

WEBVTT

NOTE duration:"00:32:46.7520000"

NOTE language:en-us

NOTE Confidence: 0.913189848264058

00:00:00.000 --> 00:00:01.413 Good morning everybody.

NOTE Confidence: 0.913189848264058

00:00:01.413 --> 00:00:04.239 I am Michelle grants license massage

NOTE Confidence: 0.913189848264058

00:00:04.239 --> 00:00:06.202 therapist is Milo Cancer Hospital

NOTE Confidence: 0.913189848264058

00:00:06.202 --> 00:00:08.738 at its my honor and privilege and

NOTE Confidence: 0.913189848264058

00:00:08.738 --> 00:00:10.694 pleasure to be with you today.

NOTE Confidence: 0.913189848264058

00:00:10.700 --> 00:00:12.380 We're going to be doing

NOTE Confidence: 0.913189848264058

00:00:12.380 --> 00:00:13.388 another acupressure program.

NOTE Confidence: 0.913189848264058

00:00:13.390 --> 00:00:15.658 This time we're going to be talking

NOTE Confidence: 0.913189848264058

00:00:15.658 --> 00:00:18.108 about paying kind of throughout the body,

NOTE Confidence: 0.913189848264058

00:00:18.110 --> 00:00:18.916 different conditions,

NOTE Confidence: 0.913189848264058

00:00:18.916 --> 00:00:20.528 pretty much working from

NOTE Confidence: 0.913189848264058

00:00:20.528 --> 00:00:22.540 the head to the show.

NOTE Confidence: 0.913189848264058

00:00:22.540 --> 00:00:24.920 If you'd like to grab a bottle,

NOTE Confidence: 0.913189848264058

00:00:24.920 --> 00:00:27.350 water a couple water that could

NOTE Confidence: 0.913189848264058  
00:00:27.350 --> 00:00:29.549 be helpful because sometimes as we  
NOTE Confidence: 0.913189848264058  
00:00:29.549 --> 00:00:31.597 work the points we move a lot of  
NOTE Confidence: 0.913189848264058  
00:00:31.670 --> 00:00:34.099 energy and get a little bit thirsty.  
NOTE Confidence: 0.913189848264058  
00:00:34.100 --> 00:00:35.240 So before we begin,  
NOTE Confidence: 0.913189848264058  
00:00:35.240 --> 00:00:36.665 also just bring yourself into  
NOTE Confidence: 0.913189848264058  
00:00:36.665 --> 00:00:38.180 a comfortable position.  
NOTE Confidence: 0.913189848264058  
00:00:38.180 --> 00:00:41.210 Whatever is comfortable for you.  
NOTE Confidence: 0.913189848264058  
00:00:41.210 --> 00:00:43.378 Acupressure itself describes any  
NOTE Confidence: 0.913189848264058  
00:00:43.378 --> 00:00:46.088 type of massage that stimulates  
NOTE Confidence: 0.913189848264058  
00:00:46.088 --> 00:00:49.114 the pressure points on the body  
NOTE Confidence: 0.913189848264058  
00:00:49.114 --> 00:00:51.509 to achieve a therapeutic effect.  
NOTE Confidence: 0.913189848264058  
00:00:51.510 --> 00:00:54.085 It's the same points pretty  
NOTE Confidence: 0.913189848264058  
00:00:54.085 --> 00:00:56.660 much that acupuncture IST uses.  
NOTE Confidence: 0.913189848264058  
00:00:56.660 --> 00:00:59.648 They use the needles and when  
NOTE Confidence: 0.913189848264058  
00:00:59.648 --> 00:01:02.810 we work with acupressure we use  
NOTE Confidence: 0.913189848264058

00:01:02.810 --> 00:01:05.485 our fingers to stimulate the  
NOTE Confidence: 0.913189848264058

00:01:05.485 --> 00:01:08.019 same effect throughout the body.  
NOTE Confidence: 0.913189848264058

00:01:08.020 --> 00:01:09.672 Pressure originated in Asia  
NOTE Confidence: 0.913189848264058

00:01:09.672 --> 00:01:11.324 thousands of years ago,  
NOTE Confidence: 0.913189848264058

00:01:11.330 --> 00:01:13.814 but it was only more recently  
NOTE Confidence: 0.913189848264058

00:01:13.814 --> 00:01:15.470 in the 20th century,  
NOTE Confidence: 0.913189848264058

00:01:15.470 --> 00:01:18.530 but it's benefit and use has  
NOTE Confidence: 0.913189848264058

00:01:18.530 --> 00:01:20.570 spread throughout the world.  
NOTE Confidence: 0.913189848264058

00:01:20.570 --> 00:01:22.990 Acupressure uses points that lie  
NOTE Confidence: 0.913189848264058

00:01:22.990 --> 00:01:25.410 on Meridian throughout the body.  
NOTE Confidence: 0.913189848264058

00:01:25.410 --> 00:01:28.416 These invisible lines they carry chi  
NOTE Confidence: 0.913189848264058

00:01:28.416 --> 00:01:31.220 or life Force throughout the body.  
NOTE Confidence: 0.913189848264058

00:01:31.220 --> 00:01:35.084 So in theory, when a Meridian is blocked,  
NOTE Confidence: 0.913189848264058

00:01:35.090 --> 00:01:38.478 we can become out of bad balance.  
NOTE Confidence: 0.913189848264058

00:01:38.480 --> 00:01:42.338 An illness or discomfort can occur.  
NOTE Confidence: 0.913189848264058

00:01:42.340 --> 00:01:44.375 The benefits of acupressure include

NOTE Confidence: 0.913189848264058  
00:01:44.375 --> 00:01:46.990 a boost of the immune system,  
NOTE Confidence: 0.913189848264058  
00:01:46.990 --> 00:01:49.105 are release of endorphins to  
NOTE Confidence: 0.913189848264058  
00:01:49.105 --> 00:01:50.797 relieve stress and pain.  
NOTE Confidence: 0.913189848264058  
00:01:50.800 --> 00:01:52.915 They can restore harmony and  
NOTE Confidence: 0.913189848264058  
00:01:52.915 --> 00:01:54.607 balance to the body.  
NOTE Confidence: 0.913189848264058  
00:01:54.610 --> 00:01:57.564 It can promote self healing and Wellness.  
NOTE Confidence: 0.913189848264058  
00:01:57.570 --> 00:02:00.727 It can improve emotional health and they  
NOTE Confidence: 0.913189848264058  
00:02:00.727 --> 00:02:04.510 can improve the appearance of your skin tone.  
NOTE Confidence: 0.913189848264058  
00:02:04.510 --> 00:02:06.771 Again with the with the goal of  
NOTE Confidence: 0.913189848264058  
00:02:06.771 --> 00:02:08.446 acupressure to restore health and  
NOTE Confidence: 0.913189848264058  
00:02:08.446 --> 00:02:10.384 balance to the bodies channels of  
NOTE Confidence: 0.913189848264058  
00:02:10.384 --> 00:02:12.219 energy it regulates opposing forces  
NOTE Confidence: 0.913189848264058  
00:02:12.219 --> 00:02:14.851 in which is negative energy and Yang,  
NOTE Confidence: 0.913189848264058  
00:02:14.860 --> 00:02:16.528 which is positive energy.  
NOTE Confidence: 0.913189848264058  
00:02:16.528 --> 00:02:18.196 The acupoints themselves are  
NOTE Confidence: 0.913189848264058

00:02:18.196 --> 00:02:20.705 about the size of the pad of your  
NOTE Confidence: 0.913189848264058

00:02:20.705 --> 00:02:22.846 son when we start working an we  
NOTE Confidence: 0.913189848264058

00:02:22.846 --> 00:02:24.516 touch exactly on the point.  
NOTE Confidence: 0.913189848264058

00:02:24.520 --> 00:02:26.590 Sometimes you can get around it,  
NOTE Confidence: 0.913189848264058

00:02:26.590 --> 00:02:27.970 not exactly on it,  
NOTE Confidence: 0.913189848264058

00:02:27.970 --> 00:02:29.350 which is fine too.  
NOTE Confidence: 0.913189848264058

00:02:29.350 --> 00:02:31.765 But when you really get on it,  
NOTE Confidence: 0.913189848264058

00:02:31.770 --> 00:02:34.488 you could feel a little store in this or  
NOTE Confidence: 0.913189848264058

00:02:34.488 --> 00:02:37.676 a little bit of an early sensation there.  
NOTE Confidence: 0.913189848264058

00:02:37.680 --> 00:02:39.934 And that can help you in locating  
NOTE Confidence: 0.913189848264058

00:02:39.934 --> 00:02:41.539 the point as we work.  
NOTE Confidence: 0.913189848264058

00:02:41.540 --> 00:02:43.150 We're going to use sustained  
NOTE Confidence: 0.913189848264058

00:02:43.150 --> 00:02:44.116 pressure in circular,  
NOTE Confidence: 0.913189848264058

