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NEVADA STATE BOARD OF ORIENTAL MEDICINE
APPLICATION FOR CREDIT APPROVAL OF CONTINUING EDUCATION
Pursuant to NAC 634A.137

- Please note that if your CEU course has been approved by NCCAOM as a core competency with the designation of AOM-ABT, AOM-AC, AOM-BIO, AOM-CH, AOM-OM, AOM-SA, and/or AOM-ET, then it will be automatically deemed approved and you do not have to submit this form.
One application per course must be submitted for review and approval.
The fee required pursuant to NAC 634A.165 of \$100 (per course).
The Board requires a syllabus, a curriculum vitae for the instructor(s), and the NCCAOM course approval # and category # if applicable.
If the Board approves a course of continuing education pursuant to NAC 634A.137, the Board will determine the number of hours of continuing education that a licensee may receive for attending the course.
Please mail to: Board of Oriental Medicine, 3191 E. Warm Springs Rd., Las Vegas, NV 89120

1. Name of Applicant or Entity: Anita Lani
2. Address: 2200 W Horizon Ridge Pkwy Ste D Henderson NV 89052
3. Phone number: 702-204-1342
4. Email: dranitaomd@anitalanier.com
5. Location and Address of the continuing education program: Nevada City, CA

6. Course approved by: NCCAOM yes no [checked]
Other entity/entities: California Acupuncture Board

7. Title of Course: Fundamentals of Chi Nei Tsang
8. Date(s) and times of the course taken: September 13-17, 2021
9. Name of Instructor(s) and his/her degree(s):

Gilles Marin see attached

10. CEU hours: 27
11. Did you attend in person or online: In person

I swear that the above statement is nothing but true.
Signature of the Applicant or Representative of Entity: [Signature]
Name: Anita Lani Date: 9/24/2022



The Chi Nei Tsang Institute Practitioner Handbook

What is Chi Nei Tsang?

Chi Nei Tsang is a holistic approach to the healing touch modality of old Taoist Chinese origin. It integrates the physical, mental, emotional and spiritual aspects of our being. CNT goes to the very origin of health problems, including psychosomatic responses.

Chi Nei Tsang literally means "working the energy of the internal organs" or "internal organs chi transformation". CNT uses all the principles of Kung-Fu and Tai-Chi-Chuan known as Chi-Kung; therefore, CNT is a form of "applied Chi Kung".

CNT practitioners are trained in Chi-Kung and work mainly on the abdomen with deep, soft and gentle touches, to train internal organs to work more efficiently. Unprocessed emotional changes are also addressed in this manner, as well as all of the body systems: digestive, respiratory, cardio-vascular, lymphatic, nervous, endocrine, urinary, reproductive, muscular-skeletal, and the acupuncture meridian system (Chi).

CNT came into being millennia ago in the mountain ranges of Taoist China. It was used by monks in monasteries to help detoxify, strengthen and refine their bodies in order to maintain the high energy required to perform the highest levels of spiritual practices.

Today CNT is mainly used for four different reasons:

- 1 - CNT detoxifies:** CNT manipulations help relieve the body of excess stagnation, improving circulation and stimulating the lymphatic and the circulatory systems. CNT also strengthens the immune system and resistance to diseases. In doing so, CNT augments other health care modalities with optimal results. (Clients using CNT before and after surgery recover better and faster.)
- 2 - CNT helps restructure and strengthen the body:** Because it addresses the visceral structures and positioning of internal organs, CNT stimulates them to work better and also helps correct the postural problems resulting from visceral imbalances. It releases deep-seated tensions and restores vitality. CNT has been helpful with chronic pains such as back, neck and shoulder pains and problems related to misalignment of the feet, legs and pelvis.
- 3 - CNT helps practitioners become more aware of the quality of their emotional life:** All of our unprocessed emotional life is stored in our digestive system waiting to be addressed. Poor emotional digestion is also one of the main reasons for ill health. CNT facilitates the unfolding of emotions and the clarification of our emotional life. This makes it possible for us to evolve and grow in the direction of our better self. CNT has also been successfully used in combination with psychotherapy.
- 4 - CNT teaches clients to know themselves better:** At the Chi Nei Tsang Institute, we believe that we are all responsible for our own health and that healing comes from within. We teach you techniques to improve your breathing as well as fundamental self-help techniques. We also provide guidance in personalizing your diet and other health-related lifestyle matters, and specific and relevant visualization and meditation practices to further enhance the effect of manual treatments.

For more information please contact us:

The Chi Nei Tsang Institute

(510) 848-9558 E-mail: administration@chinetsang.com

Website: www.chinetsang.com

The Chi Nei Tsang Practitioner's Creed

We promise ourselves:

- ☼ To address everyone as an individual and put aside personality, gender, age, race, class and social status.
- ☼ To talk health, happiness and prosperity.
- ☼ To make everyone feel that there is importance in their existence.
- ☼ To look at the sunny side of everything and make our optimism come true.
- ☼ To be so stable that nothing can disturb our peace of mind.
- ☼ Not to worry about the mistakes of the past but to use them as lessons to insure the greater achievements of the future.
- ☼ To be just as enthusiastic about the success of others as we are about our own.
- ☼ To give so much time to the improvement of ourselves that we have no time to criticize others.
- ☼ To think only of the best, to work only for the best and expect only the best.

