

3 ACUPRESSURE POINTS FOR HARMONY IN AUTUMN

By Lilian Kluivers

Living attuned to the seasons is a way to keep your energy in balance. As autumn approaches, trees begin to break down the green chlorophyll in their leaves and redistribute the nutrients contained there to their trunk and roots. The leaves, which they can no longer use at that moment, are released.

Drawing your attention inwards

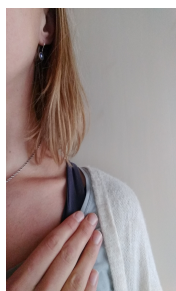
If you are sensitive, in autumn you will feel the need to turn inward, just like the trees. It is a time to let the experiences that you have gained in the lively spring and summer settle. From this silence, insights will come that will enrich you in the next cycle; the new year.

Acupressure for attunement

Through acupressure you can easily help your body adjust to the energy of autumn. This way you can help yourself to let go. This can affect larger themes, such as mourning. But also smaller themes, and simply help you to take more rest.

Self-acupressure

In the following article I discuss three acupoints that you can treat yourself, or apply as Do-In or Yoga teacher in your lessons. They are points of the meridian of the Lungs and of the Large intestine, which together belong to the element of Metal; the element of autumn, letting go, processing sorrow and regaining strength. When you treat these points regularly, you give yourself and others an (even more) flowing autumn in a very simple way.



LUNG 1 "CENTRAL TREASURY"

A point that gives space to breath, personal power and the strenght to process emotions.

Physically, this point gives breathing space. When you suffer from a cold and regularly massage Lung 1, you help to transform the mucus in the lungs, so that you cough less and recover more soon.

When you open Lung 1 by massaging this area, you also allow the energy of the Livermeridian to flow through.

You'll notice this **Emotionally**. The meridian of the Liver ends just below the chest. From there, the energy flows to Lung 1. If you reinforce this flow by massaging Lung 1, you will find that you are less likely to get annoyed.

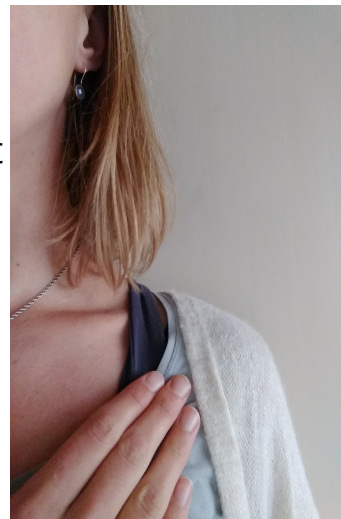
In addition, Lung 1 helps to deal with grief. All emotions can linger in the body. You park them, as it were, when they are too intense to fully feel the mat once. Through acupressure you can help yourself to gradually experience and process emotions.

Even if you feel melancholy because it is autumn, this point softens and relaxes.

Spiritually, you'll experience more inspiration when Lung 1 is open. This is due to the deepening of your breathing. Through your breath you take in "energy from heaven". This is a type of energy that is well known in Chinese medicine. When you absorb this energy adequately, you experience personal strength and self-confidence.

Location of Lung 1: Below the collarbone in the first space between the ribs. Near the shoulder head; 6 cun (the width of your thumb tip is called cun) from the centerline.

Application: Massage this area until it glows. Feel: do you notice that your breathing deepens?



LARGE INTESTINE 1 “METAL YANG/MERCHANT YANG”

A point to use to be here and now.

Physically LI1 gives more breathing space, and reduces a feeling of pressure on the chest. It slows down the exhalation, which makes it easier to let go. Thoughts easily disappear into the background and you get in touch with the moment. This is therefore an ideal acupoint to hold as a mudra during meditation (position of the hand with an effect on your energy flow).



Emotionally, this point helps to deal with grief. It gives relaxation. This removes the need to place an armor or separation between you and the other, so that you can actually make contact. With high sensitivity, the meridian of the Large Intestine is often blocked. The element Metal can be seen as your connection to the outside world. This does not have to be too open, but also not to be closed. One of the meridians with which you can work to transform your sensitivity to strength is the meridian of the Large Intestine.

Spiritually, this point stimulates an open attitude. If you let go of sorrow, or whatever holds you focused on the past, there is room to be open-minded in the present moment.

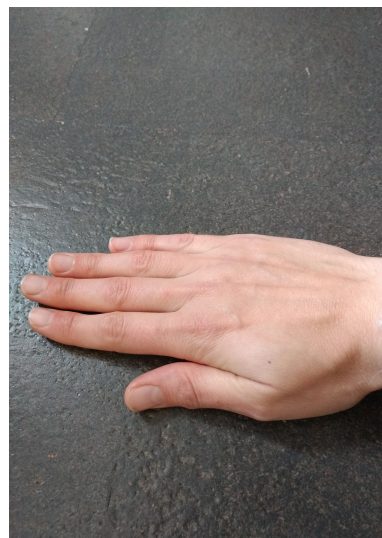
Location of Large Intestine 1: On the upper phalange of the index finger, on the thumb side. Right next to the cuticle.

Application: Massage this area, or place the tip of your thumb on Large Intestine 1 during meditation. Notice that you breathe deeper and exhale more slowly. You may feel the meridians flowing in your arms.

LARGE INTESTINE 4 "UNION VALLEY"

A point to strengthen your immune system, purify the body, relax and follow your path (Tao).

This point has a powerful **physical** effect and strengthens the immune system, so that flu-like symptoms such as fever, shivers, headaches, a stiff neck and cough will disappear more quickly. Treatment of this point purifies the body. You can use it for this purpose as a detox, but also to purify the body of the traces of medication, such as a chemotherapy.



Emotionally, Large Intestine 4 relaxes an overactive, nervous mind. This gives space. You can also apply this point in sadness and grief; the emotions associated with the element of Metal.

The name of this point tells about the **spiritual** nature of this point. A valley is a symbol for emptiness and an open attitude. A place where valleys come together is a power place. Regular massage of this point, encourages you to follow your Tao free of concepts, in open presence.

Location: Press your thumb against the index finger, so that the muscle bulges. Large intestine 4 can be found at the highest spot. Relax your thumb again and press the point that was the highest.

Application: Massage LI4 with thumb and forefinger of the other hand.

Contraindication: pregnancy before the 38th week: Large Intestine 4 can induce contractions.