



Basic Acupressure

Extraordinary Channels & Points



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Basic Acupressure The Extraordinary Channels And Points

Ina Gosmeier



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Basic Acupressure Acupressure Institute,1995

Faces of Your Soul Elise Dirlam Ching,Kaleo Ching,2014-01-14 In

Faces of Your Soul Elise Dirlam Ching and Kaleo Ching combine art and archetypes meditation and acupressure guided imagery journaling and many different creative processes in a collage of healing knowledge and wisdom The authors start by stressing the balance of complementary opposites left brain right brain challenge comfort practicality the sacred as crucial to beginning the journey Then through guided imagery they lead readers through subconscious realms to connect with archetypal sources of inner wisdom This process frees the creative and healing spirit connecting explorers with the body s instinctive intelligence which expresses itself through the creation of art Central to this process is a detailed description of maskmaking including how to work with a partner to mold each other s gauze mask balanced with self explorations of the inner experience of this event Poetry personal stories photographs and a gallery of Kaleo Ching s evocative totemic masks expand the reader s experience of this richly resonant journey to self

Chi and Creativity Elise Dirlam Ching,Kaleo Ching,2014-01-14 Most people tend to idealize artists writers and others of the creative class as uniquely gifted But the capacity to create is part of being human whether that means writing making art cooking gardening sewing dancing acting singing or virtually any activity In Chi and Creativity Kaleo Ching and Elise Dirlam Ching show readers how to use a wide range of strategies to harness the energy of chi to uncover and cultivate that often elusive inner artist Based on their popular workshops the authors offer an integrative process to generate the joy wonder and sense of well being necessary for artistic self expression Specific exercises draw on everything from acupressure and breathing techniques to Chi Kung movement and meditation Through Chi Awareness the body mind emotions and spirit come into greater harmony Through guided imagery they dialogue Through journaling they speak Through art they join in creative expression of the inner discoveries along the path to greater balance and integration Chi and Creativity is the authors way of sharing this magical transformative process and can be used by anyone who wants to add fuel to their creative fires

Introduction to Acupressure & Qigong Ram Babu Sao,2025-05-20 This book Introduction to Acupressure headaches heaviness in the head dizziness ringing in the ears stiff shoulders arising from disorders of the autonomic nervous system constipation sluggishness chills of the hands and feet insomnia malformations of the backbone frequent in middle age and producing pain in the shoulders arms and hands pains in the back pains in the knees experienced during standing or going up or downstairs tension the balance of emotions anxiety grief other emotional imbalances and diseases that can be relieved with acupressure Acupressure points can be used to enhance many aspects of life such as managing stress relieving and preventing sports injuries improving muscle tone and blood circulation relieving neuromuscular problems and a beauty treatment like improvement of skin condition and toning and relaxing the facial muscles which can lessen the appearance of wrinkles without drugs However acupressure is not a substitute for medical care it is often an appropriate complementary treatment The Acupressure points are located between

the shoulder blades the spine at the level of the heart the soles of one's feet and palms and all over the body Patients with life threatening diseases and serious medical problems such as a stroke or heart attack or any serious medical condition should always consult their doctor and take treatment before using acupressure therapies Acupressure is not an appropriate sole treatment for cancer contagious skin diseases or sexually transmitted diseases but in conjunction with proper medical attention however gentle acupressure can help soothe and relieve a patient's distress and diseases

Secrets of Longevity: Acupressure Healing Maoshing Ni, 2012-04-29 This book helps you unlock the Eastern wisdom of acupressure teaching you how to activate specific energy points on your body to heal a wide array of conditions and boost your vitality With helpful anatomical illustrations this book shows you how to perform acupressure on yourself to relieve conditions like allergies cold and flu insomnia headaches low energy memory loss weight problems lower back pain and much more This book also includes a special herb section which shows you how to heal common conditions with herbal therapy

36 Deadly Bubishi Points Rand Cardwell, 2019-03-26 Learn how to target the weaknesses of an attacker and effectively exploit them in order to defend yourself The 36 Deadly Bubishi Points explains the pressure point techniques found in the Bubishi the ancient Bible of Karate and how recognizing them allows you to defend yourself against such attacks This book closely examines these vital points and the science behind them and the author fills a gap in general understanding of how the 36 vital points found in the Bubishi can be targeted using pressure point fighting techniques While much has been written about the vital points and their medicinal importance thanks to the popularity of practices such as acupuncture martial research on the subject has been lacking Cardwell discusses the vital points from the perspective of an experienced martial artist including how the body's vital points are related to the 8 extraordinary vessels and 12 meridians which circulate energy throughout the body Through detailed step by step instructions and over 96 photographs and illustrations The 36 Deadly Bubishi Points shows how this knowledge can be employed in self defense

Chinese Medical Gynaecology Eddie Dowd, 2017-12-14 An comprehensive guide to the Chinese medicine approach to common health problems women experience including menstrual cycle reproductive and fertility issues and menopause The book includes nutritional recipes for home use as well as other treatment options

Acupressure for Horses Ina Gosmeier, 2018-08-01 Help your horse with simple acupressure techniques Learn to identify your horse's individual body constitution type which determines choices of acupressure treatment Understand the 12 main channels of energy in your horse's body Gain the ability to choose the correct points to treat specific issues Relieve mild sources of pain and discomfort in your horse's body Influence his mental health and stability Choose appropriate treatment from a comprehensive list of common problems Use step by step instructions and photos to help your horse

New Choices In Natural Healing Bill Gottlieb, 1999-07-22 The first book to take alternative medicine out of its mystical fringe and into the mainstream New Choices in Natural Healing features more than 20 unique alternative remedies for each of 160 health problems from acne to wrinkles plus practical explanations of 20 natural

therapies from aromatherapy to vitamin therapy Including 440 illustrations New Choices in Natural Healing also covers Acupressure pinpoint pain relief Aromatherapy relieve stress and tension Ayurveda a customized system of better health Flower Therapy heal the mind and the body will follow Food Therapy harness the power to erase disease Herbal Therapy a healing partnership with Mother Nature Homeopathy medicines perhaps more powerful than prescriptions Hydrotherapy bathe yourself in natural healing Imagery picture yourself perfectly healthy Juice Therapy the curative essence of fruits and vegetables Massage hands on healing for yourself and your family Reflexology speed restorative energy to organs and body parts Relaxation and Meditation achieve a higher state of health Sound Therapy soothe your body with music s gentle waves Vitamin and Mineral Therapy natural prescriptions for healing Yoga stretches for better health

The Encyclopedia of Energy Medicine Linnie Thomas, 2023-04-08 An Expansive Resource with 55 Energy Healing Modalities This newly revised edition of *The Encyclopedia of Energy Medicine* is an extensive directory for anyone wishing to study energy healing practices With newly added modalities updated course listings and an improved list of energy medicine associations this comprehensive reference features dozens of healing schools as well as licensure and certification programs in a field that is constantly growing and evolving Linnie Thomas offers resources for pursuing your education in fifty six energy healing methods such as Reflexology Healing Touch LomiLomi Holotropic Breathwork Thought Field Therapy Reiki Medical Qigong Melody Crystal Healing This much needed sourcebook covers healing session summaries certification and continuing education requirements endorsements and accreditations standards of practice legalities and class availability Thomas lists each therapeutic approach course descriptions including contact information and codes of ethics making it easy to find the information you need to explore these healing techniques for yourself Includes a foreword by Cyndi Dale internationally renowned author of *The Complete Book of Chakra Healing*

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