

Emotional Healing

Traumatic events and painful experiences cause the body to shut down and entrap negative feelings, resulting in physical ailments and emotional imbalances. Acupressure releases this muscular tension and restores the flow of vital energy, making resolution possible.

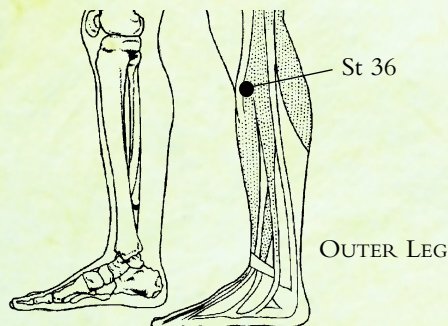
Tuning Out:

GV 26, located between the upper lip and nose is a famous first-aid revival point. Apply pressure firmly into the upper gum to counteract emotional numbness and dissociation.

Calming Anxiety:

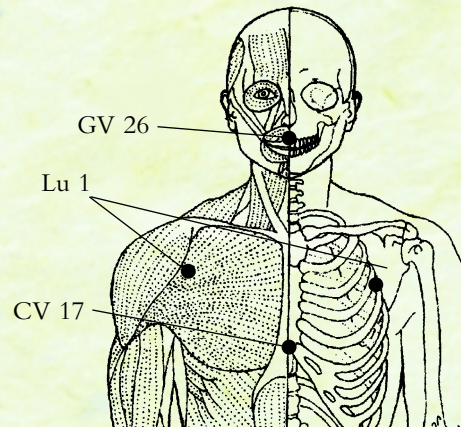
Sea of Tranquility (CV 17, located on the center of the breastbone) is the best point to hold during an emotional release for calming anxiety, panic attacks, and nervousness. Hold this point when you feel frustrated, irritated, or tense. It releases uptightness in the chest and makes deep-breathing easier.

Use your fingertips to hold CV 17 for three minutes, as you breathe slowly and deeply for an instant calming effect whenever you feel agitated or under stress. You can repeat this many times throughout the day when you want to calm yourself. Try it the next time you feel frustrated, irritated, nervous, or anxious. The more you practice this technique, the more the point will open for achieving inner peace and improving the quality of your life.



Depression & Grief:

Place your hands on opposite Lu 1 points in the upper, outer chest region. Holding Lu 1 aids in letting go of depression, grief, and expectations. Breathe deeply into these points, breathing out any worrisome thoughts, for two minutes. Make the sound of ahhh on the exhalation to further release your stress.



Overwhelm & Worry:

Briskly rub both St 36 (four finger widths below the kneecap and outside of the shinbone) with your fist for one minute. Repeat this several times a day for a few months. St 36 is effective for preventing dissociation and helps the client to ground and stabilize after an emotional release. Stimulating this point several times daily is good for relieving sugar cravings, worrisome thoughts, chronic fatigue, and fibromyalgia.