00:02:44.120 --> 00:02:46.367 small little circular strokes on your own.  
NOTE Confidence: 0.913189848264058

00:02:46.370 --> 00:02:47.360 When you work,  
NOTE Confidence: 0.913189848264058

00:02:47.360 --> 00:02:49.010 you would stimulate the point

NOTE Confidence: 0.913189848264058  
00:02:49.010 --> 00:02:50.560 maybe 1 to 3 minutes.  
NOTE Confidence: 0.913189848264058  
00:02:50.560 --> 00:02:53.458 In the time we have a lot of today,  
NOTE Confidence: 0.913189848264058  
00:02:53.460 --> 00:02:55.924 we may not be able to do that  
NOTE Confidence: 0.913189848264058  
00:02:55.924 --> 00:02:57.969 full effect on all the points,  
NOTE Confidence: 0.913189848264058  
00:02:57.970 --> 00:03:00.859 but will definitely be able to touch on them.  
NOTE Confidence: 0.913189848264058  
00:03:00.860 --> 00:03:03.079 Most of the most of our meridians  
NOTE Confidence: 0.913189848264058  
00:03:03.079 --> 00:03:05.370 are on both sides of our body.  
NOTE Confidence: 0.913189848264058  
00:03:05.370 --> 00:03:07.858 We have one that runs down the front  
NOTE Confidence: 0.913189848264058  
00:03:07.858 --> 00:03:10.289 of one that runs down the back.  
NOTE Confidence: 0.913189848264058  
00:03:10.290 --> 00:03:12.036 But when we stimulate the points  
NOTE Confidence: 0.913189848264058  
00:03:12.036 --> 00:03:14.150 that are on both sides about it,  
NOTE Confidence: 0.913189848264058  
00:03:14.150 --> 00:03:15.926 we want to work both sides.  
NOTE Confidence: 0.911408543586731  
00:03:15.930 --> 00:03:19.440 The body to get an equal and opposite effect.  
NOTE Confidence: 0.911408543586731  
00:03:19.440 --> 00:03:21.694 So again, the point that we touch  
NOTE Confidence: 0.911408543586731  
00:03:21.694 --> 00:03:24.282 on they carry chi or life force  
NOTE Confidence: 0.911408543586731

00:03:24.282 --> 00:03:25.826 energy throughout the body.  
NOTE Confidence: 0.911408543586731

00:03:25.830 --> 00:03:28.238 Now these points can either be deficient  
NOTE Confidence: 0.911408543586731

00:03:28.238 --> 00:03:31.160 in energy or have an abundance of Energy.  
NOTE Confidence: 0.911408543586731

00:03:31.160 --> 00:03:33.584 You think of them is like a River  
NOTE Confidence: 0.911408543586731

00:03:33.584 --> 00:03:35.819 and through after liver there could  
NOTE Confidence: 0.911408543586731

00:03:35.819 --> 00:03:38.159 be damned where there's not enough  
NOTE Confidence: 0.911408543586731

00:03:38.234 --> 00:03:40.388 or pools where there's too much.  
NOTE Confidence: 0.911408543586731

00:03:40.390 --> 00:03:42.520 So we stimulate the points appropriately.  
NOTE Confidence: 0.911408543586731

00:03:42.520 --> 00:03:44.980 We started open the flow for  
NOTE Confidence: 0.911408543586731

00:03:44.980 --> 00:03:46.620 a balance running through.  
NOTE Confidence: 0.911408543586731

00:03:46.620 --> 00:03:48.183 The meridians include,  
NOTE Confidence: 0.911408543586731

00:03:48.183 --> 00:03:50.267 sometimes they're called channels.  
NOTE Confidence: 0.911408543586731

00:03:50.270 --> 00:03:52.935 There are 14 regular acupuncture  
NOTE Confidence: 0.911408543586731

00:03:52.935 --> 00:03:55.067 acupressure meridians and just  
NOTE Confidence: 0.911408543586731

00:03:55.067 --> 00:03:57.580 review there called the bladder,  
NOTE Confidence: 0.911408543586731

00:03:57.580 --> 00:04:00.190 the governing vessel, the Gallbladder,

NOTE Confidence: 0.911408543586731  
00:04:00.190 --> 00:04:02.278 the heart, the kidney,  
NOTE Confidence: 0.911408543586731  
00:04:02.278 --> 00:04:05.934 the large intestine, the liver, the lung,  
NOTE Confidence: 0.911408543586731  
00:04:05.934 --> 00:04:08.543 the pericardium, the conception vessel,  
NOTE Confidence: 0.911408543586731  
00:04:08.543 --> 00:04:11.238 the small intestine, the spleen,  
NOTE Confidence: 0.911408543586731  
00:04:11.238 --> 00:04:14.058 the stomach and the triple  
NOTE Confidence: 0.911408543586731  
00:04:14.058 --> 00:04:17.290 burner or triple triple warmer.  
NOTE Confidence: 0.911408543586731  
00:04:17.290 --> 00:04:19.826 Now, as we begin our man to administer  
NOTE Confidence: 0.911408543586731  
00:04:19.826 --> 00:04:21.289 the acupressure to ourselves.  
NOTE Confidence: 0.911408543586731  
00:04:21.290 --> 00:04:22.298 As I said,  
NOTE Confidence: 0.911408543586731  
00:04:22.298 --> 00:04:25.460 you want to be in a comfortable position.  
NOTE Confidence: 0.911408543586731  
00:04:25.460 --> 00:04:28.022 You can close your eyes or you  
NOTE Confidence: 0.911408543586731  
00:04:28.022 --> 00:04:29.640 can keep him open.  
NOTE Confidence: 0.911408543586731  
00:04:29.640 --> 00:04:30.828 Whatever you prefer.  
NOTE Confidence: 0.911408543586731  
00:04:30.828 --> 00:04:33.204 You want to stimulate the points  
NOTE Confidence: 0.911408543586731  
00:04:33.204 --> 00:04:35.717 with a finger in a Rotary movement,  
NOTE Confidence: 0.911408543586731



00:04:35.720 --> 00:04:37.650 or up and down movement.  
NOTE Confidence: 0.911408543586731

00:04:37.650 --> 00:04:39.620 When we measure the point,  
NOTE Confidence: 0.911408543586731

00:04:39.620 --> 00:04:41.978 sometimes we use the word cool,  
NOTE Confidence: 0.911408543586731

00:04:41.980 --> 00:04:44.254 which is a measurement of a  
NOTE Confidence: 0.911408543586731

00:04:44.254 --> 00:04:46.320 finger with two super sorry.  
NOTE Confidence: 0.911408543586731

00:04:46.320 --> 00:04:48.290 Soon it's it's it's written.  
NOTE Confidence: 0.911408543586731

00:04:48.290 --> 00:04:50.992 See you in, but it's pronounced soon  
NOTE Confidence: 0.911408543586731

00:04:50.992 --> 00:04:54.200 and two soon would be 2 finger widths.  
NOTE Confidence: 0.911408543586731

00:04:54.200 --> 00:04:57.455 One soon would be one finger with.  
NOTE Confidence: 0.911408543586731

00:04:57.460 --> 00:05:02.059 For soon would be for finger with a cross.  
NOTE Confidence: 0.911408543586731

00:05:02.060 --> 00:05:05.588 The acupressure points that were gonna  
NOTE Confidence: 0.911408543586731

00:05:05.588 --> 00:05:09.619 work on today are Gallbladder 14,  
NOTE Confidence: 0.911408543586731

00:05:09.620 --> 00:05:12.770 stomach 3 Spleen 13 stomach,  
NOTE Confidence: 0.911408543586731

00:05:12.770 --> 00:05:17.180 16 spleen 16 liver 47 liver 42,  
NOTE Confidence: 0.911408543586731

00:05:17.180 --> 00:05:21.597 liver 38 long won an spleen for.  
NOTE Confidence: 0.911408543586731

00:05:21.600 --> 00:05:23.220 We're going to begin now,

NOTE Confidence: 0.911408543586731  
00:05:23.220 --> 00:05:25.474 and as we do, just take slow,  
NOTE Confidence: 0.911408543586731  
00:05:25.480 --> 00:05:27.720 deep breaths when you feel like a a  
NOTE Confidence: 0.911408543586731  
00:05:27.720 --> 00:05:30.076 release of energy or stimulation, just.  
NOTE Confidence: 0.911408543586731  
00:05:30.076 --> 00:05:33.244 No accident, just take those deep breaths in.  
NOTE Confidence: 0.911408543586731  
00:05:33.250 --> 00:05:34.594 So to start with.  
NOTE Confidence: 0.911408543586731  
00:05:34.594 --> 00:05:34.930 Again,  
NOTE Confidence: 0.911408543586731  
00:05:34.930 --> 00:05:36.985 it's been willing to work  
NOTE Confidence: 0.911408543586731  
00:05:36.985 --> 00:05:38.218 with Gallbladder 14.  
NOTE Confidence: 0.911408543586731  
00:05:38.220 --> 00:05:41.289 I'm going to tell you what the location is,  
NOTE Confidence: 0.911408543586731  
00:05:41.290 --> 00:05:43.817 and then I'll talk about the benefits  
NOTE Confidence: 0.911408543586731  
00:05:43.817 --> 00:05:46.060 of that particular point as we work,  
NOTE Confidence: 0.911408543586731  
00:05:46.060 --> 00:05:48.050 the location location of Gallbladder  
NOTE Confidence: 0.911408543586731  
00:05:48.050 --> 00:05:50.040 14 is on the forehead.  
NOTE Confidence: 0.911408543586731  
00:05:50.040 --> 00:05:55.080 Yes, one soon or one finger with above.  
NOTE Confidence: 0.911408543586731  
00:05:55.080 --> 00:05:57.318 The eyebrows directly at the center  
NOTE Confidence: 0.911408543586731

