



Meridian Accupressure Clearing and Balancing Sequence

by Teresa Keast

We can activate, clear and bring into better balance the various meridians in the body through a sequence of tapping with a lightly closed fist along the meridian pathways and pressing into relevant acupressure points. This helps to release any trapped energy, detoxify the body, increase your vitality and get your energy flowing.

- Begin by tapping lightly with the fingertips all over the head and scalp especially where the head and neck join and around the ears (activates numerous meridians and acupressure points)
- Tap both fingers across the forehead down to the temples, massage the ears
- Tap under the eye following the bones under the eye socket from nose to temple
- Press both fingers either side of the bridge of the nose just into the eye socket
Releases headache and tension
- Press two fingers either side into the indent at the side of the nostrils, clears sinuses
- Press both fingers into the point at the very base of the cheek bone, clears sinuses
- Tap both fingers from the centre of the upper lip down to meet the chin, small intestine meridian
- Tap both fingers from the centre of the chin along the jaw to the ears, large intestine meridian
- Tap over the thymus gland in the centre of the upper chest (stimulates immune system, opens the heart chakra)
- Tap across the whole upper chest from centre to the arms
- Press both fingers into the Chest congestion relief point on your chest in the centre of the groove where your arm joins your chest (a sinking almost nauseous feeling lets you know you have found it) the point as if you hooked your thumb into braces.
- Lung meridian; Tap quite briskly over the trapezius muscle on the top of the shoulder, Tapping down the arm in line with the thumb, (3 times)
Rub the thumb and squeeze with thumb and forefinger the point at the base of the thumb nail.
- Large Intestine meridian; Rub the index finger and press into the point at the base of the index finger nail
Tap up the front of the arm in line with this finger to the shoulder (3 times)
- Circulation; Turn the arm over palm upwards and tap down the middle of the inner arm, toward the middle finger (3 times) Rub this finger and press the base of the finger nail
- Triple Warmer (your metabolic rate/energy use); Rub the ring finger and press into the point at the base of the finger nail
Tap up the outside edge of the arm to the shoulder (3 times)

- Heart and Small Intestine meridians; Turn the arm over and tap from under the armpit gently following the inner edge of the arm to the little finger (3 times) Rub the finger and Squeeze either side of the base of the little finger nail to stimulate both points.
- Stomach/Spleen meridian; Tap gently starting at your right hip circling up toward the ribs around the whole abdominal area, circling clockwise (coming up from the right circling toward and down the left). Numerous points are found around the belly button.
- Kidney meridian; Tap gently over the kidneys in the middle back, either side of the spine just below the back of the ribs.
- Gallbladder meridian; Tap with a flat hand up and down the side of the waist, from under the armpits to over the hip area.
- Buttock release; Tap quite vigorously into the buttock muscles, pressing into the acupuncture point in the very centre of the buttocks to release any spasm in the gluteal and lower back muscles
- Gallbladder/Large Intestine meridian; Tap down the outer edge of the legs from the hip down past the knee and calf muscles getting into the groove between the muscles, continue around the outside ankle bone, along the outside edge of the foot. Press the acupuncture point on top of the foot between the little toe and next toe. This may be tender, breathe into it. (3 times)
- Liver meridian; Press on the point on top of the foot between the big toe and the second toe. Again this may be tender so breathe into it.
Tap along the inside edge of the foot, around the ankle bone and up the inside of the leg all the way to the pelvis. Make sure you clear around the knee (3 times)
- Bladder meridian; Tap with a flat hand up and down the back of the legs from the ankle to the buttocks (3 times)

With a flat hand, tap all around the knee joint front, sides and back.

Give your arms and legs a good shake to enable the energy to flow.

You may feel hot with lots of heat radiating from your body as you release the trapped energy

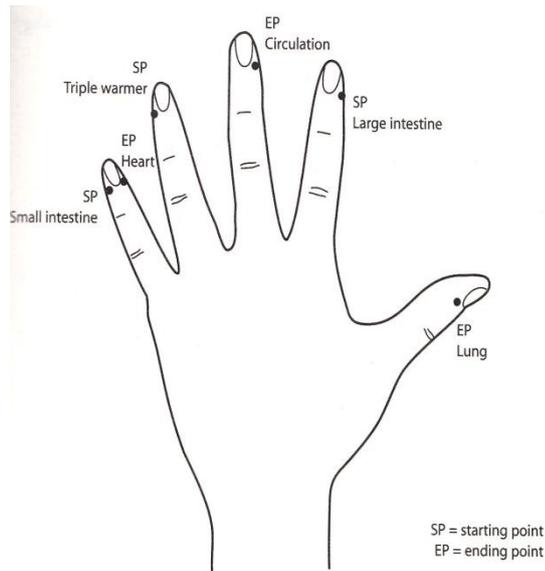
Breathe deeply as you close your eyes and feel the enhanced vitality cascading through your body. Ensure your drink plenty of water to aid the body in the detoxifying process.

For best results do this sequence weekly, although 2-3 times a week after illness can help to boost the immune system and clear any residue fatigue.

Picture taken from p37

“Mudras, Yoga in your hands”

by Gertrud Hirschi



The meridians in your body are linked to the chakra system and the flow of subtle energy in your body.

Imbalances or blockages in the meridians will show in the organs or body parts they relate to.

We can heal using sound, colour, food, and emotional release, as well as addressing the behaviours that created the imbalance.

Meridian	Liver Gall bladder	Heart Small Intestine	Circulation Triple heater	Kidney Bladder	Lung Large Intestine	Spleen/Pancreas Stomach
Element	Wood	Fire	Fire	Water	Metal	Earth
Season	Spring	Summer	Summer	Winter	Autumn	Late Summer
Climate	Wind	Heat	Heat	Cold	Dry	Dampness/humidity
Fluid Secretions	Tears	Perspiration	Perspiration	Saliva	Mucus	Saliva
Sense organs	Eyes	Ears	Ears	Genitals/Urethra/Anus	Nose	Mouth
Body part	Muscles/sinews	Blood vessel	Blood vessels	Bones/Bone marrow	Skin/body/Hair	Flesh Body shape
Manifestation	Nails/hands/feet	Complexion	Complexion	Head/hair	Skin/Body/Hair	Flesh
Emotion	Anger	Joy/happiness	Joy/happiness	Fear	Grief/Melancholy	Sympathy
Sound	Shouting	Laughing	Laughing	Groaning	Crying	Singing
Colour	Green	Red	Red	Blue	White	Yellow
Flavour	Sour	Bitter	Bitter	Salty	Pungent	Sweet

Copyright Teresa Keast 2015 www.teresa4yoga.co.uk