

Parent & Child Acupressure Course

Autumn 2006

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These notes were taken and compiled by a student who attended the Parent and Child Acupressure course and, as such, are only the interpretation of a lay person and are not intended to replace proper medical advise.

If you have any medical concerns please consult a registered practitioner or your GP before starting any treatment.

Lesson One

Techniques

Whichever point you work on, it is your intention that controls which of the symptoms it treats.

Whichever technique you use, use 50 to 500 times which can be as little as 30 seconds or for a few minutes. Set your intention for what you want to achieve as same spots have many uses. I.e. I want to stop eyes stinging rather than stop diarrhoea.

Clockwise boosts; anti clockwise calms or disperses.

Left hand increases; right hand reduces.

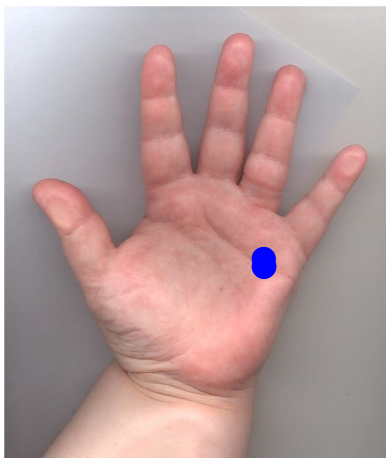
To gather in: Press
Press and Rotate

To disperse: Push (use hand or finger to slide)
Scrub (warm)
Pinch, Shake
Roll (especially good along spine)

For overall toning and calming rotate fingertip around the palm in clockwise direction.

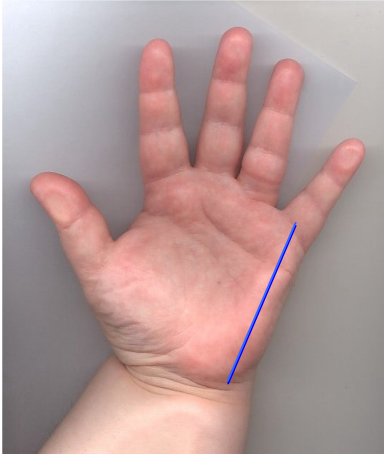
Same technique anti-clockwise is very good for teething. Use water to cool.

You can use water or oil to help lubricate. Sesame oil, baby oil etc. Chop fresh ginger and pour on boiling water. Allow to cool before using and you can drink the leftovers!



(If needed bend little finger down to help find spot)

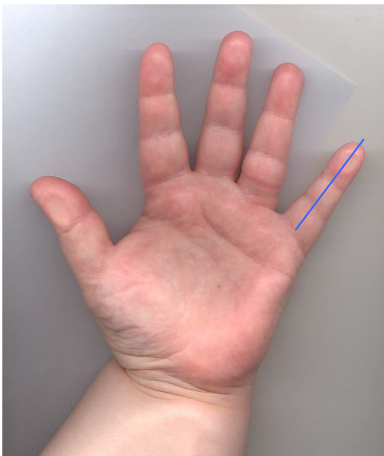
Press (knead) this spot **to calm a fever, calm a mind**



Stimulate kidneys

Kidneys contain a person's "essence".

In a circular fashion massage this line from wrist to line at bottom of little finger.



Stinging Eyes, Diarrhoea (lower body)

Squeeze or push along this line from hand to tip of finger

Use water to cool down as well.

The tip of each finger can be massaged in turn. It is called the well point. You can press and rotate firmly or you can use your nail or the edge of a spoon. It is good for overall calming down of children and tones the whole system.

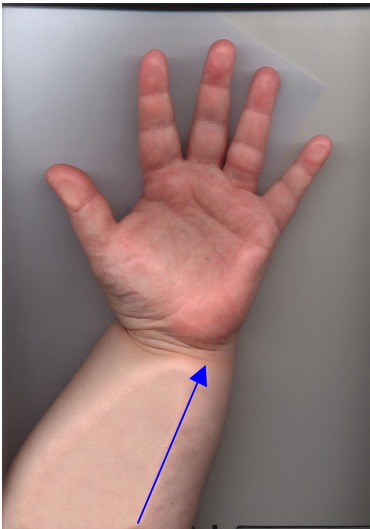
Lesson Two



This point at back of hand is about two finger widths from the crease at back of wrist.

