

POINTS OF EMOTIONAL RELEASE

Sometimes we are full of emotions, for example when we grieve, or feel frustrated. What acupressure points will help you to release those emotions? In this manual, you will learn a simple way to treat two acupressure points that help you to feel, to breathe deeply, to process, and maybe even wipe away a tear.

By: Lilian Kluivers

Can we surf every wave?

"You can't stop the waves, but you can learn to surf." A nice metaphor that I read in the text of a mindfulness course that I followed years ago. I was in my early twenties. And indeed, at that time I got on the proverbial surfboard and scrambled to my feet after a burnout.

Still, I later discovered that the proverbial waves in life are sometimes just too high or with too many. This means that even when you "surf" you can experience tension from time to time, and even store it in your body.

Emotions wait patiently to be felt

I've seen this with my clients as a therapist, but I also experienced this myself. For example when my father was seriously ill. Fortunately, he recovered. Yet for some time I still felt tensions and energy blockages along my muscles and meridians. As if the fear of losing him was just too painful to process all at once. Those tensions were willing to release only when treated with patience, and love.

I experienced the same thing again when my mother died after a long illness. Those tensions again: expressions of emotions that were too intense to be fully felt at the time they arose. The "parked" feelings were waiting for me to find the strength to feel them in their entirety.

Relax on the surfboard

Why would you actually do that, let emotions related to the past flow? Can't you just keep tucking them away? Rather not. "Parking costs money," I often say to explain this. When you park emotions, they consume energy without you being aware of it. This can make you feel tired even without being active.

As soon as you feel the inner strength, it is, therefore, better to allow them little by little. The exercises below will help you with this. So that in time you'll stand relaxed on your surfboard again.

CONCEPTION VESSEL 17 "ALTAR OF THE CHEST"

An acupressure point that gives space to process your emotions and deepens your respiration. This point centers; it connects you to your core.

Take a seat or lie down in a quiet place. Close your eyes.

Mild option: place the center of your palms on your sternum, level with the nipples. Take three deep, calm breaths and exhale with a sigh each time. Feel the rise and fall of your sternum under your hands.

Slide one hand down to your lower abdomen - just below your belly button. Observe the movement of your breath for three more breaths.

The area on the sternum is known as the "heart center" and is energetically connected to your heart. Feel your heart center. Focus your attention on the feelings that arise. With your mind's eye, you may be seeing the events that underlie these feelings. Notice this and return to what you are feeling at this moment. Breathe slowly.

Feel or visualize how your heart area relaxes. On your exhalation, imagine tensions, fears, grief, and other emotions flowing from the heart area down toward your stomach and then leaving your body through your legs and feet.

If you like, choose a mantra that fits this experience. For example, "I give myself the space to feel and let go". Repeat this mantra to yourself on your breathing rhythm.

Another possibility is to make a whispering sound "hhaa" with each exhalation. In Taoist teachings, this is seen as the healing sound for the heart energy.

You could practice both the mantra and the healing sound a couple of times if you like.

Continue until you experience inner peace.

Intense option: instead of placing your palm on the heart centre, use the tip of your middle finger, and give acupressure on Conception vessel 17.

More about this acupressure point: Conception Vessel 17 may feel like an (emotional) bruise. Emotions that you have not yet processed block the energy flow - and this hurts.

When you address this point, parked emotions start to flow and the blockages gradually disappear. For example, you may give a few deep sighs or feel tears flowing. After a few minutes, the sensitivity decreases. You can then connect with inner peace and a soft smile - the basic energy of the heart. This energy is always present in the heart center, but is sometimes overshadowed by other feelings.

THE SHOULDER AREA

Worry, stress, and tension easily cause blockages in the shoulder area. Although there are acupoints on the shoulders that pregnant women should avoid, the technique described below is safe for everyone.

Sit in a comfortable position. Cross your hand on your shoulders right next to your neck and let them rest there. Close your eyes.

Breathe deeply and calmly.

Bring your attention to your shoulder area.

Bring your attention to the tension in your shoulder muscles, as if you were diving into the places where the tension has accumulated.

Take the time for the feelings to come up into your awareness. You may notice grief. Or anger, tension, worry, or fear. All those feelings may have gathered in your shoulder area.

When tears come, let them flow. When you swallow away tears, you “park” their energy again. This prevents the free flow of your life force energy. It may also be that the blocked emotions are released in the form of deep sighs. This is a sign that your energy will start flowing again. Just let it happen.

If you like, choose a mantra that fits this experience. For example: "On each exhalation, I release tensions and obstructions, making space for my life force energy to flow."

Another possibility is to whisper the soothing sound “shshshs” with each exhalation. In Taoist teachings, this is seen as the healing sound for the Liver, which is also called “the seat of the emotions”.

Continue until you experience inner peace.

More about this area: There are several meridians on your shoulders. For example, the Gallbladder meridian, on top of the shoulder muscle. This meridian helps you make choices. So that you say “no” to the things that don't suit you right now. And “yes” to what you want to welcome in your life. In this case, we say “yes” to the life force energy to flow freely and to pay attention to whatever must be felt to make this happen.

You will also find the meridians of the Triple Burner and the Small Intestine in this area. Both help to process impressions. When there is a lot to process, these meridians often get obstructed.

The Meridian of the Large Intestine, which also runs across the shoulders, helps to keep valuable experiences and insights alive and to let go of what no longer serves you.

All these meridians provide the free flow of energy in their own way.

About emotional release points

Let's be honest. Although we usually prefer not to talk about our difficult moments, we all know them. No life is without sadness, fear, worry, tension, or frustration. And that's ok. I could not cite one example of an admirable person, who has not experienced pains in life that helped him or her grow spiritually. So, in a way, the pains in life hold the potential of helping us to grow. That is if we can deal with them.

That is precisely what the exercises I have described above are intended for. When you are under stress or have been through an emotional period, you may feel like you are overwhelmed, or broken. Sometimes it is not possible to let the tension flow away and you remain with the "full" feeling in your body. You can repeat these exercises every other day, for example, so that you gradually relax and feel energized.