00:05:57.318 --> 00:05:58.437 of the pupil.  
NOTE Confidence: 0.911408543586731

00:05:58.440 --> 00:06:01.416 So you gonna make the straight line up.  
NOTE Confidence: 0.911408543586731

00:06:01.420 --> 00:06:03.658 You can use whichever you want.  
NOTE Confidence: 0.911408543586731

00:06:03.660 --> 00:06:05.520 You can use your thumb.  
NOTE Confidence: 0.911408543586731

00:06:05.520 --> 00:06:07.758 You could use your pointer finger,  
NOTE Confidence: 0.911408543586731

00:06:07.760 --> 00:06:10.119 but what we're gonna do is we're  
NOTE Confidence: 0.911408543586731

00:06:10.119 --> 00:06:12.265 gonna take the fingers and we're  
NOTE Confidence: 0.911408543586731

00:06:12.265 --> 00:06:14.729 going to use light touch on the  
NOTE Confidence: 0.911408543586731

00:06:14.801 --> 00:06:17.459 forehead when we work bigger muscles.  
NOTE Confidence: 0.911408543586731

00:06:17.460 --> 00:06:19.698 We can use a deeper touch.  
NOTE Confidence: 0.911408543586731

00:06:19.700 --> 00:06:23.165 An here we're going to use a light touch  
NOTE Confidence: 0.911408543586731

00:06:23.165 --> 00:06:26.716 feel for a slight indentation right here.  
NOTE Confidence: 0.911408543586731

00:06:26.720 --> 00:06:29.828 And we're just gonna make circles and  
NOTE Confidence: 0.911408543586731

00:06:29.828 --> 00:06:32.390 bring your shoulders down and relax.  
NOTE Confidence: 0.911408543586731

00:06:32.390 --> 00:06:35.820 Now what we're releasing here is any  
NOTE Confidence: 0.911408543586731

00:06:35.820 --> 00:06:40.330 kind of head and neck pain, facial pain,

NOTE Confidence: 0.911408543586731  
00:06:40.330 --> 00:06:44.155 net page tension or headaches.  
NOTE Confidence: 0.911408543586731  
00:06:44.160 --> 00:06:46.690 The added benefit of releasing  
NOTE Confidence: 0.911408543586731  
00:06:46.690 --> 00:06:50.538 Gallbladder 14 is it can just create  
NOTE Confidence: 0.911408543586731  
00:06:50.538 --> 00:06:54.198 some com thinking an emotional balancing.  
NOTE Confidence: 0.853449404239655  
00:06:54.200 --> 00:06:57.780 So we're just gonna breathe.  
NOTE Confidence: 0.853449404239655  
00:06:57.780 --> 00:07:00.980 And make our circles.  
NOTE Confidence: 0.853449404239655  
00:07:00.980 --> 00:07:05.650 Right here. Gallbladder 14.  
NOTE Confidence: 0.853449404239655  
00:07:05.650 --> 00:07:08.908 You can use your index finger,  
NOTE Confidence: 0.853449404239655  
00:07:08.910 --> 00:07:12.816 or you could use your thumb.  
NOTE Confidence: 0.853449404239655  
00:07:12.820 --> 00:07:20.764 And just take graphs as you need them.  
NOTE Confidence: 0.853449404239655  
00:07:20.770 --> 00:07:22.954 If you feel little soreness, that's good.  
NOTE Confidence: 0.853449404239655  
00:07:22.954 --> 00:07:25.138 You know you're right on the point.  
NOTE Confidence: 0.774201095104218  
00:07:28.600 --> 00:07:32.980 Mistake Brags in and out.  
NOTE Confidence: 0.774201095104218  
00:07:32.980 --> 00:07:37.795 In and out stimulate the  
NOTE Confidence: 0.774201095104218  
00:07:37.795 --> 00:07:42.610 Gallbladder called better 14 point.  
NOTE Confidence: 0.774201095104218

00:07:42.610 --> 00:07:45.368 Excellent now again at home as you  
NOTE Confidence: 0.774201095104218

00:07:45.368 --> 00:07:48.529 do this on your own time when you  
NOTE Confidence: 0.774201095104218

00:07:48.529 --> 00:07:51.430 have time to sit and relax and  
NOTE Confidence: 0.774201095104218

00:07:51.430 --> 00:07:54.214 release you wanna work these points  
NOTE Confidence: 0.774201095104218

00:07:54.214 --> 00:07:59.566 for one to three minutes if you can.  
NOTE Confidence: 0.774201095104218

00:07:59.570 --> 00:08:04.687 God. OK, now we're going to move  
NOTE Confidence: 0.774201095104218

00:08:04.687 --> 00:08:08.969 on to our next point,  
NOTE Confidence: 0.774201095104218

00:08:08.970 --> 00:08:12.516 which is stomach three stomach stream.  
NOTE Confidence: 0.774201095104218

00:08:12.520 --> 00:08:15.670 Is also located on the face.  
NOTE Confidence: 0.774201095104218

00:08:15.670 --> 00:08:19.046 It's located at the bottom of the cheekbone.  
NOTE Confidence: 0.774201095104218

00:08:19.050 --> 00:08:22.434 Now we're going directly down from the pupil,  
NOTE Confidence: 0.774201095104218

00:08:22.440 --> 00:08:25.086 and it's about one finger width  
NOTE Confidence: 0.774201095104218

00:08:25.086 --> 00:08:27.939 lateral from the edge of the nose.  
NOTE Confidence: 0.774201095104218

00:08:27.940 --> 00:08:33.088 So from here to here. I'm gonna go down.  
NOTE Confidence: 0.774201095104218

00:08:33.088 --> 00:08:36.040 Below the pupil feel for that.  
NOTE Confidence: 0.774201095104218

00:08:36.040 --> 00:08:39.008 Space is a cheekbone and we can use

NOTE Confidence: 0.774201095104218  
00:08:39.008 --> 00:08:41.647 our index finger here and again.  
NOTE Confidence: 0.774201095104218  
00:08:41.650 --> 00:08:42.919 You'll feel it.  
NOTE Confidence: 0.774201095104218  
00:08:42.919 --> 00:08:45.034 You'll feel little soreness right  
NOTE Confidence: 0.774201095104218  
00:08:45.034 --> 00:08:47.268 here and again on the face.  
NOTE Confidence: 0.774201095104218  
00:08:47.270 --> 00:08:49.670 These are not thick, deep muscles,  
NOTE Confidence: 0.774201095104218  
00:08:49.670 --> 00:08:53.558 so we're going to gentle pressure.  
NOTE Confidence: 0.774201095104218  
00:08:53.560 --> 00:08:58.738 And we're gonna go upwards upwards  
NOTE Confidence: 0.774201095104218  
00:08:58.738 --> 00:09:03.859 towards the cheap onto release 3.  
NOTE Confidence: 0.774201095104218  
00:09:03.860 --> 00:09:06.415 Stomach three helps with any  
NOTE Confidence: 0.774201095104218  
00:09:06.415 --> 00:09:09.560 kind of pressure in the head.  
NOTE Confidence: 0.774201095104218  
00:09:09.560 --> 00:09:13.190 Also could help with toothache.  
NOTE Confidence: 0.774201095104218  
00:09:13.190 --> 00:09:15.020 You could help with sinus pain,  
NOTE Confidence: 0.774201095104218  
00:09:15.020 --> 00:09:18.580 which I know a lot of us may suffer with.  
NOTE Confidence: 0.774201095104218  
00:09:18.580 --> 00:09:20.320 During allergy season.  
NOTE Confidence: 0.855000495910645  
00:09:22.850 --> 00:09:27.176 We're just gonna use a light pressure.  
NOTE Confidence: 0.855000495910645

00:09:27.180 --> 00:09:32.510 Upwards. And feel the release.  
NOTE Confidence: 0.855000495910645

00:09:32.510 --> 00:09:35.726 This is sort of a facial beauty point.  
NOTE Confidence: 0.855000495910645

00:09:35.730 --> 00:09:37.780 Will stimulate circulation and keyboard  
NOTE Confidence: 0.855000495910645

