

# Acupressure | Open Energy Flow Workshop

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*Acupressure is applied to pressure points in Qigong exercises movement. It puts pressure on your channels and vessels and keeps them open. Hence, movement is medicine.*

## **Acupressure for Healing and Prevention**

Acupressure is one of the oldest healing arts in the world and is a foundational practice within Traditional Chinese Medicine (TCM). For thousands of years, practitioners have understood that the human body is not merely a physical structure but an energetic system through which Qi—the life force—flows. This energy travels through pathways called **meridians**, which connect the organs, tissues, emotions, and mind into one unified system. Acupressure works by applying gentle pressure with the fingers, palms, or knuckles to specific points along these meridians, helping restore the natural flow of Qi and bringing the body back into harmony.

## **Healing Through the Body's Own Intelligence**

One of the most powerful aspects of acupressure is that it does not force the body to heal—it **awakens the body's own healing intelligence**. When a point is stimulated, signals travel through the nervous system to the brain and organs, triggering a cascade of physiological responses.

- Research shows that stimulating acupoints can:
- Release endorphins and natural pain-relieving chemicals
- Improve circulation and oxygen delivery
- Reduce inflammation
- Calm the sympathetic “fight-or-flight” response
- Activate the parasympathetic “rest and repair” system

This is why acupressure is commonly used for conditions such as pain, stress, headaches, digestive issues, fatigue, and sleep problems. Rather than simply treating symptoms, it helps restore balance to the whole system.

## **Prevention: The Great Strength of Acupressure**

In Traditional Chinese Medicine, the highest form of medicine is **prevention**. Ancient physicians believed that a true healer helped people stay healthy rather than waiting until disease appeared.

Acupressure supports prevention in several ways:

### **1. Maintaining Energy Flow**

Regular stimulation of key points keeps Qi circulating smoothly, preventing stagnation that can lead to illness.

### **2. Strengthening the Organs**

Each meridian connects with a specific organ system. By stimulating these points, acupressure nourishes and supports organ vitality.

### **3. Boosting the Immune System**

Acupressure enhances the body's Wei Qi—the protective energy that defends against external pathogens such as wind, cold, dampness, and dryness.

### **4. Balancing Emotions**

In TCM, emotions are directly connected to organ health. Acupressure helps calm emotional imbalances such as worry, anger, grief, and fear, preventing them from weakening the body.

This makes acupressure a powerful companion to practices such as **Qigong, Tai Chi, meditation, and breathwork**, where movement, breath, and energy awareness work together to cultivate health. Acupuncture with needles is used to remove severe blockages.

*Don't let the simplicity fool you. It's powerful enough to help with stress relief emotional negativity and depression as well as resistance to deeper exploration of the self. Acupressure Therapy is designed specifically to relieve stress, depression, and emotional negativity. It will also help with resistance to deeper exploration of the self.*

## **ACUPRESSURE RELEASE POINTS**

Because you are using finger pressure and not a needle, point location does not need to be precise. If you are within about one-half inch of a point, your touch affects it. Locate a point with your index or middle finger, and inhale and press in until you connect with the thickness of the flesh beneath the skin. Then exhale and ease up slowly until you feel like you are reaching through the layer of skin. Hold this light but connected pressure until you feel the energy moving through the point. Sometimes it takes a few breaths for energy to come in sometimes it takes several breaths.

Here are some examples of a few meridian points for health and wellness. Inhale press in firmly bend end of finger or thumb toward pressure point. Exhale move the finger or thumb along to the center of the tender spot. This is called thumb walking or finger walking.

Lung (L1) Shoulder Nest-straight down from neck a little to the outside. Inhale press exhale release. Relieves grief, restores tranquility, and brings comfort. Relieves shoulder pain.

Large Intestine (LI20) between where the nose bone ends and the corner of Nose. Inhale press in exhale release. Opens sinuses. Arouses sense of smell.

Large Intestine (LI11) Crease @ Elbow-press into bone on the outside. Inhale hold and exhale release. Stimulates antibody production.

Large Intestine (LI4) Thumb and Index Fingers Bones Meet. Major pain relief point.

Kidney (K27) Down neck line 3 inches below collarbone. Restores vitality and courage.

Bladder (B54) Middle of back of leg. Alleviates lower back pain.