Use for **colds, virus, ear aches, swollen glands in neck and armpits and for the shivers (not hot fever)**

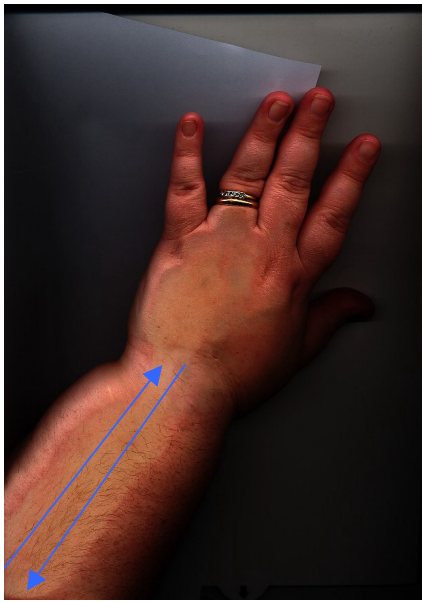
Halfway from the point of your elbow to the inside crease of you arm there is a point of sensitivity. Use this point when one is burning up with a **fever, teething, excess heat, mouth ulcers, hot flushes (menopause)** Also you can stimulate (nail) each well point on finger tip, 30 seconds a tip. Massage from this point to back of wrist for tiredness, crankiness.



This line runs from your elbow to crease of wrist. Stroke with thumb and forefinger (tiger's mouth) from wrist to elbow along outside edge of arm

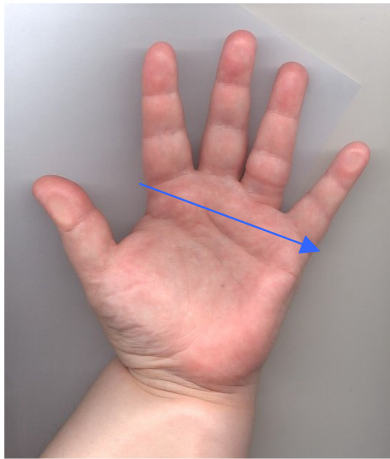


End system of digestion, constipation, insomnia.



Massage from wrist to inside your elbow to boost your **immune system**.

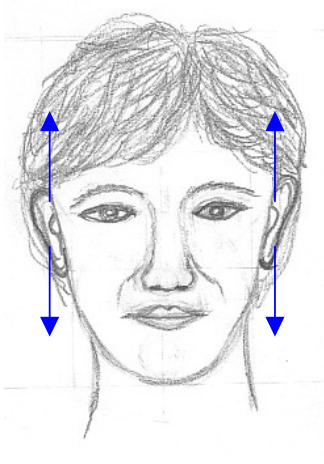
Straight down the middle of back of arm deals with **“mental” heat (anger, frustration) anxiety, swollen gums and “tidal” fevers.**



Nosebleeds

Wrap a shoe lace around hand to stop nosebleed

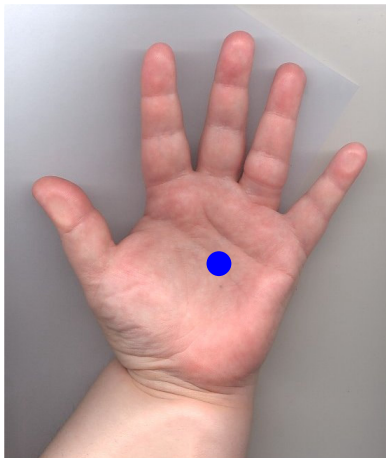
Lesson Three



Monkey Plucks Apples

Balances regulates **digestive system**
Gives a little energy
Clears **phlegm and wheezes**

Pull up both ears 20 times
Tug down on lobes 20 times



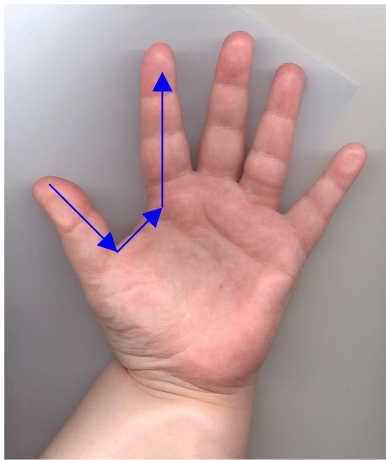
Red Phoenix Wags Tail

There's a point in the centre of the palm and a corresponding point on back of hand. Press lightly on each or use your nail. Do this on both hands.