00:09:37.780 --> 00:09:40.570 skin looking nice and young and supple,  
NOTE Confidence: 0.855000495910645

00:09:40.570 --> 00:09:42.988 which is a nice added benefit.  
NOTE Confidence: 0.874821901321411

00:09:45.280 --> 00:09:47.660 You may start to feel your sinus  
NOTE Confidence: 0.874821901321411

00:09:47.660 --> 00:09:51.458 is opening of-, which is good.  
NOTE Confidence: 0.874821901321411

00:09:51.460 --> 00:09:57.697 Just feel they release feel this gentle  
NOTE Confidence: 0.874821901321411

00:09:57.697 --> 00:10:02.680 pressure moving up the cheekbone.  
NOTE Confidence: 0.874821901321411

00:10:02.680 --> 00:10:08.660 Please keep that going,  
NOTE Confidence: 0.874821901321411

00:10:08.660 --> 00:10:13.818 gentle breaths. This is stomach 3.  
NOTE Confidence: 0.746784024768405

00:10:16.020 --> 00:10:21.924 This keep that going.  
NOTE Confidence: 0.746784024768405

00:10:21.924 --> 00:10:29.304 Skeeter going excellent stomach 3.  
NOTE Confidence: 0.746784024768405

00:10:29.310 --> 00:10:32.575 Feel the release feel they  
NOTE Confidence: 0.746784024768405

00:10:32.575 --> 00:10:36.570 release any pressure in the head.  
NOTE Confidence: 0.746784024768405

00:10:36.570 --> 00:10:40.596 Again tooth, pain, headache, sinus pain.

NOTE Confidence: 0.746784024768405

00:10:40.600 --> 00:10:42.463 Very good. Excellent.

NOTE Confidence: 0.746784024768405

00:10:42.463 --> 00:10:45.568 Excellent, so just keep that

NOTE Confidence: 0.746784024768405

00:10:45.568 --> 00:10:48.860 going another day another another,

NOTE Confidence: 0.746784024768405

00:10:48.860 --> 00:10:52.710 maybe 30 seconds or so.

NOTE Confidence: 0.746784024768405

00:10:52.710 --> 00:10:53.672 God excellent.

NOTE Confidence: 0.746784024768405

00:10:53.672 --> 00:10:57.890 OK, now we're gonna move on to stomach 13.

NOTE Confidence: 0.746784024768405

00:10:57.890 --> 00:11:01.658 Stomach 13 is located in the chest area.

NOTE Confidence: 0.746784024768405

00:11:01.660 --> 00:11:04.720 We're going to work some points

NOTE Confidence: 0.746784024768405

00:11:04.720 --> 00:11:08.040 down here in the chest area.

NOTE Confidence: 0.746784024768405

00:11:08.040 --> 00:11:11.687 The location of stomach 13 is below

NOTE Confidence: 0.746784024768405

00:11:11.687 --> 00:11:15.071 the midpoint of the collar bone

NOTE Confidence: 0.746784024768405

00:11:15.071 --> 00:11:18.503 or the clavicle and it's located

NOTE Confidence: 0.746784024768405

00:11:18.503 --> 00:11:21.426 between the 1st and 2nd lives.

NOTE Confidence: 0.746784024768405

00:11:21.430 --> 00:11:23.705 Which is right in line kind of

NOTE Confidence: 0.746784024768405

00:11:23.705 --> 00:11:25.449 with your breast area here.

NOTE Confidence: 0.746784024768405



00:11:25.450 --> 00:11:27.460 So you could kind of countdown.  
NOTE Confidence: 0.746784024768405

00:11:27.460 --> 00:11:28.750 We're gonna go.  
NOTE Confidence: 0.746784024768405

00:11:28.750 --> 00:11:31.330 Midpoint of the collar bone and  
NOTE Confidence: 0.746784024768405

00:11:31.330 --> 00:11:34.045 then were gonna move down and  
NOTE Confidence: 0.746784024768405

00:11:34.045 --> 00:11:36.240 you're gonna feel your ribs.  
NOTE Confidence: 0.746784024768405

00:11:36.240 --> 00:11:38.880 And you gonna go between the  
NOTE Confidence: 0.746784024768405

00:11:38.880 --> 00:11:41.140 1st and the 2nd rib.  
NOTE Confidence: 0.746784024768405

00:11:41.140 --> 00:11:43.714 You could kind of feel like right in here.  
NOTE Confidence: 0.906059324741364

00:11:46.230 --> 00:11:50.054 You gonna use farmer contact on the chest  
NOTE Confidence: 0.906059324741364

00:11:50.054 --> 00:11:53.397 muscles if you're not exactly on it.  
NOTE Confidence: 0.906059324741364

00:11:53.400 --> 00:11:56.370 That's OK because the whole.  
NOTE Confidence: 0.906059324741364

00:11:56.370 --> 00:11:58.128 Acupressure point is the whole size  
NOTE Confidence: 0.906059324741364

00:11:58.128 --> 00:12:00.932 of the pad of your thumb, so you have  
NOTE Confidence: 0.906059324741364

00:12:00.932 --> 00:12:03.060 like a good amount of space there.  
NOTE Confidence: 0.906059324741364

00:12:03.060 --> 00:12:07.140 But we're gonna go like right about here.  
NOTE Confidence: 0.906059324741364

00:12:07.140 --> 00:12:09.355 And again, this is stomach

NOTE Confidence: 0.906059324741364  
00:12:09.355 --> 00:12:12.120 13 is another word for this.  
NOTE Confidence: 0.906059324741364  
00:12:12.120 --> 00:12:14.838 Uhm, acupressure points is cheap door.  
NOTE Confidence: 0.906059324741364  
00:12:14.840 --> 00:12:16.588 It's an opening muscle.  
NOTE Confidence: 0.906059324741364  
00:12:16.588 --> 00:12:20.279 It helps with any kind of chest pain,  
NOTE Confidence: 0.906059324741364  
00:12:20.280 --> 00:12:22.330 chest congestion.  
NOTE Confidence: 0.906059324741364  
00:12:22.330 --> 00:12:24.508 Sometimes if we had appetite imbalances,  
NOTE Confidence: 0.906059324741364  
00:12:24.510 --> 00:12:27.730 you can help with that as well.  
NOTE Confidence: 0.906059324741364  
00:12:27.730 --> 00:12:33.960 It's an excellent point for our breathing  
NOTE Confidence: 0.906059324741364  
00:12:33.960 --> 00:12:40.097 muscles of breath muscles is stomach 13.  
NOTE Confidence: 0.906059324741364  
00:12:40.100 --> 00:12:44.150 So just keep that going.  
NOTE Confidence: 0.906059324741364  
00:12:44.150 --> 00:12:47.240 They'll be opening.  
NOTE Confidence: 0.859809100627899  
00:12:49.630 --> 00:12:53.814 Right between the 1st and the 2nd lab.  
NOTE Confidence: 0.859809100627899  
00:12:53.820 --> 00:12:57.730 And keep the breath moving.  
NOTE Confidence: 0.833220056512139  
00:13:00.170 --> 00:13:05.770 God. Excellent again, this helps  
NOTE Confidence: 0.833220056512139  
00:13:05.770 --> 00:13:12.890 with any kind of breathing issues.  
NOTE Confidence: 0.833220056512139

00:13:12.890 --> 00:13:15.905 Chest congestion could help with  
NOTE Confidence: 0.833220056512139

00:13:15.905 --> 00:13:18.920 some appetite imbalances as well,  
NOTE Confidence: 0.833220056512139

00:13:18.920 --> 00:13:22.538 so just keep that going firmer.  
NOTE Confidence: 0.833220056512139

00:13:22.540 --> 00:13:27.279 Pressures fine and take good deep breaths.  
NOTE Confidence: 0.833220056512139

00:13:27.280 --> 00:13:31.872 Excellent, excellent, very good.  
NOTE Confidence: 0.833220056512139

00:13:31.872 --> 00:13:34.684 God, now we're going to  
NOTE Confidence: 0.833220056512139

00:13:34.684 --> 00:13:37.180 move on to our next point,  
NOTE Confidence: 0.833220056512139

00:13:37.180 --> 00:13:39.670 which is stomach 6, summit 16.  
NOTE Confidence: 0.833220056512139

00:13:39.670 --> 00:13:42.414 Stomach 16 is again on the chest  
NOTE Confidence: 0.833220056512139

00:13:42.414 --> 00:13:45.497 area and to locate stomach 16 it's  
NOTE Confidence: 0.833220056512139

00:13:45.497 --> 00:13:48.760 above the nipple area of the breast  
NOTE Confidence: 0.833220056512139

00:13:48.760 --> 00:13:51.875 between the 3rd and the 4th ribs.  
NOTE Confidence: 0.833220056512139

00:13:51.880 --> 00:13:54.162 So were gonna move down just a  
NOTE Confidence: 0.833220056512139

00:13:54.162 --> 00:13:56.193 little bit from where we were  
NOTE Confidence: 0.833220056512139

00:13:56.193 --> 00:13:58.475 and just kind of feel your ribs.  
NOTE Confidence: 0.833220056512139

00:13:58.480 --> 00:14:00.460 You can get access to wear.

