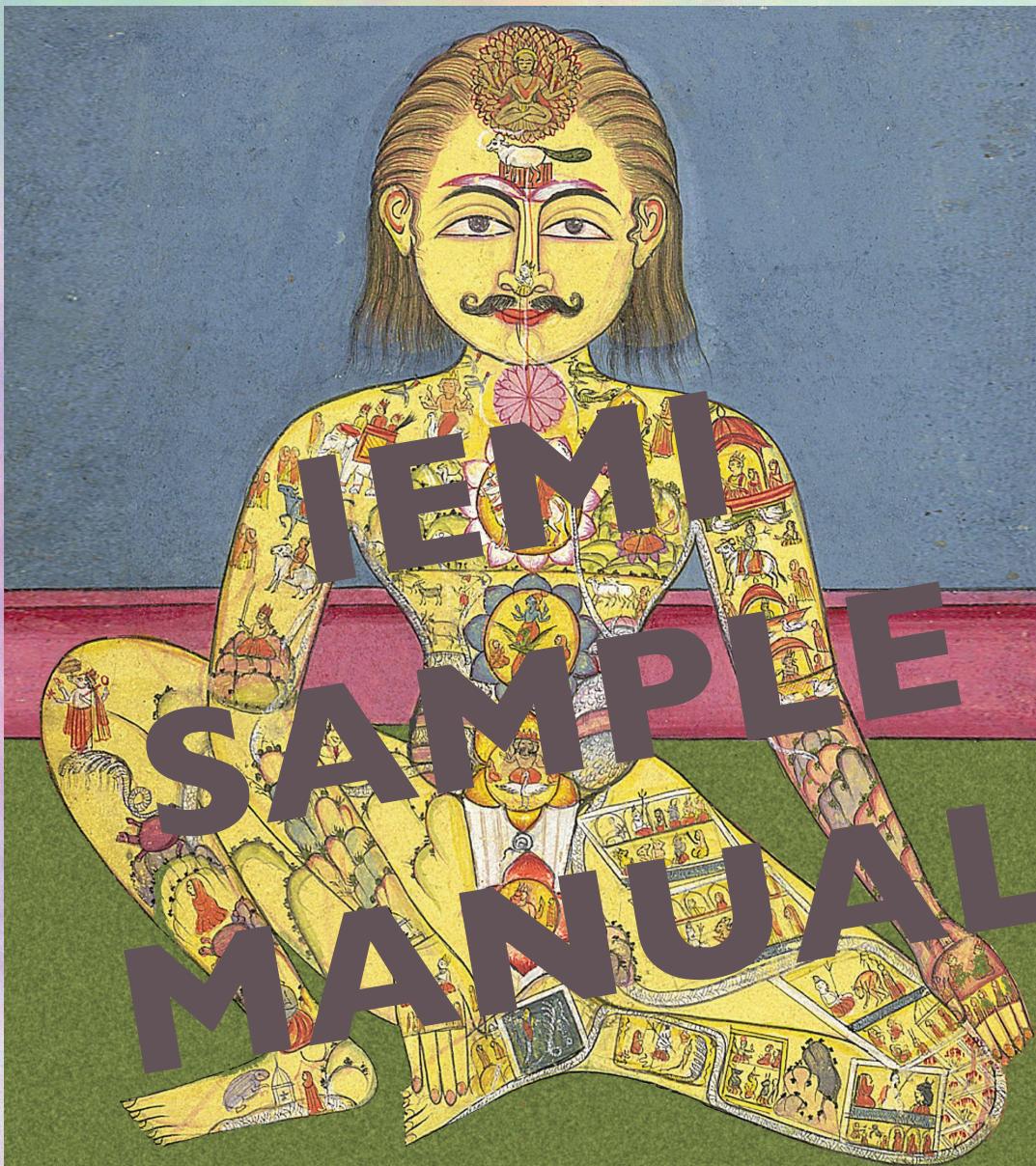


INTEGRATIVE ENERGY MEDICINE ACUPRESSURE

For Reiki and Energy Medicine Practitioners



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SPINAL ACUPRESSURE PROTOCOLS

“When in sickness, look to the spine first.” — Hippocrates

TIPS BEFORE STARTING

Clears the spine and as needed all the channels leading to toes and fingers. For the Neck Flow, run energy behind the neck and through the arms.

For the Sacrum Flow, place two hands under the sacrum and run energy to loosen the area. If the Sacrum feel solid (like cement) run energy thru the spine and also from left to right to loosen the block.

For the X Flow, place one hand behind the neck and the other at the base of the spine to run energy.

Review the Acupressure treatment protocol on page 7.

- Find the anchor point before starting the treatment.

NECK & SACRUM FLOW POSITION



SITTING ON
LEFT SIDE
RIGHT HAND
ON SACRUM
FINGERS PRESS
RIGHT SIDE
OF THE SPINE



RIGHT HAND UNDER
NECK, FINGERS
PRESS RIGHT SIDE
OF THE SPINE

T = Toe from 1 to 5 • F = finger from 1 (thumb) to 5.

NECK FLOW PROPERTIES

When sitting on the Left side of the body the Right hand is under the neck with the finger tips pressing on the opposite side of the spine at the Cervico-Thoracic Junction or the Right CV7 (cervical 7 and ACU 11 area. See above..

Using 2 sheets on the massage table allows you to slide your hand between the sheets; thus avoiding getting entangled in clothing or hair and jewelry.

Reverse the position when sitting on the right side of the body. *Unless treating an issue in the shoulder, arm or hand the treatment is done for both sides.*

HOLD FINGER TIPS ON SIDE OF NAIL



Hold fingers and toes on either the side of the nail where meridians end.

NECK FLOW STEPS

Sit right side

1st R L CV7 - T1 (cervico-thoracic junction)
L R F1 + F2 + F3 + F4 + F5

Sit left side

1st L R CV7 - T1
R L F1 + F2 + F3 + F4 + F5

SACRUM FLOW PROPERTIES

When sitting on the Left side of the body the Right hand is under the sacrum. Spread the fingers slightly apart to cover at least three vertebrae.

Hold the right side of the spine, pulling “slightly” toward self and wait until you feel the pulse coming at the spine. Stay in this position until the pulse is even, switch and

HOLD EACH TOE ON SIDE OF NAIL



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in a cohesive body of knowledge & wisdom

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