knows when to use it, where to use it, and how long to use it. Try to give, try not to do, be open, be conscious.

Although the Qi Roller may be used also for the thighs, calves and feet, its main use is on the back.

Use from the top down only. The idea is not so much to roll and move, but to allow the Qi Roller to sink in gently and penetrate every point.

You can adjust the pressure that the Qi Roller exerts on your back by varying the surface. A hard surface like the floor will give you a very deep, intense massage, for most people we recommend starting on a softer surface like a bed, with a supportive mattress such as a futon.

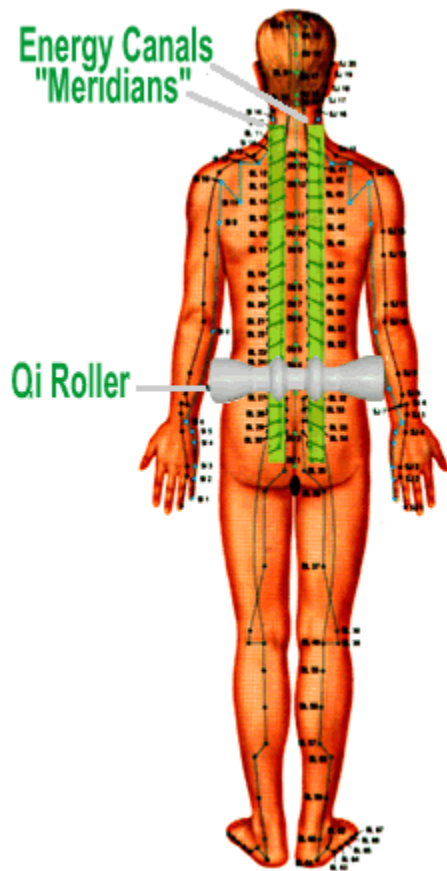
If you desire less pressure you can add blankets underneath, either on the floor or on the bed.

The Qi Roller



*For a great back
stretch and very deep
massage*

Available from
www.7starsma.com
630-229-4434



How to use the Qi Roller

To get the most benefit from the Qi Roller, get your body as relaxed as possible.

Lie relaxed on a flat surface. Have the Qi Roller centered under the head, raise the knees. Give the Qi Roller a light push down with arms curled overhead.

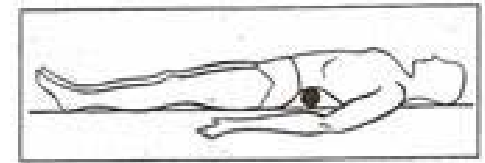


Catch the Qi Roller under the upper back, centrally positioned, so that the spine passes through the central notch, now lock hands behind the head. Make sure the bumps do not fall on the spine.

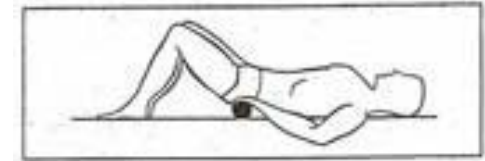


Slowly push body headward with legs. Seek out tender or pleasurable spots on the back and rest there until the tension gives. Breathe deeply and allow

the body to relax.



Move on slowly to the loins and buttocks and rest wherever something is felt. When there is tension, give it time.



Begin with short sessions of about 20 minutes and prolong the sessions as skill is acquired. Not more than 45 minutes per session is recommended.

As your relaxation deepens and deepens, the larynx, the forehead, then the crown of the head may become relaxed and energized. Remain conscious and **do not fall asleep** on the Qi Roller.

At the end of the session remove the roller, lie relaxed and feel into the new posture of your being. Allow the peace to settle, and sense the hum of life within.

Feel free to use the Qi Roller whenever and wherever you like. It is small and light enough to go anywhere and everywhere.

Use it while sitting, or standing; it can also be used on the feet, hips, thighs or arms using your body weight. Explore your body.

Do not use if there are spine injuries, during pregnancy or when there is a heart complaint.