

### **3 ACUPRESSURE POINTS FOR A SPARKLING SPRING**

**What are the best pressure points to massage in spring? What diminishes spring fatigue? And unrest? How do I sleep better? Learn to adapt to the spring energy and radiate like nature does in this season.**

#### **Outward movement**

When you're sensitive, you feel the energy is rising in spring. You feel like going outside, to feel the sun's rays on your skin. When in balance, you will have plans, ideas for what you want to do and create this year. This active, yang energy stimulates an outward movement, getting in touch with others and gaining new impressions that benefit your personal development.

#### **Tuning in**

Acupressure helps your body to tune into the energy of spring. When the energy flow in the meridians stagnates this results in spring fatigue. Acupressure then helps to get the energy moving again.

If you experience unrest because the energy is too active, these acupoints will help to calm down. In this way, you help yourself to dose your energy so that you can enjoy your life force all spring long.

#### **Self-massage**

On the pages below I will discuss three acupoints that you can massage yourself, or apply as a Do-In- or Yoga teacher in your classes. They are tsubos of the meridians of the Liver and Gallbladder, which together belong to the element of Wood; the element of spring, creativity, planning and free flow of energy.

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

## LIVER 3 "GREAT RUSHING"

A tsubo that lets you know that you are perfect, and there's no need to prove yourself. This acupoint transforms anger and lets the energy flow: Liver 3 spreads the ki.



**Physically** this tsubo is used to diminish all kinds of pain, such as a headache. Pain is a sign that the energy is obstructed. Massage Liver 3 to diminish tensions, such as tension on the chest or abdominal tensions or bloating. In addition, massage it when you suffer from spring fatigue, to restart the flow of energy.

**Emotionally**, this point calms down. It is the Earth point on the meridian of the Liver. This means that this point grounds (find a balance between yin and yang) when the Wood energy of spring rises and makes you feel restless. Liver 3 helps to express frustrations in a calm, grounded way, to let them go and transform them into friendliness. Frustrations and anger have a disruptive effect on the circulation of your energy. Letting go of these emotions is a powerful way to balance yourself.

**Spiritually**, it is connected to your inner eye and the ego. If you feel the need to prove yourself and therefore waste your energy, Liver 3 helps you to let go of this aggression towards yourself and to experience that you are perfect as you are when you do what feels right for you.

**Location of Liver 3:** between the metatarsals of the first and second toe in a cavity about 1.5 cun (pronounced: sun) from the base joint. Cun is a way to display a distance: 1 cun is as wide as the tip of your thumb.

**Application:** give acupressure, or massage with the heel of your other foot.

**Contra Indication:** pregnancy.

## GALLBLADDER 20 “WIND POOL”

A tsubo that relaxes and connects body and mind.

**Physically**, Gallbladder 20 reduces headaches and relaxes the neck. It diminishes muscle-tensions caused by wind.

**Emotionally** speaking, a massage of Gallbladder 20 reduces tension when you experience frustration because your plans are not transformed into actions. Gallbladder 20 gives peace when you experience unrest in spring, like a valve that relieves tension.

**Spiritually**, this tsubo connects body and mind. It soothes when you mainly live from the head and you no longer feel what the body is communicating.

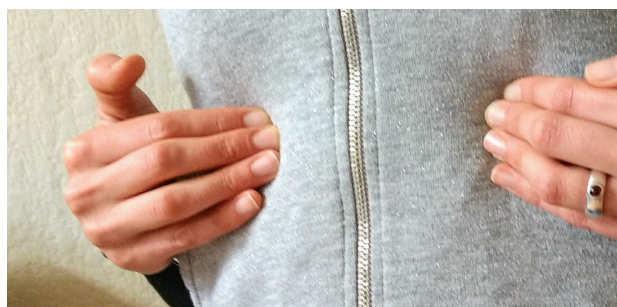
**Location:** In a hollow of the edge of the skull between the ear and the spine.

**Application:** Give acupressure with your thumbs.



## LIVER 14 "GATE OF HOPE"

A sense that something new is about to begin and having all the breathing room to take that new step. Liver 14 removes obstructions in the Liver energy and starts a new cycle.



**Physically** Liver 14 provides room in the chest, so you can breathe freely. This also influences your sense of peace, because body and mind are connected.

**Emotionally** Liver 14 relaxes in case of frustration and a being stuck in a situation.

**Spiritually** Liver 14 gives a new perspective. This is the last point of the Liver Meridian and the last point of the daily meridian cycle according to the Chinese Organ Clock. From Liver 14, the energy connects with Lung 1. Lung 1 is the first point of this cycle. The circle is complete, there is perspective and hope for the future. Hence the name "Gate of Hope".

Treatment of Liver 14 gives prospects for a future and a new beginning. Especially if the Liver energy is obstructed, Liver 14 can resume the energy flow so that a new cycle can start again at Lung 1. This combination therefore also helps you to sleep deeper. Especially if you often wake up around 3:00 am, the connection with Lung 1 improves your sleep.

**Location:** Perpendicular under the nipple, at the level of the lowest part of the sternum.

**Application:** Give acupressure with your thumbs and connect with Lung 1 when you have trouble sleeping or wake up at night. ([read more about Lung 1 in the document on acupressure in fall, free download on www.doinacademy.com](#)).