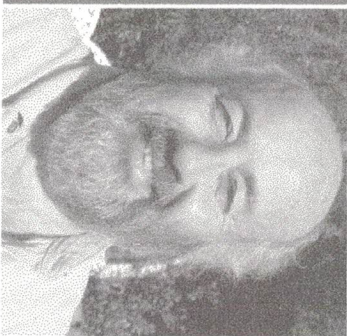


In Touch,
- Gilles Marin

March 23, 2007

BODYMINDSPIRIT

Gilles Marin is
Director and
founder of the
Chi Nei Tsang
Institute in
Oakland, CA



**CHI NEI TSANG
MASTER GILLES MARIN**
palpates my internal
organs to promote
greater enjoyment of life

by Amy Moon, SF Chronicle

**Ultimately you have to go with your gut
It's not about fixing...it's about validating**

By Amy Moon

Sometimes you just know you're going to like someone -- I think of a woman I met at a cocktail party once who told me she saw the sleeve of her boyfriend's sport coat as he came through the door at a friend's house and knew he was the one.

It was like that for me with Gilles Marin, founder and director of the Chi Nei Tsang Institute in Berkeley. Actually, not quite. My knowing was a little less ephemeral. I'd read an excerpt from his book, "Healing From Within With Chi Nei Tsang," which

"For health and happiness everything in life is to be enjoyed. To keep enjoying it, take everything in moderation, including moderation!" Dr. Chang, one of my most influential teachers, used to say that it is healthier to get very drunk once a month than to drink a glass of wine or beer every day, since our body does not have time in twenty-four hours to detoxify completely from alcohol. Drinking only once a

month, even if we get drunk, will allow the body enough time to detoxify completely."

Immediately thought, "Oh, I like this guy." Just for the record, it's not as if I'm such a big drinker, but so many of these Mind Body Spirit practices tend toward discipline, a certain level of purification and, yes, the dreaded perfectionism. And my tendency slides much more toward the opposite end of the spectrum. Although, admittedly, I'm not so happy about that. Nonetheless, while I feel this pressure to go toward the light, another part of me really appreciates the reasonable voice, the one that winks and says, "Go ahead, have fun. Quit being so serious."

So I was looking forward to meeting Marin and experiencing Chi Nei Tsang, which I described in my last editorial meeting as "internal tai chi or chi kung," and after receiving beaming blank stares, I'd added, "It's centered in Berkeley." At which everyone laughed. To which I then felt like

adding, "Hey wait, it's not like that."

It was a warm late afternoon when I parked outside the Chi Nei Tsang Institute on Telegraph Avenue, away from the hustle and bustle of the Cal campus, right across from Yoga Mandala. I was deciding whether to feed my meter when I noticed a man step out of the building. He wasn't looking around for me. He wasn't waiting. He just came out, took in the late afternoon sunlight and was, I knew it was him. He looked like I and I mean this in the best possible way: a cross between the head elf at Keabber and Gerard Depardieu. (It's the French accent. I had already spoken to him on the phone) and the actor who played Tevya in the movie version of "Fiddler on the Roof." Earthy, robust. Jolly, even. Like a baker. Or a tiller of the soil. Maybe I was romanticizing a bit. Or maybe I just realized that he looked so solid and unshakable.

Within minutes of ushering me into the office, which felt really



About Gilles Marin

[Click here to book a Chi Nei Tsang treatment with Gilles.](#)

[Click here to study with Gilles.](#)



CREDENTIALS

- Director of the Chi Nei Tsang Institute, California
- Founding Director - School of TaoTouch, California
- Co-directeur de l'institut de Chi Nei Tsang - Nice, France
- Universal Healing Tao and Chi Nei Tsang Senior Instructor
- Author - *Healing From Within with Chi Nei Tsang* | *Five Elements, Six Conditions: A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy* | *Healing Buddha Palms Chi Kung*
- Author/Speaker - *Healing From Within* - guided meditation audio series - available as [CDs](#) or [audio downloads](#)

QUOTATION

"There is no intelligence required for healing. To heal, we don't need to be intelligent, we don't need to be good, and we don't need to deserve it. Healing is pure grace. To heal, we do need honesty. We need to be true to ourselves. We need to be able to admit that we have feelings we wish we didn't have. We need to own these feelings so we can outgrow them, and so we can mature as human beings."