This **harmonises, calms and soothes.**

Variation is **Phoenix Spreads Wings**

Hold hands by Red Phoenix Wags Tail points and shake or wiggle the wrists side to side.



Celestial Gate to Tiger's Mouth

Rub from thumb to index finger

Stops vomiting
Calm diarrhoea
Calm digestion



Central Hub

The well point on the top of your middle finger

If you are starting the first **symptoms of flu** this encourages sweating to kill virus. It will **reduce a fever**
Good for fright.

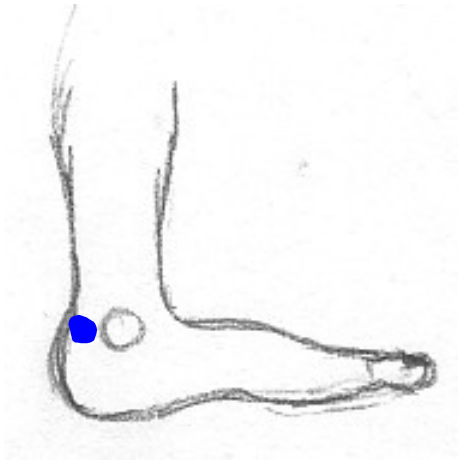


Broken Sequence

There's a point two fingers down from wrist crease from base of thumb feels like a little speed bump.

Grasp and knead
Press and nail
Grasp lump of flesh and wiggle

Lung function
Start of flu
Congestion



Asthma relief

Halfway from ball of ankle bone on inside, press point

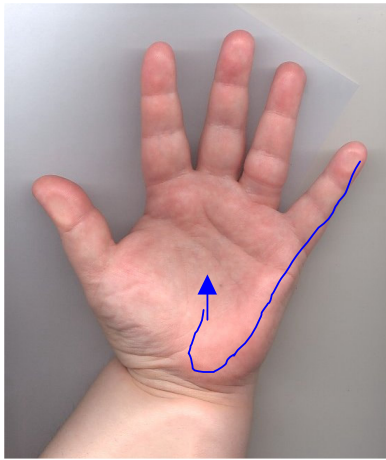
Asthma attack

Take 5 breaths in and out.

Trouble breathing in indicates problem with lungs

No trouble breathing in problem with kidneys

Trouble breathing out problem with lungs

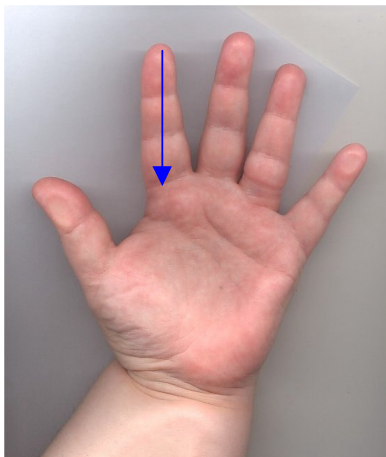


Fish for Moon Under Water

Massage down from the side of little finger all the way round and up centre of palm.

Ideal for a **hot/teething child**

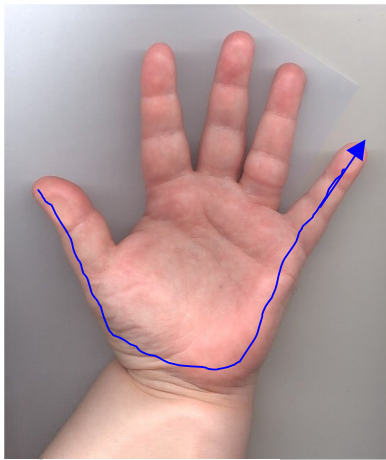
Annoyed or fractious or over tired for bed time.



Three Digital Passes

Literally massage down 3 digital bones from tip of forefinger towards the palm

Chills, fevers, watery diarrhoea.



Transport Earth to Water

Your thumb is earth; little finger is water.
Gently rub from top of thumb around base of hand
to top of little finger

**Digestive complaints, belching, bloating, stomach
ache, overfed feeling.**

The reverse if this **Transport Water to Earth**
works on **constipation.**

Also you can make anti-clockwise circles in a
circular route around palm.



Or

Two finger widths either side of belly button press
in and knead both sides simultaneously.

