

## Maya Abdominal Massage Self-Care

*The Arvigo Techniques of Maya Abdominal Massage are centered on the ancient Mayan techniques, which reposition organs that have dropped and restricted the flow of blood, lymph, nerve, and chi energy. As with any other natural healing, Arvigo Techniques seek to restore the body 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 Maya Abdominal Massage practitioner. Consult [www.arvigomassage.com](http://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 prolapsed, 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 bone 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 bone. (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 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 little finger on 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. While maintaining the same pressure, gently and slowly move your fingertips toward the midline. Repeat this stroke a total of 3 times.
6. Repeat numbers 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. Repeat numbers 2 through 6 twice more, and then repeat numbers 2 and 3 a final time for a total of 30 strokes.
8. Open your hands, reaching as far as possible without lifting your head, and place them flat over the groin where your legs join your pelvis on each side. Stroke softly 4-5 times over your skin and the underlying inguinal lymph nodes toward your abdomen. Continue the same stroked down both inner thighs along the lymph nodes, repeating this stroke 5 times.

#### Upper Abdominal:

1. Apply oil or lotion to your fingertips. Make an "M" (for Maya!) with your hands by facing the palms of your hands toward each other and curling 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. 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 toward your navel. Repeat this stroke from your rib cage to your navel a total of 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 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 for a total of 3 times.
3. Repeat number 2 on the other side of the upper abdomen. Then repeat numbers 1, 2, and 3, ending with number 1 for a total of 30 strokes.

*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 massage daily, 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 for yourself.
- Honor your experience by paying attention to the changes and responding to 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 or for 30 days, and then reduce to 2-3 times a week 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 number 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 Maya Abdominal Massage 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 is contraindicated.
- **If you have an intra-uterine device (IUD)** for birth control, numbers 1-6 are contraindicated.
- **If you are under treatment for abdominal or pelvic infection or cancer**, 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 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.