

Maya Abdominal Massage Self Care Techniques The Arvigo Techniques of Maya Abdominal Massage™

Mayan Abdominal Massage Self Care Techniques are provided for therapeutic self care only and are intended to be used in conjunction with treatments from a Professional or Certified Maya Abdominal Massage practitioner.

Consult www.arvigomassage.com for a list of qualified practitioners.



Self Care Massage Techniques

The intention of these techniques is to restore proper position to your uterus and to improve the flow of blood, lymph, nerve impulses and ch'ulel (Maya for energy). These massage techniques serve only to assist the body's innate healing ability by removing obstacles to homeostasis, or balance within. These two areas must be simultaneously addressed with this treatment to bring about healing and return of optimal functioning to both the upper and lower abdomen.

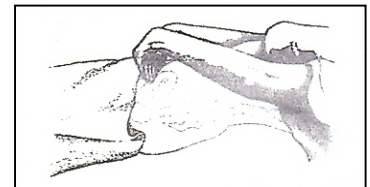
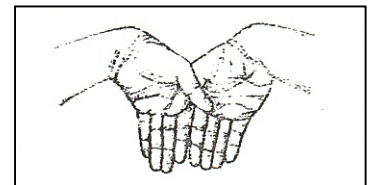
Preparation

- Create a quiet, peaceful environment to relax for 5-10 minutes and empty your bladder.
- Wear loose fitting clothing with no zippers or buttons over the abdomen.
- Lie on your back and place a pillow under your head and your knees to soften your abdominal muscles. (If you have uterine prolapse, it may also be helpful to also place a pillow under your hips to elevate your pelvis.)
- Breathe deeply and slowly for a few moments until you feel relaxed.

Lower Abdomen Pelvis Massage

In her proper, or optimal position, your uterus lies centered in the middle of your pelvis below your navel and about one and a half inches above your pubic bones. She is held in place by your muscles, vaginal wall and ligaments that attach to the front, back and sides of your pelvis.

1. Bring both of your hands together with your index fingers side by side and tuck one thumb under the other. Bring all eight fingers close together, slightly ~ and relaxed. > See diagram
2. Through your clothing or a sheet locate where your pubic bones meet in the middle with your index fingers, and place these fingers on the small indent. Slowly slide off the top of your pubic bones while keeping your fingernails in contact with the bones. Press as deeply as it is comfortable for you into the soft tissue space above your pubic bones. > See diagram
(If your uterus is too low, you will feel resistance like the consistency of a water balloon.)
3. While maintaining the same pressure. gently and slowly move your fingertips toward your navel.
Repeat this stroke from your pubic bone to just below your navel - 3 times.
4. With the same hand position, move your fingertips to one side of your pelvis with one little finger on the end of one of the pubic bones and the other little finger on your hip bone. Again bring all eight fingers close together, slightly bent and relaxed. Slowly slide off the bones and press as deeply as it is comfortable for you into the soft tissue space of the pelvic bowl.
5. While maintaining the same pressure. gently and slowly move your fingertips toward' the midline. Keep your hand next to the pubic bone in contact with that bone as you stroke toward the midline. Repeat this stroke from your pubic bone to your navel 3 times.



Repeat #4 and #5 on the other side of the pelvis. (If your uterus is tilted to the left or right, you will feel resistance like the consistency of a water balloon before you get to the midline.) .

Note: When your uterus is in position, you will feel a deep, open space above the pubic bone as well as a deep, open space on each side. The space on each side should be very similar when the uterus is centered.

REPEAT: Strokes for a total number of 30 strokes – 3 strokes in each area of the lower pelvis for 10 repetitions. Feel free to add more strokes or less depending on your body's response to the massage.

Open your hands and place them flat over the groin where your legs join your pelvis on each side.

Stroke softly toward your abdomen over the skin and the underlying inguinal lymph nodes.