NOTE Confidence: 0.833220056512139  
00:14:00.460 --> 00:14:02.980 Your ribs are also on the size and  
NOTE Confidence: 0.833220056512139  
00:14:02.980 --> 00:14:05.408 you could feel just feel for them.  
NOTE Confidence: 0.833220056512139  
00:14:05.410 --> 00:14:08.008 Feel the top rib II lab.  
NOTE Confidence: 0.833220056512139  
00:14:08.010 --> 00:14:10.334 Can you find the 3rd and foreign  
NOTE Confidence: 0.833220056512139  
00:14:10.334 --> 00:14:11.730 sleep right about here?  
NOTE Confidence: 0.913176298141479  
00:14:14.510 --> 00:14:16.060 We're gonna use a lighter  
NOTE Confidence: 0.913176298141479  
00:14:16.060 --> 00:14:17.300 pressure here because often  
NOTE Confidence: 0.913176298141479  
00:14:17.300 --> 00:14:19.089 there could be a tenderness here,  
NOTE Confidence: 0.913176298141479  
00:14:19.090 --> 00:14:20.302 particularly for women.  
NOTE Confidence: 0.913176298141479  
00:14:20.302 --> 00:14:23.130 But wait about here a little bit  
NOTE Confidence: 0.913176298141479  
00:14:23.204 --> 00:14:25.724 lower than we where we were before.  
NOTE Confidence: 0.913176298141479  
00:14:25.730 --> 00:14:28.190 I can't stomach 16.  
NOTE Confidence: 0.913176298141479  
00:14:28.190 --> 00:14:31.350 This can help with heartburn if you have  
NOTE Confidence: 0.913176298141479  
00:14:31.350 --> 00:14:34.377 heartburn or if you have some breast pain.  
NOTE Confidence: 0.913176298141479  
00:14:34.380 --> 00:14:37.089 Women that maybe lack tating or breast  
NOTE Confidence: 0.913176298141479

00:14:37.089 --> 00:14:40.528 feeding, this can help quite a bit.  
NOTE Confidence: 0.913176298141479

00:14:40.530 --> 00:14:42.240 Another additional bonus and benefit  
NOTE Confidence: 0.913176298141479

00:14:42.240 --> 00:14:45.119 of stomach 16 is if you have insomnia,  
NOTE Confidence: 0.913176298141479

00:14:45.120 --> 00:14:48.168 which I think a lot of us apparently  
NOTE Confidence: 0.913176298141479

00:14:48.168 --> 00:14:50.131 are suffering from these days  
NOTE Confidence: 0.913176298141479

00:14:50.131 --> 00:14:52.369 with all that's on our mind.  
NOTE Confidence: 0.913176298141479

00:14:52.370 --> 00:14:53.538 So this can help.  
NOTE Confidence: 0.913176298141479

00:14:53.538 --> 00:14:55.672 With that you could just sort of  
NOTE Confidence: 0.913176298141479

00:14:55.672 --> 00:14:57.586 feel they really start to happen.  
NOTE Confidence: 0.913176298141479

00:14:57.590 --> 00:15:00.814 You can feel it now as we work.  
NOTE Confidence: 0.913176298141479

00:15:00.820 --> 00:15:03.716 Your shoulders are starting to relax a bit,  
NOTE Confidence: 0.913176298141479

00:15:03.720 --> 00:15:06.188 your breath gets deeper.  
NOTE Confidence: 0.913176298141479

00:15:06.190 --> 00:15:06.956 Little calmer,  
NOTE Confidence: 0.913176298141479

00:15:06.956 --> 00:15:08.488 a little more natural.  
NOTE Confidence: 0.865784466266632

00:15:11.400 --> 00:15:14.410 Just take those deep graphs in again,  
NOTE Confidence: 0.865784466266632

00:15:14.410 --> 00:15:16.130 little lighter pressure here.

NOTE Confidence: 0.720149099826813

00:15:21.280 --> 00:15:31.536 Good. Go ahead. Just keep that going.

NOTE Confidence: 0.720149099826813

00:15:31.540 --> 00:15:33.628 Take deep breaths and hopefully you're

NOTE Confidence: 0.720149099826813

00:15:33.628 --> 00:15:35.613 just starting to speak only effects

NOTE Confidence: 0.720149099826813

00:15:35.613 --> 00:15:37.320 now as we work, it's cumulative.

NOTE Confidence: 0.720149099826813

00:15:37.320 --> 00:15:39.240 The more points you work on,

NOTE Confidence: 0.720149099826813

00:15:39.240 --> 00:15:41.166 the more of a positive affectivity

NOTE Confidence: 0.720149099826813

00:15:41.166 --> 00:15:42.450 CL throughout your body.

NOTE Confidence: 0.720149099826813

00:15:42.450 --> 00:15:44.060 You can feel your toes.

NOTE Confidence: 0.720149099826813

00:15:44.060 --> 00:15:46.396 I feel my toes starting to relax tingle

NOTE Confidence: 0.720149099826813

00:15:46.396 --> 00:15:48.868 because the circulation is starting to flow,

NOTE Confidence: 0.720149099826813

00:15:48.870 --> 00:15:50.556 which is excellent.

NOTE Confidence: 0.720149099826813

00:15:50.556 --> 00:15:53.366 That's what we're hoping for.

NOTE Confidence: 0.720149099826813

00:15:53.370 --> 00:15:56.695 OK, moving on to the next point.

NOTE Confidence: 0.720149099826813

00:15:56.700 --> 00:15:59.556 Now we're going to be working.

NOTE Confidence: 0.720149099826813

00:15:59.560 --> 00:16:02.410 Spleen 16 spleen, 16 spleen 16,

NOTE Confidence: 0.720149099826813

00:16:02.410 --> 00:16:05.749 is located now a little lower down.  
NOTE Confidence: 0.720149099826813

00:16:05.750 --> 00:16:09.734 It's actually below the edge of the rib  
NOTE Confidence: 0.720149099826813

00:16:09.734 --> 00:16:14.019 cage at the junction of the knife web.  
NOTE Confidence: 0.720149099826813

00:16:14.020 --> 00:16:16.692 And the 8th rib again from your breast  
NOTE Confidence: 0.720149099826813

00:16:16.692 --> 00:16:19.238 nipple area you gonna go straight down.  
NOTE Confidence: 0.720149099826813

00:16:19.240 --> 00:16:20.496 We have 12 lives,  
NOTE Confidence: 0.720149099826813

00:16:20.496 --> 00:16:24.456 so if you want to go down to the 12th ribbon,  
NOTE Confidence: 0.720149099826813

00:16:24.460 --> 00:16:26.770 count up to the night from there  
NOTE Confidence: 0.720149099826813

00:16:26.770 --> 00:16:28.978 that would be helpful as well.  
NOTE Confidence: 0.720149099826813

00:16:28.980 --> 00:16:32.640 So you feel the 12th rim go up 1110 nine  
NOTE Confidence: 0.720149099826813

00:16:32.734 --> 00:16:36.030 and between the 9th and the 8th rib.  
NOTE Confidence: 0.720149099826813

00:16:36.030 --> 00:16:40.258 Between the night and the NBA jam.  
NOTE Confidence: 0.720149099826813

00:16:40.260 --> 00:16:42.370 Right in the middle here.  
NOTE Confidence: 0.720149099826813

00:16:42.370 --> 00:16:45.070 You want to place your fingertips.  
NOTE Confidence: 0.720149099826813

00:16:45.070 --> 00:16:46.374 On to the bottom.  
NOTE Confidence: 0.720149099826813

00:16:46.374 --> 00:16:49.640 And you want to do and upwards motion.