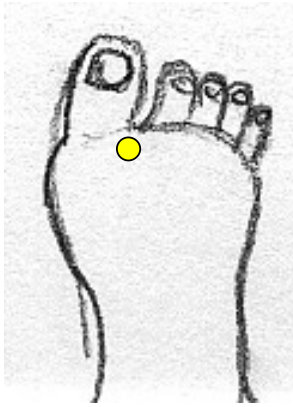


Peaceful Valley

There's a point where the line of thumb and
forefinger meet on back of hand. Press or nail
firmly.

For constipation and is a **very effective natural
painkiller.**

**DO NOT USE ON PREGNANT WOMEN
UNLESS YOU ACTUALLY WANT TO START
LABOUR**



EXTRA BITS

Four Gates

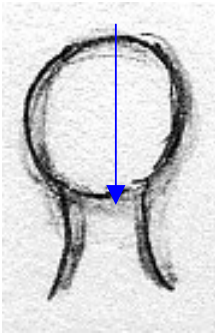
Migraine

There's a point on top of foot where big toe and next toe meet. Knead or massage.

Dealing with Fear

Write out a script or scenario of the thing you feel. Include all the awful things you can possibly imagine happening. Then write a second one of the ideal situation where everything works out just the way you want; where you are not afraid; where things go well. Write out the second version each day until you feel that the fear has gone.

Lesson Four



Bone of Celestial Pillar

From crown chakra to base of skull
Massage with finger tips down centre of skull or use palm to stroke down.

Viral infections, neck pain.

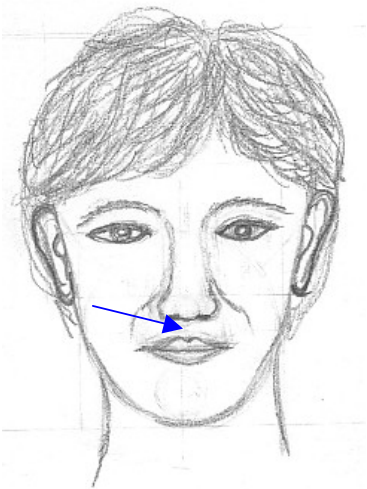


100 Meetings

Press and rotate crown chakra

Calms mind, depression . gives you some get up and go when it's got up and gone! For the "don't want to..." attitude. Works on a **mental, emotional and physical** plane.

Varicose veins and prolapse of (uterus, depression, haemorrhoids, emotions)

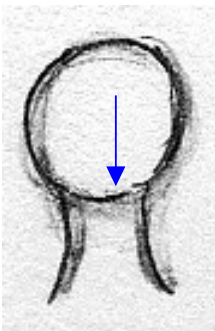


Centre of person

There's a point two thirds of way up from top lip to nose.

Use nail or safety pin and press firmly at a 45 degree angle up and in, once only with an open pin.

Stops epilepsy, convulsions, shock, fright, spasms (fear), pain in spine and speech.



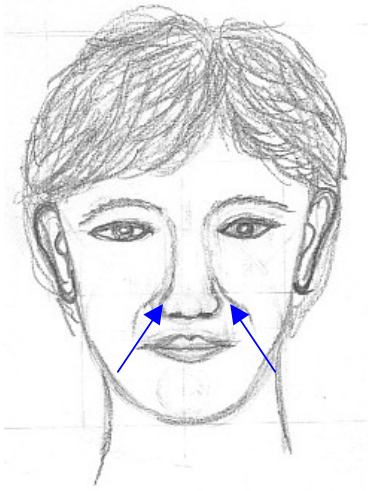
Mutes Gate

Where spine joins skull

Nail 20/30 times or rotate 100-500 times

Sore throat, laryngitis, children who don't want to speak.

Combine with Peaceful Valley for throat, tonsillitis, laryngitis.

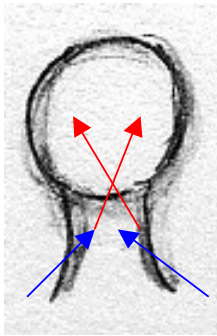


Welcome Fragrance

Two points, one either side of nostrils

Nail Press rotate

Nasal problems, sinusitis, blocked noses.



Wind pool

Two points either side of back of neck

Neck pain, start of viral infection, to start sweating
Up and in at an angle, as if lines match up at base of neck upwards and diagonally through eyes.

