



Maya Abdominal Therapy Self Care Techniques

The Arvigo Techniques of Maya Abdominal Therapy™ are centered around ancient Maya techniques which ease restrictions of organs that have dropped or become immobilized due to physical and/or emotional trauma, restricting the flow of blood, lymph, nerve & ch'uel (Maya for energy). Arvigo Techniques seeks to assist the body's innate healing ability by removing obstacles and allow the body to restore to its natural balance. This technique is provided for therapeutic self care only and is intended to be used in conjunction with treatments from a professional or certified Arvigo Techniques of Maya Abdominal Therapy practitioner. Consult www.arvigomassage.com for a list of qualified practitioners.

To Prepare

- Empty your bladder and create a quiet, peaceful environment to relax for 5-10 minutes (just before bedtime is perfect!).
- 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 place a pillow under your hips to elevate your pelvis.)
- Breathe deeply and slowly for a few moments until you feel relaxed.

Self Care Massage Techniques

Lower Abdominal

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 bent and relaxed.
2. Through your clothing or a sheet, or with oiled fingers, locate where your pubic bones meet in the middle with your index fingers, and place these fingers on the small indent. Inhale and as you exhale, slowly slide off the top of your pubic bones while keeping your finger pads in contact with the bones. Press as deeply as it is comfortable into the soft tissue space above your pubic bone. See Diagram. (If your uterus is too low, you will feel resistance like the consistency of a water balloon.)
3. Maintain the same pressure while gently and slowly moving your finger pads one half way toward your navel. Repeat this stroke from your pubic bone to your navel a total of 3 times.
4. With the same hand position, move your fingertips to one side of your pelvis with the little finger of

one hand on the pubic bone and the other fingers along your hip bone. Again bring all eight fingers close together, slightly bent and relaxed. Inhale and as you exhale, 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. Maintain the same pressure as you gently and slowly move your finger pads toward the midline.

Repeat this stroke a total of 3 times.

6. Repeat the movements in #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.

7. Begin again in the middle, repeating #2 through #6 2 more times, and then repeat #2 and #3 a final time for a total of 30 strokes.

8. Open your hands and place them flat over the groin where your legs join your pelvis on each side. Stroke softly, moving both hands clockwise over your skin and the underlying inguinal lymph nodes toward your abdomen. Repeat 4-5 times.

9. Reaching as far as possible without lifting your head, place hands on thighs and move from left to right, continuing the same strokes up both thighs and all the way up to the sternum where the ribs meet in the middle. Repeat this stroke 5 times.

Upper Abdominal

1. Apply oil or lotion to your finger pads. Letting the backs of the fingernails of one hand touch the backs of the fingernails of the other hand so that all eight fingers touch, making an "M" (for Mayal). Place your finger pads on the center of your upper abdomen just below the ribcage. Inhale, and as you exhale, press as deeply as it is comfortable for you into the soft tissue space. While maintaining the same pressure, gently and slowly move your finger pads toward your navel. Repeat this stroke from your rib cage to your navel 3 times.

2. Place your fingertips on one side of your upper abdomen just below the ribcage. Inhale and as you exhale, 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.

3. Repeat # 2 on the other side of the upper abdomen. Then repeat #1, #2, and #3, ending in the middle with #1 for a total of 30 strokes.

Additional Massage Strokes

Working the Cement/Fence Post - The area down the middle of the abdomen from the sternum to the naval can hold restrictions tension and stress (referred to as the cement or fence post). Slowly and gently massage from the sternum to the naval with zig zag motions - up and down for a count of 3 times.

Clockwork spiral - Thinking of your naval as a clock, gently massage in a circular manner at each hour of the clock, pressing down on the exhale and lifting on the inhale.

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.

Simply follow these instructions as best you can. After practicing the self care day for several days, you will become more familiar with the massage and more confident in your touch. If you continue to have difficulty, contact your Arvigo Techniques of Maya Abdominal Therapy™ 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 every day except 5 days prior to and during your period at which time you can continue very softly on the lower abdomen and at the same rate on the upper abdomen. If you do not have a uterus, continue for 30 days, and then reduce to 2-3 times a week as needed for your health.

When to Modify or Avoid Self Care Massage

- 5 days prior to and during your menstrual bleeding, do not deeply massage the uterus, but you may continue doing #8 over the lymph nodes and the upper abdominal massage. 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 for your trimester of pregnancy. Consult your Arvigo Techniques of Maya Abdominal Therapy™ practitioner for more information.
- After abdominal surgery, you must wait until the tissue has healed, and your physician 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, the lower abdominal work is contraindicated.
- If you use a pessary for organ prolapse you must remove the pessary before applying these massages techniques.
- If you are working with Fertility Enhancement, direct massage is contraindicated if you suspect a pregnancy. Consult with your Arvigo Techniques of Maya Abdominal Therapy™ practitioner.
- If you are under treatment for abdominal or pelvic infection or cancer, consult with your physician to explore whether self care massage is contraindicated.
- 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 Arvigo Techniques of Maya Abdominal Therapy™ 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 Arvigo Techniques of Maya Abdominal Therapy™ practitioner who will recommend that you see your physician before continuing the self care massage.

There are many different theories about food combining, but if you follow these four basic rules of nutritional wisdom, you will learn what is best for YOU!

1. **Regularity:** eat meals at regular times everyday so that your body knows when it is going to be fed and can prepare for digestion and assimilation and feels safe and comfortable knowing when the next meal is.
2. **Mindfulness:** Don't do anything else while eating so that you can listen to what your body is telling you. Say a prayer and do some deep breathing before eating so your body can get in the parasympathetic mode. Eat slowly and chew well. The teeth are the first part of the digestive system. Use them!
3. **Discernment:** Never go hungry and never eat too much to avoid setting off your body's stress response. Whether you eat too much (slowing down the digestive system) or too little (pancreas produces more insulin), you send the message to your body to turn food into fat which prevents the use of the energy of the food in the present.
4. **Food combinations.** There is one school of thought that says never combine proteins and starches. Vegetables can be eaten with both proteins and starches but fruits must be eaten alone.

Another school of thought says that if you have a hormonal imbalance such as hypoglycemia or diabetes, never eat carbohydrates without proteins or eat proteins without carbohydrates. Balancing the ratio of proteins and carbohydrates in all meals and snacks will make your pancreas release more glucagon and less insulin and prevent your endocrine system from going into a stress response*.

This is when you use your mindfulness to understand what your body is telling you. Write down what you eat and note how you feel after eating these foods. Be aware of refined and high glycemic foods and moderate any cravings you might have. For more information about foods, visit www.westinprice.org.

*The pancreas has two basic functions: it manufactures digestive juices to help digest food after it leaves the stomach and it produces two hormones that regulate blood sugar (insulin to drive sugar down and glucagon to raise blood sugar). Under stress (skipping a meal, hunger), the pancreas gets the message that famine is on the way, stops manufacturing digestive juices and concentrates on producing insulin so that it can store energy for the future, turning anything you eat into fat. This leaves no energy available for the present and your blood sugar drops dramatically, making you hungrier as you eat. (Hypoglycemia)