

FIVE ELEMENT ACUPRESSURE POINTS CHART THE LAW AND THEORY OF THE FIVE ELEMENTS

Always balance the priority Yin organ energy **FIRST** before balancing the Yang organ energy.

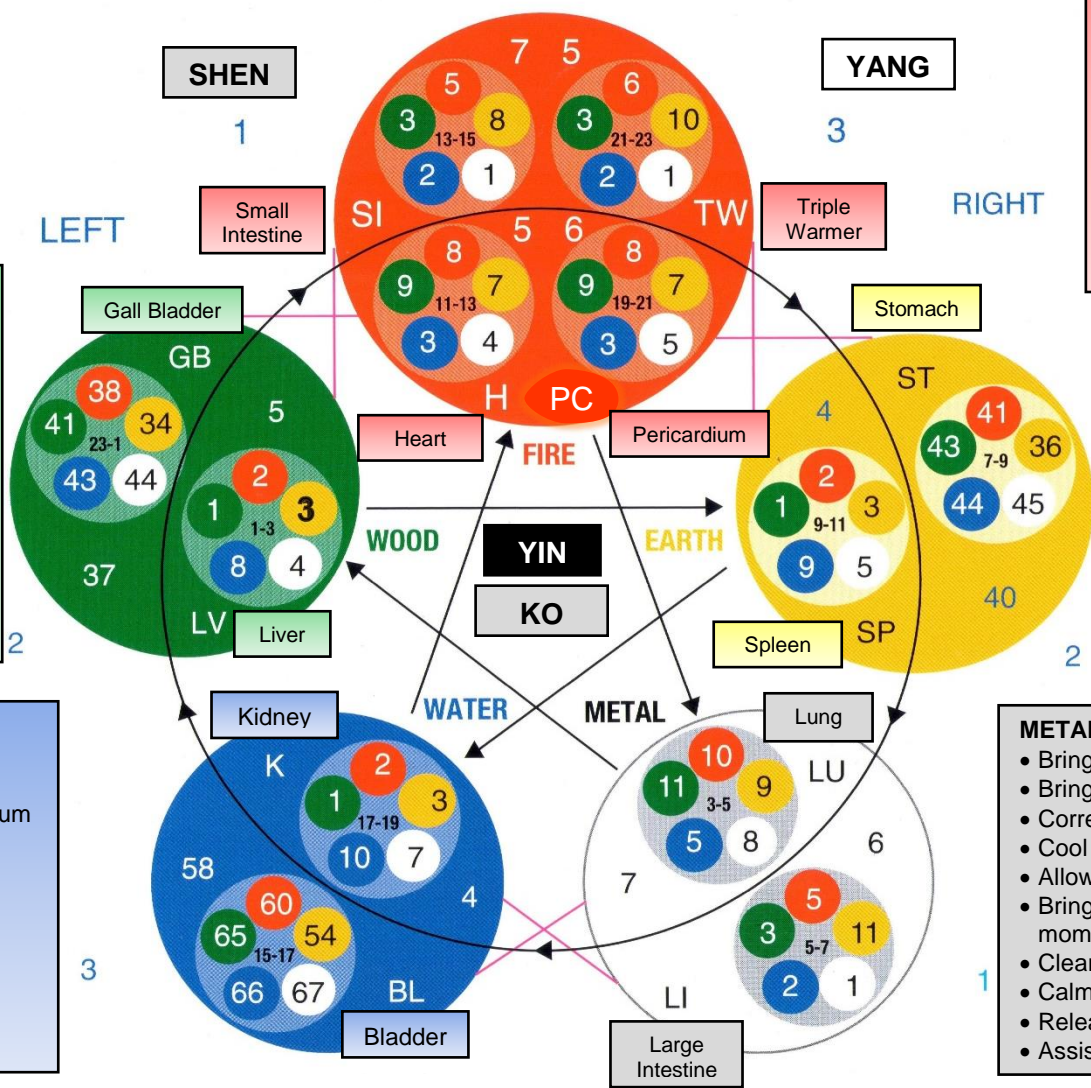
Yin = Deep Touch
Yang = Light Touch

WOOD POINTS:

- Bring growth and new life
- Assist branching out and expansion
- Impose structure and boundaries
- Knowingness through stillness within
- Add kindness to the body
- Instil finding your true path
- Bring a sense of purpose and direction
- Clear out anger, resentment, frustration, annoyed and irritability
- Release pain
- Assist managing clenching fists

WATER POINTS:

- Gently bring flow and fluidity
- Put out the fire and remove heat
- Bring abundance and forward momentum
- Bring depth into the body
- Clear deep issues
- Cool the body
- Assist emotions and sensitivity
- Bring willpower and drive
- Clear out fear, fright, anxiety & stress
- Release tightness and closed in
- Assist managing trembling and shivers



FIRE POINTS:

- Ignite the bodies energy
- Give passion and love
- Warm the body by adding heat to the energetic system
- Increase vibrancy
- Bring lightness into the body
- Open up the heart energy
- Calm the Mind and Spirit
- Clear out hastiness, hate, impatience & surprise
- Release irritation
- Assist managing dejection & upset

EARTH POINTS:

- Nurture & nourish (giving energy)
- Bring caring supportive energy
- Embody faith and confidence
- Bring stability & grounding
- Fertilising energy
- Absorb and contain energy
- Calm the thoughts and intentions
- Clear worry from the system
- Release uncertainty
- Assists belching and vomiting

METAL POINTS:

- Bring rigidity, order, firmness & solid energy
- Bring strength, support and structure
- Correct the flow, straight to the point
- Cool the body down and settle the energy
- Allow letting go of perfectionism
- Bring an essence of being present in the moment
- Clear out grief, guilt, regret and sadness
- Calm the physical soul
- Release exhaustion
- Assist managing coughing & expectorating