For pain, grasp 2 sides and pinch roll press rotate



Gathering Bamboo

At inner end of eyebrows there are two grooves or
Temple at side of head

Press rotate knead

Headaches

Also on foot put pressure on gap between big toe
and next toe.



Ten Dragons Run Through Forest

Migraines, clear head

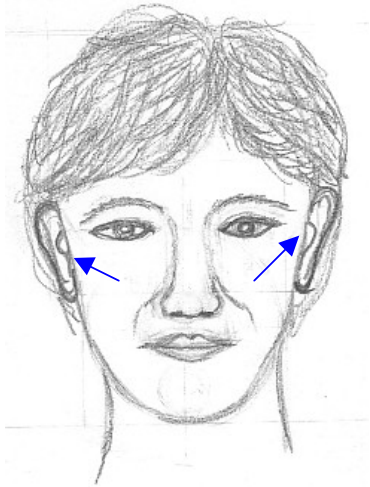
Grab energy behind ear, drag down onto shoulder, lock it there until you grab it with your other hand. Drag down arm and shake off.

**DO NOT USE ON PREGNANT WOMEN
UNLESS YOU WANT TO START LABOUR**

Auditory Palace

This point is on the fleshy bit of ear in middle of ear where it joins face, not the lobe or outer side. Press knead rub

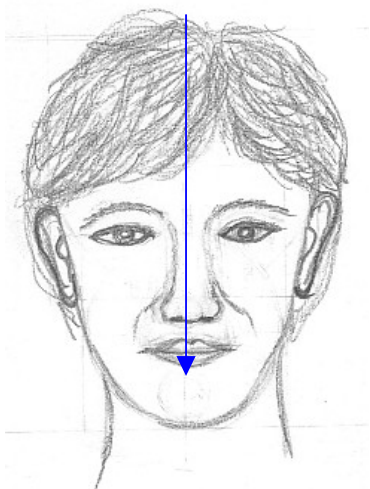
Ear infections, pains.



Heavenly/Divine Centre

Crown chakra to just under lower lip. Trace line with finger nail.

Calms mind, restores consciousness, colds, flu, gets fever to manifest.

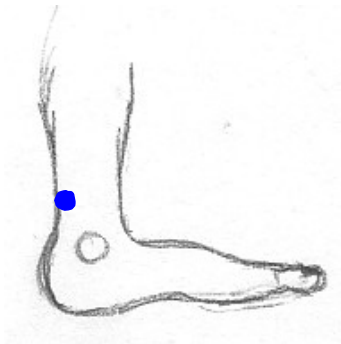


EXTRA BITS

Over active children

As they zoom by, “grab” (mentally) a bundle of energy off them. Put on your hand and mentally work on it to calm them. Stick it back on them on next fly-by!

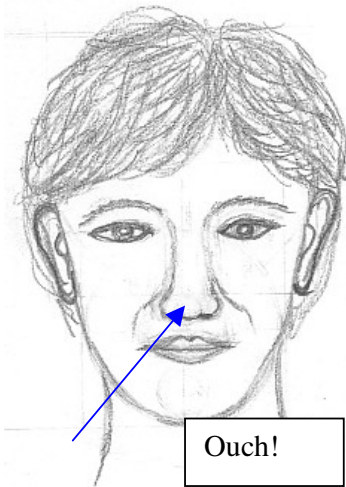
Or grab energy and calm it and then ground it. You don’t always have to give it back to them.



PMT

Ball of ankle bone on outside of leg, up three fingers and back one finger. Knead and massage. Gives pain relief and balances hormones.

Find base of kneebone, run finger to outside until you find top of fibula degree angle. Press, rotate HARD. This will eliminate violent desires which are hormonally based.



DRUNK AS A SKUNK

On the tip of the nose there is some cartilage. There is a gap in the middle of this. To sober up drive a needle into this point, just the once! This procedure will also “bring to” some one who has fainted/passed out.

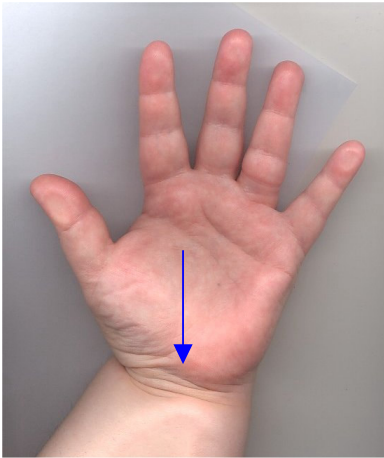
Lesson Five Q&A Session

How often do we do these procedures?