NOTE Confidence: 0.720149099826813  
00:16:49.640 --> 00:16:52.097 Here you can go a little wider.  
NOTE Confidence: 0.720149099826813  
00:16:52.100 --> 00:16:53.468 You can use two.  
NOTE Confidence: 0.720149099826813  
00:16:53.468 --> 00:16:57.229 You can use a couple of finger widths here.  
NOTE Confidence: 0.720149099826813  
00:16:57.230 --> 00:17:00.534 And you just you could just feel it.  
NOTE Confidence: 0.720149099826813  
00:17:00.540 --> 00:17:03.844 You feel the release below the breast area.  
NOTE Confidence: 0.720149099826813  
00:17:03.850 --> 00:17:05.920 Just go an upward motion,  
NOTE Confidence: 0.720149099826813  
00:17:05.920 --> 00:17:08.728 keep your shoulders dropped.  
NOTE Confidence: 0.720149099826813  
00:17:08.730 --> 00:17:12.020 Maintain your breath and just  
NOTE Confidence: 0.720149099826813  
00:17:12.020 --> 00:17:15.310 move the rib cage upwards.  
NOTE Confidence: 0.720149099826813  
00:17:15.310 --> 00:17:18.020 This can help with any  
NOTE Confidence: 0.720149099826813  
00:17:18.020 --> 00:17:20.188 kind of diaphragm tension.  
NOTE Confidence: 0.720149099826813  
00:17:20.190 --> 00:17:24.338 We often hold our breath, Wimmer stressed.  
NOTE Confidence: 0.720149099826813  
00:17:24.338 --> 00:17:29.371 It can help really solid that if  
NOTE Confidence: 0.720149099826813  
00:17:29.371 --> 00:17:34.644 you have gas pains, side aches,  
NOTE Confidence: 0.720149099826813  
00:17:34.644 --> 00:17:37.028 indigestion, pain.  
NOTE Confidence: 0.720149099826813



00:17:37.030 --> 00:17:41.350 Releasing spleen 16 is very helpful.  
NOTE Confidence: 0.720149099826813

00:17:41.350 --> 00:17:45.140 Keep back upward pressure going.  
NOTE Confidence: 0.720149099826813

00:17:45.140 --> 00:17:48.324 An added benefit of release at this point  
NOTE Confidence: 0.720149099826813

00:17:48.324 --> 00:17:51.496 is helping with any kind of irritability.  
NOTE Confidence: 0.720149099826813

00:17:51.500 --> 00:17:56.830 Good.  
NOTE Confidence: 0.720149099826813

00:17:56.830 --> 00:17:58.549 Skip that going.  
NOTE Confidence: 0.491758644580841

00:18:06.250 --> 00:18:15.148 Good. Not if you seconds here on spleen 16.  
NOTE Confidence: 0.491758644580841

00:18:15.150 --> 00:18:19.007 Another word for spleen 16 is called  
NOTE Confidence: 0.491758644580841

00:18:19.007 --> 00:18:23.110 abdominals sorrow, where we hold.  
NOTE Confidence: 0.491758644580841

00:18:23.110 --> 00:18:25.150 It's where we hold some tension.  
NOTE Confidence: 0.491758644580841

00:18:25.150 --> 00:18:26.510 Sometimes you get stomach  
NOTE Confidence: 0.491758644580841

00:18:26.510 --> 00:18:27.870 aches when we're outside,  
NOTE Confidence: 0.491758644580841

00:18:27.870 --> 00:18:30.590 and this will just help release you again.  
NOTE Confidence: 0.491758644580841

00:18:30.590 --> 00:18:32.970 You can do this at home anytime,  
NOTE Confidence: 0.491758644580841

00:18:32.970 --> 00:18:35.784 anytime you feel you need some sort  
NOTE Confidence: 0.491758644580841

00:18:35.784 --> 00:18:38.468 of release there in the belly area.

NOTE Confidence: 0.491758644580841  
00:18:38.470 --> 00:18:45.470 We're gonna move on now to ladder 47.  
NOTE Confidence: 0.491758644580841  
00:18:45.470 --> 00:18:47.090 Ladder 47 is located midway.  
NOTE Confidence: 0.491758644580841  
00:18:47.090 --> 00:18:48.705 We're going to move to  
NOTE Confidence: 0.491758644580841  
00:18:48.705 --> 00:18:50.320 after removing to our backs.  
NOTE Confidence: 0.491758644580841  
00:18:50.320 --> 00:18:52.518 Now now I just want to say  
NOTE Confidence: 0.491758644580841  
00:18:52.518 --> 00:18:54.509 when we work on our back,  
NOTE Confidence: 0.491758644580841  
00:18:54.510 --> 00:18:56.304 you know there's just so much  
NOTE Confidence: 0.491758644580841  
00:18:56.304 --> 00:18:58.708 we can do to reach back here.  
NOTE Confidence: 0.491758644580841  
00:18:58.710 --> 00:19:00.594 It would be awesome if we  
NOTE Confidence: 0.491758644580841  
00:19:00.594 --> 00:19:02.270 can reach our entire back.  
NOTE Confidence: 0.491758644580841  
00:19:02.270 --> 00:19:04.694 We would not need to go to massage  
NOTE Confidence: 0.491758644580841  
00:19:04.694 --> 00:19:06.787 therapist 'cause we can massage yourself,  
NOTE Confidence: 0.491758644580841  
00:19:06.790 --> 00:19:08.548 but we can try every little  
NOTE Confidence: 0.491758644580841  
00:19:08.548 --> 00:19:10.835 bit we do to release our back  
NOTE Confidence: 0.491758644580841  
00:19:10.835 --> 00:19:13.250 is helpful and we can do this.  
NOTE Confidence: 0.491758644580841

00:19:13.250 --> 00:19:14.538 We can do this.  
NOTE Confidence: 0.491758644580841

00:19:14.538 --> 00:19:16.470 We're gonna start with the lower  
NOTE Confidence: 0.491758644580841

00:19:16.543 --> 00:19:18.657 part of the back and then we're  
NOTE Confidence: 0.491758644580841

00:19:18.657 --> 00:19:20.709 going to work our way upwards.  
NOTE Confidence: 0.491758644580841

00:19:20.710 --> 00:19:22.964 So right now what we're gonna do.  
NOTE Confidence: 0.491758644580841

00:19:22.970 --> 00:19:25.084 The iliac Crest is right at the  
NOTE Confidence: 0.491758644580841

00:19:25.084 --> 00:19:27.190 top here of the pelvic bone.  
NOTE Confidence: 0.491758644580841

00:19:27.190 --> 00:19:28.570 That's the iliac Crest.  
NOTE Confidence: 0.491758644580841

00:19:28.570 --> 00:19:31.386 Now on the back are webs go across  
NOTE Confidence: 0.491758644580841

00:19:31.386 --> 00:19:34.082 from the front to the back of course.  
NOTE Confidence: 0.491758644580841

00:19:34.090 --> 00:19:36.882 So where we're going to find a spot  
NOTE Confidence: 0.491758644580841

00:19:36.882 --> 00:19:39.967 is at the base of the lowest web.  
NOTE Confidence: 0.491758644580841

00:19:39.970 --> 00:19:43.008 OK, so if you feel your spine.  
NOTE Confidence: 0.491758644580841

00:19:43.010 --> 00:19:45.817 You feel your spine at the top  
NOTE Confidence: 0.491758644580841

00:19:45.817 --> 00:19:47.600 of your hip area.  
NOTE Confidence: 0.491758644580841

00:19:47.600 --> 00:19:50.020 You're gonna move three finger

NOTE Confidence: 0.491758644580841  
00:19:50.020 --> 00:19:52.440 widths outside of that spine.  
NOTE Confidence: 0.491758644580841  
00:19:52.440 --> 00:19:55.456 It's sort of at the opposite end of  
NOTE Confidence: 0.491758644580841  
00:19:55.456 --> 00:19:58.269 your belly button is kind of right  
NOTE Confidence: 0.491758644580841  
00:19:58.269 --> 00:20:00.980 where this point is this bladder.  
NOTE Confidence: 0.491758644580841  
00:20:00.980 --> 00:20:02.432 This is bladder 47.  
NOTE Confidence: 0.491758644580841  
00:20:02.432 --> 00:20:04.610 OK So what would you do?  
NOTE Confidence: 0.491758644580841  
00:20:04.610 --> 00:20:06.430 You find that spot again?  
NOTE Confidence: 0.491758644580841  
00:20:06.430 --> 00:20:09.326 It's the opposite side of your belly button.  
NOTE Confidence: 0.491758644580841  
00:20:09.330 --> 00:20:11.640 It's right above the hip area and  
NOTE Confidence: 0.491758644580841  
00:20:11.640 --> 00:20:14.260 it's about 3 finger widths away from  
NOTE Confidence: 0.491758644580841  
00:20:14.260 --> 00:20:16.845 the spine in your lumbar area, OK?  
NOTE Confidence: 0.491758644580841  
00:20:16.845 --> 00:20:19.140 See if you could see that right about here.  
NOTE Confidence: 0.491758644580841  
00:20:19.140 --> 00:20:21.460 Go ahead.  
NOTE Confidence: 0.491758644580841  
00:20:21.460 --> 00:20:25.170 This point helps with lower back ache.  
NOTE Confidence: 0.92777556180954  
00:20:27.410 --> 00:20:31.994 Lower back ache. Of course,  
NOTE Confidence: 0.92777556180954

00:20:31.994 --> 00:20:34.406 if you have fatigue and stress,  
NOTE Confidence: 0.92777556180954

00:20:34.410 --> 00:20:37.217 this is a good release as well.  
NOTE Confidence: 0.92777556180954

00:20:37.220 --> 00:20:39.360 Those are added benefits.  
NOTE Confidence: 0.92777556180954

00:20:39.360 --> 00:20:40.430 But primarily,  
NOTE Confidence: 0.92777556180954

00:20:40.430 --> 00:20:43.230 if you have some lower back pain,  
NOTE Confidence: 0.92777556180954

00:20:43.230 --> 00:20:45.642 this is a wonderful point release  
NOTE Confidence: 0.92777556180954

00:20:45.642 --> 00:20:48.430 that you could get in there. Good.  
NOTE Confidence: 0.92777556180954

00:20:48.430 --> 00:20:51.630 You could really use some good pressure here,  
NOTE Confidence: 0.92777556180954

00:20:51.630 --> 00:20:53.630 'cause That's a strong muscle.  
NOTE Confidence: 0.92777556180954

00:20:53.630 --> 00:20:55.630 We want to firmly press.  
NOTE Confidence: 0.92777556180954

00:20:55.630 --> 00:21:00.427 It's like a thick rope muscle on full size.  
NOTE Confidence: 0.92777556180954

00:21:00.430 --> 00:21:04.168 And our motion now move in towards  
NOTE Confidence: 0.92777556180954

00:21:04.168 --> 00:21:08.905 the spine from out to in, out to in.  
NOTE Confidence: 0.92777556180954

00:21:08.905 --> 00:21:12.775 And give that some good pressure.  
NOTE Confidence: 0.92777556180954

00:21:12.780 --> 00:21:14.800 Again, this is ladder 47.  
NOTE Confidence: 0.92777556180954

00:21:14.800 --> 00:21:18.016 Another name for this is see of vitality.

