

3 ACUPOINTS FOR BALANCE IN WINTER

In winter the energy draws in: the pores close due to the cold; the decrease in sunlight makes us in need of rest and more sleep. This is the time to charge for the next cycle. Which acupressure points can help you with this?

By Lilian Kluivers

According to the Chinese theory of the Five Elements, winter is counted as the element of Water. This is the element with the strongest yin energy of all elements. This means that it is associated with rest. Winter is the end of a period of growth and at the same time the beginning of the next period. When water comes to rest, it reflects. In the same way, when you relax, you can reflect: which patterns still serve you? What are you letting go? What are your intentions for the next year?

Acupressure

In the section below I discuss three acupoints that you can massage yourself or apply as a Do-In - or Yoga teacher in your classes. They are acupoints of the meridians that belong to the Water element, the element of winter that you can associate with silence, insight, wisdom, recovery, renewal, and flow. When you massage these points regularly, you give yourself and others the space to move in balance with the seasons in a very simple way.

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BLADDER 23 "KIDNEY SHU POINT"

When massaging Bladder 23, connect with your life force. Realize that you know what is the right path for you. Trust your intuition.

Physically, Bladder 23 is used in shiatsu and other Eastern medicine to strengthen the Kidneys, which preserve the basic strength of the body. It strengthens the ki, life energy. It reduces unrest and is also frequently used for problems with fertility.



When the energy of the Kidneys is weakened, this leads to **feelings** of fear. This can be a distrust of others, but also fear of certain events, or fear of dying, for example. As the ki grows stronger, confidence in life increases and anxiety diminishes.

The **spiritual** aspect of Kidney Energy is the inner knowledge of how to use one's own life energy in line with the personal life destination (called Ming). Bladder 23 reinforces the willpower to use the life energy in this way. This is in contrast to wasting energy by wanting to satisfy social wishes or the wishes of others. This does not feel fulfilling in the depths of the being.

Location of Bladder 23: on the lower back at the height of the waist, right next to the spine (1.5 thumb width - cun).

Application: Rub this area with warm palms until it glows. In this way, you massage Bladder 23, but also some nearby acupoints such as Bladder 52 that support the functioning of Bladder 23.

KIDNEY 1 “BUBBLING SPRING”

Close your eyes when you massage Kidney 1. Soften your eyes and draw your attention inwards. Connect with the nourishing silence that is always present behind your thoughts.



Physically, Kidney 1, as a source from which water flows, nourishes the body. Where "empty yang" - unrest created by missing the connection with yin energy - causes tensions around the shoulders and neck, Kidney 1 pulls that energy down and supplements the yin energy. This gives physical relief. Often you'll let out a sigh of relief with massage Kidney 1 - the body relaxes.

This relaxation also works **emotionally and mentally**. Kidney 1 calms when it feels impossible to take a rest ("Because so many things need to be done and imagine..."). Here too the emotion of fear gets in the way (See the explanation for Bladder 23).

At the same time, Kidney 1 can also provide movement when the energy is "frozen". Like the first source to thaw in the spring, Kidney 1 soothes frozen feelings and opens your gaze to the bigger picture.

When you take the time to treat Kidney 1, for example during meditation, you may notice that Kidney 1 works grounding. That is the **spiritual** effect. Because the acupoint relaxes both physically and mentally, the body easily connects with the self-healing energy. As if connected to a source, the body has the opportunity to charge.

This does not mean that you are always full of energy after the treatment of Kidney 1. When there was empty yang, as discussed above, there is a good chance that you will feel the fatigue that was hidden behind the unrest. You then need longer to recover. Repeat the Kidney 1 massage regularly and take more rest.

Location of Kidney 1: on the sole, just below the ball of the foot. When you push the knuckles of the small toe and big toe together, a crease appears at this point.

Application: give gentle pressure or a circular massage to this point with warm thumbs. This can be done through the fabric of your socks so that your feet stay warm - even in winter.

KIDNEY 3 "GREAT RAVINE"

A point that gives an overview, focus, more concentration, and healing.

Kidney 3 strengthens the energy in the body **physically** and can thereby give strength to the posture (sitting or standing), but also to the self-healing capacity, for example with complaints that show "dryness" such as red eyes or sore throat.



All meridians have so-called element points, which harmonize the relationship between the relevant meridian and another element. Kidney 3 is the Earth Point on the Kidney Meridian. ****Mentally**** it has a stabilizing effect. For example, when you massage it when feeling restless or anxious, it ensures that there is room for your ratio (Earth element) so that peace returns. Kidney 3 also enhances memory and concentration.

The inner peace and the connection with the mind give room for reflection. As a small retreat where you can view daily life from a distance, Kidney 3 can also help answer ****spiritual**** questions, such as: do I do what I want to do? Does my ambition match my energy level? Like a dam, "the big mountain stream" regulates irregular water streams into a stable stream, a clear direction in life. And when needed, it releases spare energy.

****Location of Kidney 3****: between the thickest part of the inner ankle and the Achilles tendon.

****Application****: Give gentle pressure or circular massage to this point with warm thumbs. This can be done through the fabric of your socks so that your feet stay warm - even in winter. Kidney 3 combines well with Heart 7 "Gateway to the Shen", which connects with clear consciousness. You can read more about Heart 7 in the article about acupressure in the summer. You can download this on the Do-In Academy homepage. www.doinacademy.com