Twice a day for acute conditions

Once a day for chronic conditions

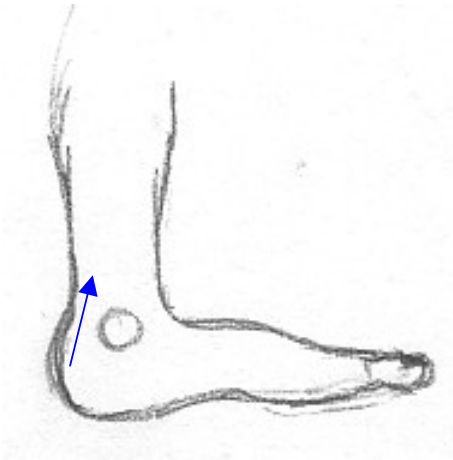
Once a week for long term condition or complaint



How do you calm an over excited mind, where your mind is racing?

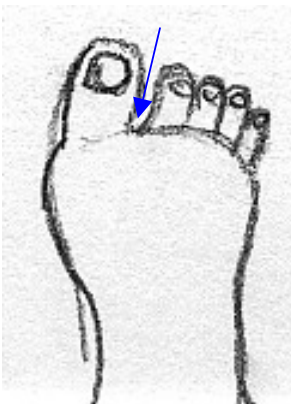
There is a little bone at the base of the palm between the ball of thumb and palm pad. Rotate and press.

Works for **insomnia**.



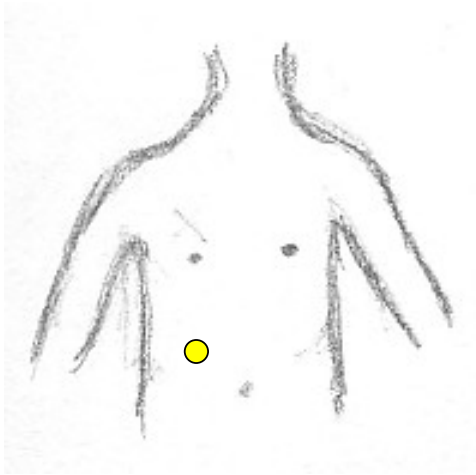
Hormonal problems?

Two fingers up and one finger back from inner ankle bone is a cross point of the liver spleen and kidney. Press rotate knead for hormonal balance.



Emotional balance?

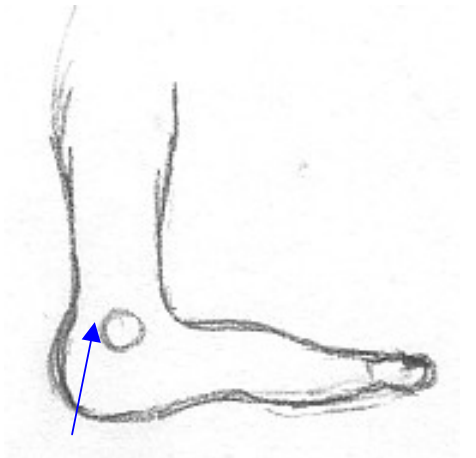
Gap in foot bone between big toe and next toe or the Peaceful Valley. Use your intent to achieve balance rather than painkiller.



Anger management?

Rage/anger.

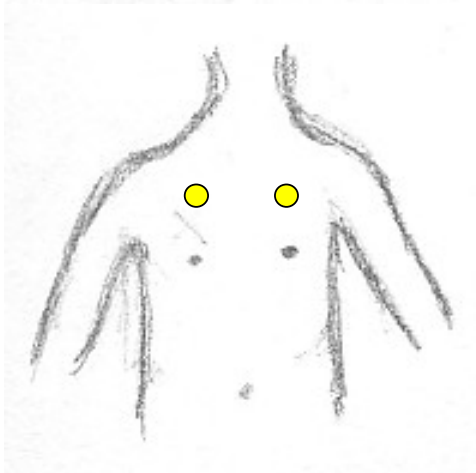
Tip of end of twelfth rib. Press knead rotate.
Think of a beer keg with a tap as end of rib.
Mentally open tap and drain energy.
Can combine with emotional balance above.