NOTE Confidence: 0.812724888324738  
00:21:21.080 --> 00:21:24.545 Good. Keep back on,  
NOTE Confidence: 0.812724888324738  
00:21:24.545 --> 00:21:26.070 this is a wonderful release.  
NOTE Confidence: 0.812724888324738  
00:21:26.070 --> 00:21:27.798 You know it's a stretch for  
NOTE Confidence: 0.812724888324738  
00:21:27.798 --> 00:21:29.730 us again to reach back there,  
NOTE Confidence: 0.812724888324738  
00:21:29.730 --> 00:21:31.560 but the more you do it,  
NOTE Confidence: 0.812724888324738  
00:21:31.560 --> 00:21:33.751 the more open you'll become and the  
NOTE Confidence: 0.812724888324738  
00:21:33.751 --> 00:21:36.140 easier it will be to reach back here.  
NOTE Confidence: 0.812724888324738  
00:21:36.140 --> 00:21:37.052 It's it's good.  
NOTE Confidence: 0.812724888324738  
00:21:37.052 --> 00:21:38.876 Good stretch your shoulders as well,  
NOTE Confidence: 0.812724888324738  
00:21:38.880 --> 00:21:42.016 so again, this is C of vitality.  
NOTE Confidence: 0.812724888324738  
00:21:42.020 --> 00:21:45.255 Excellent, so just keep that  
NOTE Confidence: 0.812724888324738  
00:21:45.255 --> 00:21:47.843 going another few seconds.  
NOTE Confidence: 0.812724888324738  
00:21:47.850 --> 00:21:49.150 Bladder 47.  
NOTE Confidence: 0.90496039390564  
00:21:53.390 --> 00:21:54.606 Excellent, now we're going  
NOTE Confidence: 0.90496039390564  
00:21:54.606 --> 00:21:56.810 to move on to our next spot,  
NOTE Confidence: 0.90496039390564

00:21:56.810 --> 00:21:58.370 which again is back here.  
NOTE Confidence: 0.90496039390564

00:21:58.370 --> 00:21:59.614 Another bladder Meridian and  
NOTE Confidence: 0.90496039390564

00:21:59.614 --> 00:22:01.480 again just know that it's again,  
NOTE Confidence: 0.90496039390564

00:22:01.480 --> 00:22:03.035 I understand it's a stretch  
NOTE Confidence: 0.90496039390564

00:22:03.035 --> 00:22:04.590 through to reach back here,  
NOTE Confidence: 0.90496039390564

00:22:04.590 --> 00:22:06.993 but give it a try because it's good to  
NOTE Confidence: 0.90496039390564

00:22:06.993 --> 00:22:09.078 know where these points are and they  
NOTE Confidence: 0.90496039390564

00:22:09.078 --> 00:22:11.429 help so much an energetic release.  
NOTE Confidence: 0.90496039390564

00:22:11.430 --> 00:22:13.439 And if you have somebody at home  
NOTE Confidence: 0.90496039390564

00:22:13.439 --> 00:22:15.779 who can do these points for you,  
NOTE Confidence: 0.90496039390564

00:22:15.780 --> 00:22:17.943 that's even better and you can tell  
NOTE Confidence: 0.90496039390564

00:22:17.943 --> 00:22:19.828 them and explain where they are.  
NOTE Confidence: 0.90496039390564

00:22:19.830 --> 00:22:23.358 So now we're going to go to bladder 42.  
NOTE Confidence: 0.90496039390564

00:22:23.360 --> 00:22:26.712 Which is. At the OK.  
NOTE Confidence: 0.90496039390564

00:22:26.712 --> 00:22:28.980 So we have a little wing bones  
NOTE Confidence: 0.90496039390564

00:22:29.061 --> 00:22:30.877 back there the scapula.

NOTE Confidence: 0.90496039390564  
00:22:30.880 --> 00:22:31.672 I'm not.  
NOTE Confidence: 0.90496039390564  
00:22:31.672 --> 00:22:35.741 The bottom of the scapula let me move it down  
NOTE Confidence: 0.90496039390564  
00:22:35.741 --> 00:22:39.500 the bottom of the scapula is about over here.  
NOTE Confidence: 0.90496039390564  
00:22:39.500 --> 00:22:41.768 OK, between the night and a  
NOTE Confidence: 0.90496039390564  
00:22:41.768 --> 00:22:43.740 tent with weight about here.  
NOTE Confidence: 0.90496039390564  
00:22:43.740 --> 00:22:47.436 So basically we're gonna move up about.  
NOTE Confidence: 0.90496039390564  
00:22:47.440 --> 00:22:52.064 One finger up from where we were before.  
NOTE Confidence: 0.90496039390564  
00:22:52.070 --> 00:22:53.795 And we're gonna just again  
NOTE Confidence: 0.90496039390564  
00:22:53.795 --> 00:22:55.520 press those with firm Contacts.  
NOTE Confidence: 0.90496039390564  
00:22:55.520 --> 00:22:57.245 It's white basically at the  
NOTE Confidence: 0.90496039390564  
00:22:57.245 --> 00:22:58.625 middle of your back.  
NOTE Confidence: 0.90496039390564  
00:22:58.630 --> 00:23:02.970 It's that spot that is very hard to get to.  
NOTE Confidence: 0.90496039390564  
00:23:02.970 --> 00:23:04.993 But try your best to reach that  
NOTE Confidence: 0.90496039390564  
00:23:04.993 --> 00:23:07.034 there just do the best you can  
NOTE Confidence: 0.90496039390564  
00:23:07.034 --> 00:23:09.114 because any work you do to release  
NOTE Confidence: 0.90496039390564



00:23:09.114 --> 00:23:11.232 the paraspinal muscles back here is  
NOTE Confidence: 0.90496039390564

00:23:11.232 --> 00:23:14.008 going to be extremely helpful for you.  
NOTE Confidence: 0.90496039390564

00:23:14.008 --> 00:23:16.570 This by bladder 42 it's also  
NOTE Confidence: 0.90496039390564

00:23:16.653 --> 00:23:18.129 called the soldier,  
NOTE Confidence: 0.90496039390564

00:23:18.130 --> 00:23:21.856 and it helps with any kind of stomach pain.  
NOTE Confidence: 0.90496039390564

00:23:21.860 --> 00:23:23.194 Stomach ulcers.  
NOTE Confidence: 0.90496039390564

00:23:23.194 --> 00:23:28.530 They just a pain back and diaphragm tension.  
NOTE Confidence: 0.90496039390564

00:23:28.530 --> 00:23:30.595 It's very helpful if you wanna change  
NOTE Confidence: 0.90496039390564

00:23:30.595 --> 00:23:32.647 over and kind of use your thumbs.  
NOTE Confidence: 0.90496039390564

00:23:32.650 --> 00:23:35.037 Even just get your thumb knuckle in  
NOTE Confidence: 0.90496039390564

00:23:35.037 --> 00:23:37.912 there just as best you can and don't  
NOTE Confidence: 0.90496039390564

00:23:37.912 --> 00:23:40.669 worry if they're not exactly on that spot.  
NOTE Confidence: 0.90496039390564

00:23:40.670 --> 00:23:41.886 Don't worry about that.  
NOTE Confidence: 0.90496039390564

00:23:41.886 --> 00:23:43.730 Just with this, the paraspinal muscles  
NOTE Confidence: 0.90496039390564

00:23:43.730 --> 00:23:46.140 go from the lumber all the way up,  
NOTE Confidence: 0.90496039390564