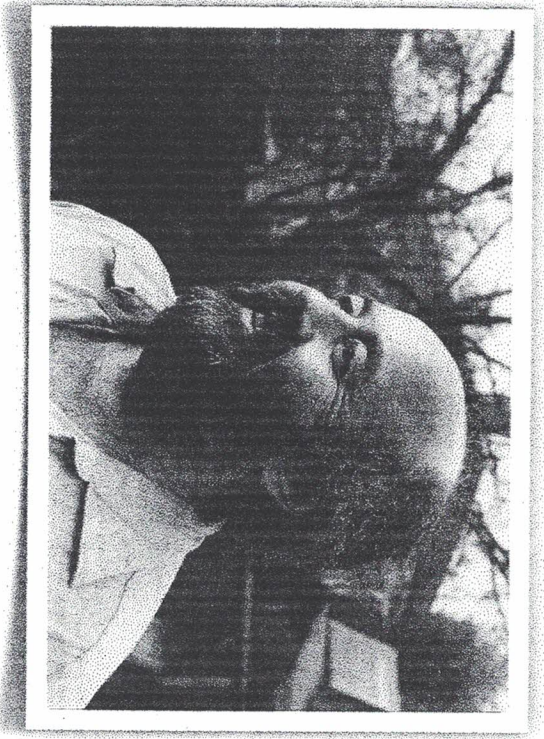
BIOGRAPHY

Gilles Marin is the Founder and Director of the Chi Nei Tsang Institute and TaoTouch® in Northern California. Gilles has studied and practiced massage therapy since 1976. Born in the south of France, he received his degree in Philosophy of Education and afterwards studied with Aikido Master Andre Noquet, then in his seventies and President of the European Aikido Federation. Master Noquet taught traditional healing methods such as kuatsu, shiatsu and jin shin jyutsu which he studied in Japan in the 1950's with legendary martial arts master and peace activist Morihei Ueshiba, founder of Aikido.

Gilles moved to the United States in 1980, where he received his Black Belt in Aikido and became a student of Tai Chi Chuan under Martin Inn. During this period, he studied the principles and theories of Traditional Chinese Medicine with Dr. Stephen T. Chang, completing a program of study which included Chi-Kung or Vital Energy Cultivation, Classical Chinese Herb Formulas, Principles of Acupuncture, Taoist Sexology, the I-Ching or the art of consulting oracles and reading augurs, and Feng-Shui, the ancient Chinese art of geomancy. He began his professional practice and teaching massage therapy in 1982. In the spring of 1983 Gilles stumbled upon one of Master Mantak Chia's lectures on Taoist disciplines, beginning his involvement with Master Chia's International Healing Tao System that has lasted to this day. Gilles is certified by Master Chia to teach the International Healing Tao System and Chi Nei Tsang.

Gilles holds a degree in Philosophy of Education. He served as the Technical Editor for Master Chia's book: *Chi Nei Tsang, Internal Organs Chi Massage* released in 1990 by Healing Tao Press. He is author of *Healing from Within With Chi Nei Tsang* released in January 2000 by North Atlantic Books and *Five Elements Six*

CHI NEI TSANG INSTITUTE - FUNDAMENTALS PROGRAM OF STUDY



About Gilles Marin

Gilles Marin, Founder and Director of the Chi Nei Tsang Institute in Berkeley, California, has practiced massage therapy since 1976. Originally from France, he studied there with Aikido Master Andre Noquet, who at that time was in his seventies and President of the European Aikido Federation. Master Noquet studied traditional healing methods such as kusho, shatsu and jin-shin ryu in Japan in the fifties with legendary martial arts master and peace activist Morihei Ueshiba, founder of Aikido.

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More information at: www.chineitsang.com

Email: administration@chineitsang.com

Chi-Kung and Functional meditations:

- Earth Relationship Chi-Kung
- Bone Breathing
- Bone Packing
- Microcosmic Orbit
- Golden Fish
- 9 Turns Sleeping Chi-Kung
- The Inner Smile
- Healing Buddha palms

Lectures:

- Being present
- Healing vs fixing
- Why Taoism?
- The use of Chi-Kung in Chi Nei Tsang
- What is a real holistic approach?
- Extension of Chi
- CNT and sleep
- The "I" and softness of Power Touch
- The 3 Laws of dietary hygiene

Hands-on techniques:

- The Listening Touch
- Breathing and awareness
- The shape of the navel
- The rim of the navel
- The roots of the navel
- Abdominal exploration
- Finding the colon
- The colon and breath
- Connecting navel and colon
- Skin detoxifying
- Pregnancy, breathing, constipation and lower back pains
- The lymphatic system - Rock 'n' Pump
- Cat paws no claws
- The spleen pump
- Peace Touch and the pancreas
- Working with hypoglycemia
- Working with anorexia
- The liver and the liver
- The liver and addiction
- The Liver, emotional protection and the lower abdomen
- The liver pump
- Lateral expansion of breath, touching the diaphragm
- The kidneys and kidney stones
- The adrenals
- Opening the Wind Gates
- The small intestine
- The Stress Response and the Autonomic Nervous System
- The enteric nervous system
- The sacral cavity and menstrual pain
- Touching the diaphragm and introduction to emotional releases
- Chi Nei Tsang on the back and introduction to Global Body Attitude
- Self-help routine