Stimulate immune System

“Kidney 3” point halfway between outer ankle bone and Achilles’ tendon.

Also bottom of kneecap, three fingers down one across to outside, knead rub for long term illness.

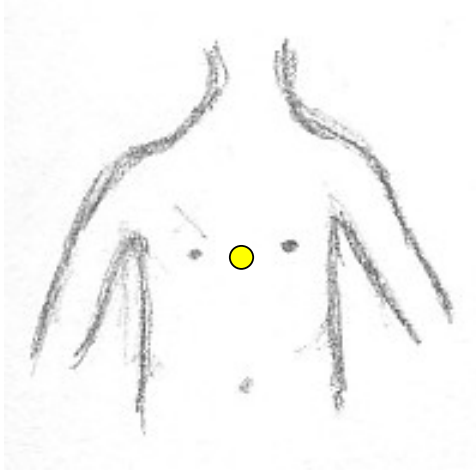


What Clear Lungs

Edge of collar bone on both sides, press and rotate to clear lungs.

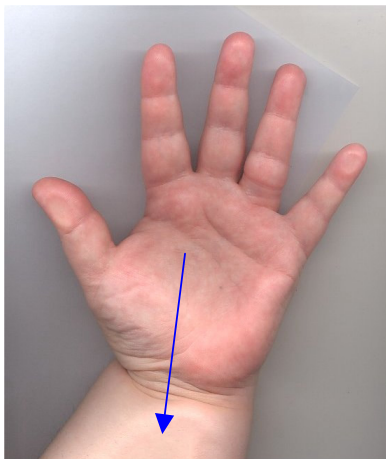
Also 2 ribs, down, 2 finger widths out from centre, press, knead etc both sides.

What Clear Lungs



Four ribs down at centre of chest (in cleavage /in line with nipples) press **HARD** clears lungs throat and sinus.

Lay child across lap. Cup hands and gently beat around lung area to loosen gunk..



Nausea

On Inside of wrist there is a point two fingers from wrist crease. Press 100-500 times. Nausea, travel sickness, morning sickness.

Remedies

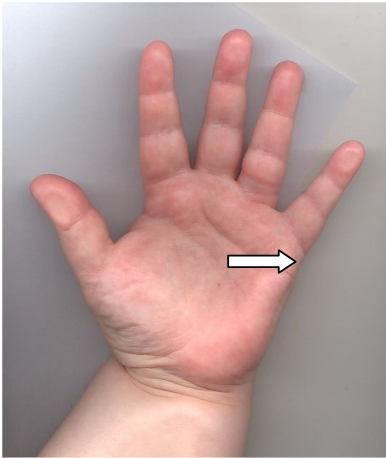
Sore throat, cough.

Heat honey and fresh garlic in hot water. Add half cup of mixture to half cold water and drink.

Digestion

Boil ginger and drink cooled mixture.

Lesson Six



Lesser Stream

Back Pain

At side of hand just under little finger
Press and hold in tight, won't be long before this really hurts which means you've found the spot.

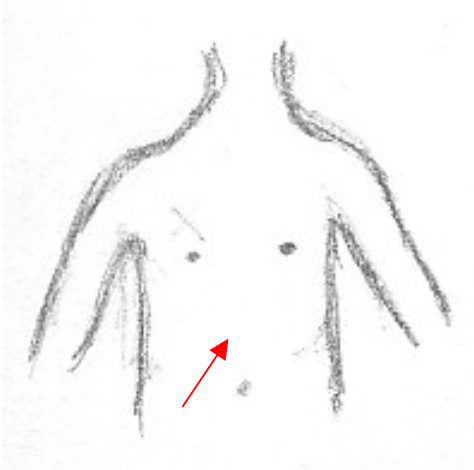
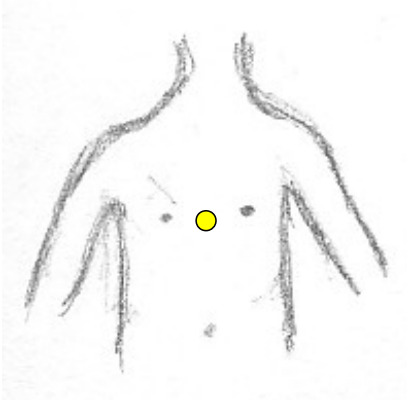
Under gap in ligaments under ankle bone, do both sides.

Difficulty raising arm to brush hair etc, use **peaceful valley**.

Using arm across front of chest use **Broken Sequence**.

Open Chest/Stagnation

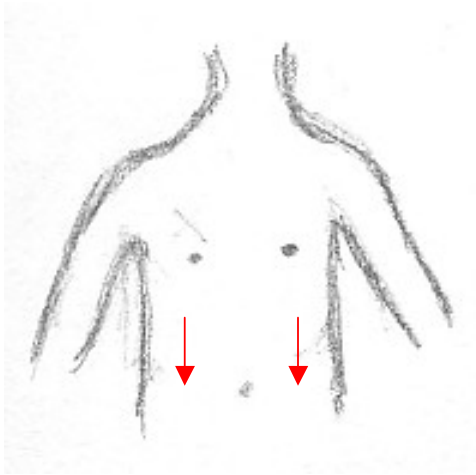
Press, knead.



Ren 12

Aid absorption of nutrients, **boost appetite**.

Line running from base of ribs to belly button.
Point halfway down
Stimulate area, press and knead
Rub up and down but not too much as can cause nausea.

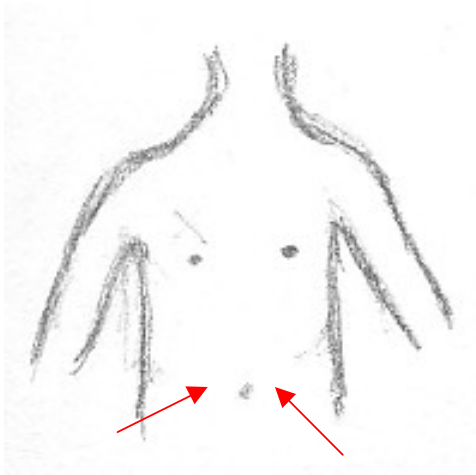


Stomach 21

Overstuffed, too much junk food

Two fingers width either side, massage downwards
100 times.

Flushes things out but can cause diarrhoea.



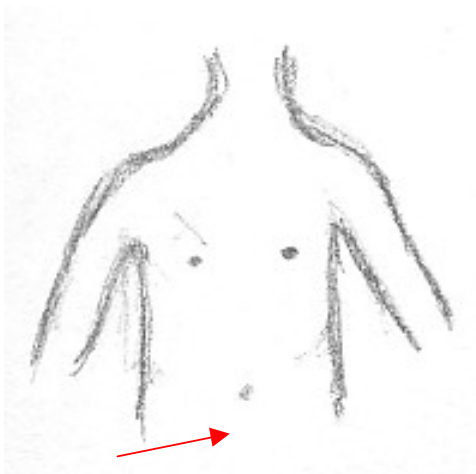
Divine Pivot

Digestive system

Two fingers either side of belly button,

Push downwards right to thighs if you want to or
clear

Press massage to **fortify**



Ren 6

2 fingers below belly button

press to **stimulate chi**

Press knead clockwise circles around navel.



Dazui

In neck vertebra 7 (one that doesn't twist much)

Press knead

To tonify.

If chilled, cold and frozen.

Press and knead. Can heat with hot water bottle.

Also use ginger compress (grate ginger, add boiling water, soak muslin, ring out and apply when cool enough to touch)



Mingmen Gate of Fire

Lumbar 2 and 3. In line with top of pelvic bone.

In effect the "body's pilot light"

Warming point

Scrub across the pelvis on back from side to side



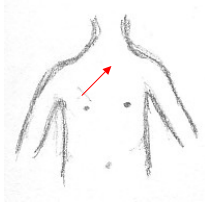
Shu Points

There are rows of muscles either side of spine

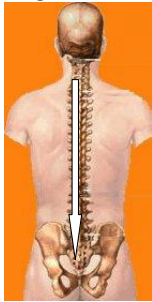
Scrub up and down lightly.

All parts of body will be treated.

Low



High



Blood pressure

For low blood pressure

There's a point just under the hollow in neck (at front). Massage upwards.

For high blood pressure.

From base of neck to pelvis, massage downwards (or connect energetically and imagine it).

Also raise arms to sides and up to heartline only, fast. Bring together and down centre line of body, slow, for 5 minutes twice a day.

Sore throat

Hot and dry throat

Press Peaceful Valley and point in centre of ball of thumb at same time for 3 minutes.