Liver (Lv13) Hill Top Gate about 4 inches below armpit. Helps move stagnant liver energy and relieve symptoms of liver invading spleen nausea, gas, and diarrhea.

Gall Bladder (GB20) about 3 fingers in from bottom of ear on the edge of bone. Enhances memory and alleviates dizziness.

Gall Bladder (GB40) just below ankle bone toward front of foot. Balances energy in the Gall Bladder meridian.

Heart (H1) near where the arm and body meet in front. Press into the bone. Calms the mind and loosens the chest.

Heart (H7) inside of wrist middle of wrist hand facing body. Major point for calmness of the mind and stillness of spirit.

Pericardium (P8) Labor Palace center of palm where ring finger touches palm. Calms the mind and restores the spirit.

Small Intestine (SI 3) edge of palm half way towards wrist from little finger. Master point for Governing Vessel supporting one's strength of mind and spirit.

Triple Warmer (TW17) on bone under ear. For all ear problems. Clears blockages to hearing, seeing, and speaking.

Triple Warmer Outer Gate (TW5) three fingers up from outside of wrist in middle of arm. Relieves arm, shoulder, and neck pain good for headaches.

Spleen (Sp6) Three Yin Meeting Three finger above ankle bone.

Meeting point of Kidney, Liver, and Spleen meridians. Tonifies the spleen and kidney and promotes the smooth flow of liver energy. Calms the mind.

Stomach (St6) Jaw Chariot on jaw near where the bones meet. Relaxes the masseter muscle, alleviates TMJ tension.

Stomach (St36) four fingers down between the knee and hip bones on inside of leg on bone. Good for tonifying the blood, invigorating the body.

At the end, just relax and breathe for a minute or so before going on with your day.

You may have many feelings as the body reacts, emotional tension give way, a sense of relieve calmness, relaxation, or other feeling. Acu-points are powerful tools for enhancing well-being in many levels. You may want to end with your meditation.

## **FEET-ACUPRESSURE RELEASE POINTS**

On the feet! “Life is your choice. You will be amazed at your realization.”

For thousands of years, The Ancient Energy Masters Physicians have studied the flow of energy in the body, and have mapped the places that become obstructed.

- Here are five-foot points to help increase your energy.
- The goal is to balance the chi within each of the meridians.

### **PRESSURE (Trigger) POINTS**

Using fingers is best because the thumb has a pulse of its own the fingers don't. Holding the points for a while helps balance the energy. By pressing these points energy comes into balance. There will be a sort of ache when pressing these points. You will feel when you are on the Qi (du-qi on the Qi).

- **KIDNEY POINT**

Halfway between bottom of anklebone and edge of the foot on inside of foot. Kidney energy is kind of like energy that drives your car.

- **BLADDER POINT**

At the base of the little toe bone on the side of foot. About halfway up from little toe. Stimulates both the heart and spirit. As usual hold the points with your index fingers and wait for them to balance.

- **SPLEEN POINT**

Spleen point is located in the hollow on the side of the foot where the big toe and foot meet. Spleen energy is all about analytical thinking, memory and ideas. Working on this point is all about peace. Hold the point as usual.

- **BUBBLING WELL POINT**

Entry point for earth energy to enter the body as such helps with balance and grounds us. Center of foot in the little valley between the balls of feet press.

- **BLADDER POINT**

Another bladder point is located back by the anklebone on the outside of foot halfway towards foot. Relaxes muscles and sinus.

Here is an extra two points for the feet.

- Liver (Lv3) Cycle Gate between big toe and next toe up about 1 inch. Promotes the smooth flow of liver energy relieves stress, frustration, and repressed anger.
- Spleen (Sp3) toward ankle above big toe bones. Supports spleen's mental function mindfulness, memory, clarity, and concentration.

Massage is another form of acupressure that you may use to remove blockages.