Continue the same strokes down both inner thighs along the lymph nodes. Repeat this stroke approximately 5 times in each area.

Upper Abdomen

The upper abdominal massage is just as important to learn as is the pelvic massage. Organs, just like any other part of our bodies can become congested, stagnant and overloaded with cellular debris and toxins.

6. Apply oil or lotion to your fingertips. Make an "M" (for Maya!) with your hands - face the palms of your hands toward each other and curl your fingers so that the fingernails of all eight fingers touch.

Place your fingertips on the center of your upper abdomen just below the ribcage. Press as deeply as it is comfortable for you into the soft tissue space. While maintaining the same pressure, gently and slowly move your fingertips toward your navel.

Repeat this stroke from your rib cage to your navel 3 times.

7. Place your fingertips on one side of your upper abdomen just below the ribcage. Press as deeply as it is comfortable for you into the soft tissue space. While maintaining the same pressure, gently and slowly move your fingertips diagonally toward your navel

Repeat this stroke from your rib cage to your navel 3 times.

- 9.. Repeat #8 on the other side of the upper abdomen. If you find areas of tenderness, pain or congestion, adapt your pressure so that you can continue to relax

Breathe and continue to massage the area. If pain persists, even with a light touch, stop for now. If you experience pain initially, it should gradually diminish with each self care massage.)

Initially, you may feel discouraged or distressed if you feel that you are not doing the self care massage correctly. Simply follow these instructions as best you can. After practicing the self Care day after day, you will become more familiar with the massage and more confident in your touch. If you continue to have difficulty, contact your Maya Abdominal Massage practitioner.

After Self Care

- Drink plenty of water to hydrate your body and support the healing process. Thank yourself for taking the time to take care of yourself.
- Honor your experience by paying attention to the changes and responding with what you need. For example, write your feelings in your journal or diary or share them with a trusted friend or therapist. .
- Repeat the self care massage everyday except 5 days prior to and during your period or as advised by your Maya Abdominal Massage practitioner.

When To Modify or Avoid Self Care Massage

The Arvigo Techniques of Maya Abdominal Massage™ are a safe and effective modality to improve the health and well being of your body, mind and spirit. When done effectively, these techniques are safe to perform for your self under the guidance and support of a qualified practitioner of this work. We are aware there are times when these techniques need to be either modified or contraindicated. Please consult with your practitioner if you have any questions or concerns.

- 5 days prior to and during your menstrual bleeding, do not deeply massage the uterus, but you may continue doing #7-9 over the lymph nodes and upper abdomen. It is okay to very gently and superficially massage over the uterine area prior to and during your period.
- During pregnancy, self care massage can be appropriately adapted after you complete your 20th week of pregnancy. Consult your Maya Abdominal Massage practitioner for more information.
- After abdominal surgery, you must wait until the tissue has healed, and your physician or health care provider has cleared you for normal activity. For example with Cesarean birth and hysterectomy, 8-10 weeks after surgery is usually recommended.
- If you are taking pain medications or other substances that may mask discomfort and pain, self care massage is contraindicated.
- If you have an intra uterine device (IUD) for birth control, # 1-6 are contraindicated.
- If you are under treatment for abdominal or pelvic infection or cancer, self care massage is contraindicated. Please consult with your MAM practitioner or other health care provider if you have any questions.
- If you experience intense emotional pain during the self care, it is important that you seek professional support to help you pass through the gates of emotional healing. Please consult your Maya Abdominal Massage practitioner for guidance and referral. :
- If you experience intense pain or discomfort during the self care massage or have a sudden onset of abdominal pain, please consult your Maya Abdominal Massage practitioner who will recommend that you see your physician before continuing the self care massage.
- If you use a pessary for organ prolapse – you must remove this before applying these massage techniques.
- If you are under the treatment of GERD (gastro esophageal reflux disorder) proceed with caution. Discuss this with your practitioner.

Additional Notes: