

## 3 ACUPOINTS FOR STABILITY IN SUMMER

**What comes to mind when you think about the summer? Summer is the most "yang" and fiery season, the energy is the warmest and most outward directed of all seasons. How do you keep your balance?**

Via acupressure you can help your body to tune into the energy of the summer in a simple way. In this way you can help yourself to enjoy and relax more easily, to deal with the summer heat and to give all the space to the energy of your heart.

### **Self-acupressure**

In the section below I discuss three acupoints that you can handle yourself, or apply as a Do-In or Yoga teacher in your classes. They are tsubo's of the meridians that belong to the Fire element, the element of the summer that is about transformation, connection, consciousness and relaxation.

When you massage these points regularly, you give yourself and others a (even more) flowing summer in a very simple way.



## PERICARDIUM 8 “PALACE OF WEARINESS”

**A point that gives relaxation and thus makes room to enjoy.**

This tsubo is the Fire point of the meridian of the Pericardium and can therefore bring balance to a fiery energy. Use it for example with **physical** discomfort such as restlessness in your body, tension in your chest area, or insomnia.

When you release tension, space is created. You then experience liveliness, spontaneity and **emotions** such as joy. You have the space to connect with yourself and with others.

The Heart Protector is also called "The Minister of Pleasure" in Chinese Medicine. Fun and relaxation - these two cannot do without each other - are so important to your health that the body has a special minister in the form of a meridian.

Why are they so important? Why should you not work continuously? That is because only when you relax, your body can activate self-healing energy. Realizing this, you understand how important this meridian - and a smile every day – is.

**Spiritually** this point is seen as an extension of the Heart Chakra: when the energy flows well, you radiate your own purity and beauty. You are aware of what suits and belongs to you and you put this into practice in your life, which makes you shine.

**Location of Heart Protector 8:** In the middle of the palm, with a clenched fist under the tip of the middle finger. From that point you give pressure , slightly towards the little finger.

**Application:** Massage the tsubo for 2 minutes on each hand, or until you take a deep breath.

**Extra exercise:** Rub your hands together until you feel the warmth in your palms. Wake up your "Minister of pleasure" in this way. Then rub your hands over your face, neck, neck, shoulders, arms, chest, back, legs and feet. Spread the pleasure all over your body, into every cell.



## HEART 7 "GATE TO SHEN"

**A point to strengthen your stability and awareness.**

The **physical** effect of this tsubo is that it relaxes the heart. It soothes thoughts and calms breathing.

**Emotionally** it gives stability. Suppose that you have exam anxiety, or you do not feel comfortable with the company you are in, then a massage of Heart 7 provides strength and tranquility.



**Spiritual:** As the name of the tsubo indicates, it is a "gate" for "Shen". By "Shen" we mean the consciousness on different levels in Chinese Medicine. Including the awareness that regulates all processes in the body. Shen needs inner peace and emotional stability. If there is unrest, the Shen is cannot settle in the body. As a result, you lose energy, you become even more restless and you suffer from insomnia and tensions. With Heart 7 you invite Shen to his "home", the Heart. This allows you to relax, feel both feet on the floor, get a clear awareness, overview and energy for self-healing.

**Location of Heart 7:** On the inside of the arm, on the wrist pleat, in line with the little finger.

### **Application:**

- Massage this area, or place the tip of your thumb on Heart 7 during meditation. Notice that your respiration becomes deeper and more slowly and that you make contact with inner silence.
- A door must be well oiled; with Do-In you open this point when you turn the wrists, stretch the wrists or open and move them in a different way.

## PERICARDIUM 3 “MARSH AT THE BEND”

**A point that provides cooling on hot summer days.**

The name "marsh" tells something about the **physical** cooling effect of this tsubo. "bend" refers to the elbow fold where it lies.

This is the Water Point on this Fire Meridian; it soothes and cools. You can therefore use it well to create inner peace and space when you are under pressure.

Tensions, stress and anger give too much "heat" in your energy system, which you can cool with Heart Protector 3 so that you can take the space to eliminate the causes of this heat.

You can also massage it on hot days, to cool down.



**Emotionally** speaking, Heart Protector 3 combines the power of Water and Fire, allowing you to overcome fear of connecting with others and closing others in your heart.

**Spiritually** it supports the inner growth and stability through which you can feel unconditional love.

**Location:** In the middle of the elbow fold.

### **Application:**

- Massage the point daily for two minutes or until you take a deep breath.
- Integrate Heart Protector 3 in a tapping massage.