## **5-Minute Healing Meditation with Affirmations**

### **Step 1 — Relax the Body (1 minute)**

- Bring your awareness to the top of your head. **“My body is relaxed.”**
- Imagine a warm wave of relaxation slowly moving downward. **“My breath is calm.”**
- Relax your face...Relax your jaw...Relax your neck and shoulders.
- Let the relaxation flow down your arms and hands.
- Allow your chest to soften and your breathing to become calm and natural.
- Relax your stomach, hips, and legs. **“I am restoring balance and harmony.”**
- Feel your feet gently connected to the earth. **“My energy flows freely.”**

### **Step 2 — Activate Healing Energy (2 minutes) “Every cell of my body is alive with vitality.”**

- Bring your awareness to the Lower Dantian, your body's energy center.
- As you breathe in, imagine a soft golden light entering your body.
- As you breathe out, feel that light spreading through every cell.
- With each breath, the light grows stronger and warmer. **“Healing energy flows through me.”**

- Allow it to move through your organs, muscles, bones, and fascia.
- Let the energy circulate through the entire body. **“My body knows how to heal.”**

### **Step 3 — Nourish the Organs and Spirit (1 minute)**

Now imagine this warm energy moving through your organs: Through the lungs... bringing calm breathing. Through the heart... bringing joy and peace. **“My spirit is bright and clear.”** Through the liver... bringing smooth flow and flexibility. Through the spleen... bringing nourishment and strength. Through the kidneys... bringing deep vitality. **“My organs are strong and balanced.”**

Feel the entire body glowing with gentle energy. **“My mind is peaceful.”**

### **Step 4 — Gratitude and Integration (1 minute)**

- Return your attention to your Lower Dantian. **“I am grateful for my health.”**
- Place both hands there and take three slow breaths. **“My body is strong and resilient.”**
- Feel the energy gathering and storing there like a warm glowing pearl.
- Now take one deep breath in...Slowly exhale...Gently open your eyes. Smile softly. **“Each day I grow healthier and more vibrant.”**

"Remember, healing energy is always within you. With breath, awareness, and gentle practice, you awaken the body's natural ability to restore balance and vitality."

## **A Daily Practice of Self-Care**

One of the greatest gifts of acupressure is that it can be practiced anywhere and by anyone. With a little knowledge, individuals can use their own hands to support their health.

Simple daily stimulation of points on the face, hands, feet, and chest can:

- Increase energy and vitality
- Improve breathing
- Reduce tension and stress
- Enhance mental clarity
- Promote longevity and wellness

## The Wisdom of Touch

Human beings are designed to heal through touch. Gentle pressure applied with awareness brings attention to the body and awakens dormant energy. In this sense, acupressure is more than a technique—it is a conversation with the body.

When practiced regularly, it reminds us that healing is not something we must chase outside ourselves. The body already contains the intelligence and resources needed for renewal. Acupressure simply helps open the door.

## The Body as an Energy Network

In TCM, health is seen as a state of balance and smooth circulation of Qi and blood. When Qi flows freely, the organs function properly, the immune system is strong, and the mind remains calm and centered. When Qi becomes blocked or weakened, symptoms and disease may appear.

Acupressure stimulates precise points that act like **energy gateways** within the body. When pressure is applied, it can:

- Release stagnation and blocked energy
- Increase circulation of blood and Qi
- Relax muscles and connective tissue
- Activate the body's natural healing mechanisms
- Balance the nervous system
- Strengthen the body's resilience to illness. In modern terms, acupressure influences the **nervous system, circulation, fascia, lymphatic flow, and hormonal balance**, helping the body shift from stress toward repair and regeneration.

## A Path Toward Longevity

In many ways, acupressure reflects the deeper philosophy of Traditional Chinese Medicine: health is not merely the absence of disease but the presence of balance, vitality, and harmony between body, mind, and spirit.

By keeping Qi flowing, nourishing the organs, calming the mind, and strengthening the body's defenses, acupressure becomes a simple yet profound method for both **healing and prevention**.

When practiced consistently, it supports what many people seek throughout life—healthspan as well as lifespan: longevity with a high quality of life.

Some pressure points are excellent for pain relief, some for-building energy and immunity, some for relieving physical, energetic, or emotional blockages.

- You may have many feelings as the body reacts and emotional tension gives way, a sense of relieved calmness, relaxation, or other feelings.
- Acu-points are powerful tools for enhancing well-being on many levels.
- “Let your life become simple. See all situations as simply unique occurrences on your pathway.”
- Acupressure is a path in energy awareness. Some are excellent for pain relief, some for-building energy and immunity, some for relieving physical, energetic, or emotional blockages.

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