00:23:46.140 --> 00:23:48.268 and if you can release any part

NOTE Confidence: 0.90496039390564  
00:23:48.268 --> 00:23:49.180 of that muscle,  
NOTE Confidence: 0.90496039390564  
00:23:49.180 --> 00:23:50.400 you doing good work.  
NOTE Confidence: 0.876236187087165  
00:23:53.690 --> 00:23:54.908 Good, excellent.  
NOTE Confidence: 0.876236187087165  
00:23:54.908 --> 00:23:59.780 The last muscle we're going to work on  
NOTE Confidence: 0.876236187087165  
00:23:59.892 --> 00:24:04.100 the back here is bladder 38 now again.  
NOTE Confidence: 0.876236187087165  
00:24:04.100 --> 00:24:05.700 It's a little bit higher.  
NOTE Confidence: 0.876236187087165  
00:24:05.700 --> 00:24:08.328 Even then we were just working.  
NOTE Confidence: 0.876236187087165  
00:24:08.330 --> 00:24:11.345 It's a little towards the top of the scapula,  
NOTE Confidence: 0.876236187087165  
00:24:11.350 --> 00:24:13.918 so if you prefer now to go from  
NOTE Confidence: 0.876236187087165  
00:24:13.918 --> 00:24:16.334 your top down, which may be better  
NOTE Confidence: 0.876236187087165  
00:24:16.334 --> 00:24:18.750 than the bottom up at this point,  
NOTE Confidence: 0.876236187087165  
00:24:18.750 --> 00:24:21.354 just reach back as far as you  
NOTE Confidence: 0.876236187087165  
00:24:21.354 --> 00:24:24.118 can take back on your shoulders.  
NOTE Confidence: 0.876236187087165  
00:24:24.120 --> 00:24:26.850 To the edge of your spine.  
NOTE Confidence: 0.876236187087165  
00:24:26.850 --> 00:24:28.986 Is the point is on the inside edge  
NOTE Confidence: 0.876236187087165

00:24:28.986 --> 00:24:31.232 of this capitalist this time level  
NOTE Confidence: 0.876236187087165

00:24:31.232 --> 00:24:33.282 with the 4th thoracic vertebra,  
NOTE Confidence: 0.876236187087165

00:24:33.290 --> 00:24:36.398 which is right at the top of  
NOTE Confidence: 0.876236187087165

00:24:36.398 --> 00:24:39.490 your wing bone or scapula bone?  
NOTE Confidence: 0.876236187087165

00:24:39.490 --> 00:24:41.527 What we're trying to do again is  
NOTE Confidence: 0.876236187087165

00:24:41.527 --> 00:24:43.529 just release the paraspinal muscle,  
NOTE Confidence: 0.876236187087165

00:24:43.530 --> 00:24:45.889 so just do the best you can.  
NOTE Confidence: 0.876236187087165

00:24:45.890 --> 00:24:47.314 Take your hands again,  
NOTE Confidence: 0.876236187087165

00:24:47.314 --> 00:24:49.450 go behind your head and down  
NOTE Confidence: 0.876236187087165

00:24:49.524 --> 00:24:51.617 your spine as best as you can.  
NOTE Confidence: 0.876236187087165

00:24:51.620 --> 00:24:53.310 Whatever point you could reach,  
NOTE Confidence: 0.876236187087165

00:24:53.310 --> 00:24:56.286 you may see a little knots  
NOTE Confidence: 0.876236187087165

00:24:56.286 --> 00:24:59.010 of tension there the spine.  
NOTE Confidence: 0.876236187087165

00:24:59.010 --> 00:25:00.186 And that's OK.  
NOTE Confidence: 0.876236187087165

00:25:00.186 --> 00:25:02.930 Just do your best to release that.  
NOTE Confidence: 0.876236187087165

00:25:02.930 --> 00:25:04.890 This helps with any heart

NOTE Confidence: 0.876236187087165  
00:25:04.890 --> 00:25:06.066 and respiratory issues.  
NOTE Confidence: 0.876236187087165  
00:25:06.070 --> 00:25:08.416 Coffee, breathing that sort of pain,  
NOTE Confidence: 0.876236187087165  
00:25:08.420 --> 00:25:11.130 upper back pain of course.  
NOTE Confidence: 0.876236187087165  
00:25:11.130 --> 00:25:12.880 The added benefit you have  
NOTE Confidence: 0.876236187087165  
00:25:12.880 --> 00:25:13.930 some emotional imbalances.  
NOTE Confidence: 0.876236187087165  
00:25:13.930 --> 00:25:16.690 It will help with the release.  
NOTE Confidence: 0.876236187087165  
00:25:16.690 --> 00:25:19.202 So just do the best that you can't  
NOTE Confidence: 0.876236187087165  
00:25:19.202 --> 00:25:21.457 release that you can go from the top  
NOTE Confidence: 0.876236187087165  
00:25:21.457 --> 00:25:24.040 down or you can go from the bottom up.  
NOTE Confidence: 0.876236187087165  
00:25:24.040 --> 00:25:26.190 It's best that you can.  
NOTE Confidence: 0.876236187087165  
00:25:26.190 --> 00:25:27.605 And just released those paraspinal  
NOTE Confidence: 0.876236187087165  
00:25:27.605 --> 00:25:28.737 muscles along the spine.  
NOTE Confidence: 0.876236187087165  
00:25:28.740 --> 00:25:30.996 You don't want to work right on this.  
NOTE Confidence: 0.876236187087165  
00:25:31.000 --> 00:25:31.272 Fine,  
NOTE Confidence: 0.876236187087165  
00:25:31.272 --> 00:25:33.176 you're going to be to the left  
NOTE Confidence: 0.876236187087165

00:25:33.176 --> 00:25:35.246 and to the right of the spine.  
NOTE Confidence: 0.876236187087165

00:25:35.250 --> 00:25:36.117 It's a big,  
NOTE Confidence: 0.876236187087165

00:25:36.117 --> 00:25:38.639 thick Roby muscle that goes all the way up.  
NOTE Confidence: 0.917438983917236

00:25:41.360 --> 00:25:42.740 Good excellent, that's not easy,  
NOTE Confidence: 0.917438983917236

00:25:42.740 --> 00:25:44.378 I understand. So the best that  
NOTE Confidence: 0.917438983917236

00:25:44.378 --> 00:25:46.308 you can do with that is good.  
NOTE Confidence: 0.917438983917236

00:25:46.310 --> 00:25:48.760 Good work and you're going to feel  
NOTE Confidence: 0.917438983917236

00:25:48.760 --> 00:25:50.827 the positive effects of it for sure.  
NOTE Confidence: 0.917438983917236

00:25:50.830 --> 00:25:52.588 The next point we're going to  
NOTE Confidence: 0.917438983917236

00:25:52.588 --> 00:25:55.030 work on now is long one long one.  
NOTE Confidence: 0.917438983917236

00:25:55.030 --> 00:25:56.722 We're going to go back to  
NOTE Confidence: 0.917438983917236

00:25:56.722 --> 00:25:58.330 the front of the chest.  
NOTE Confidence: 0.917438983917236

00:25:58.330 --> 00:26:00.290 It's on the upper outside  
NOTE Confidence: 0.917438983917236

00:26:00.290 --> 00:26:01.858 portion of the chest.  
NOTE Confidence: 0.917438983917236

00:26:01.860 --> 00:26:05.046 Right about here is long one.  
NOTE Confidence: 0.917438983917236

00:26:05.050 --> 00:26:09.118 This is our letting go points.

NOTE Confidence: 0.917438983917236  
00:26:09.120 --> 00:26:10.989 Right about here.  
NOTE Confidence: 0.865635395050049  
00:26:14.690 --> 00:26:18.764 The upper outside portion of the chest.  
NOTE Confidence: 0.865635395050049  
00:26:18.770 --> 00:26:20.360 Right about here.  
NOTE Confidence: 0.865635395050049  
00:26:20.360 --> 00:26:23.010 You feel for not here.  
NOTE Confidence: 0.865635395050049  
00:26:23.010 --> 00:26:25.165 Sometimes you feel little not  
NOTE Confidence: 0.865635395050049  
00:26:25.165 --> 00:26:27.921 right here in the upper outside  
NOTE Confidence: 0.865635395050049  
00:26:27.921 --> 00:26:30.496 outside portion of your chest.  
NOTE Confidence: 0.865635395050049  
00:26:30.500 --> 00:26:34.200 You wanna hold now holds.  
NOTE Confidence: 0.865635395050049  
00:26:34.200 --> 00:26:37.160 Take your fingers and  
NOTE Confidence: 0.865635395050049  
00:26:37.160 --> 00:26:40.860 just press and hold here.  
NOTE Confidence: 0.865635395050049  
00:26:40.860 --> 00:26:45.300 This helps with the emotional balance  
NOTE Confidence: 0.865635395050049  
00:26:45.300 --> 00:26:51.250 thing chest test tension, cough asthma.  
NOTE Confidence: 0.865635395050049  
00:26:51.250 --> 00:26:54.155 Sometimes we are just dealing with pain,  
NOTE Confidence: 0.865635395050049  
00:26:54.160 --> 00:26:55.816 just that affects emotional  
NOTE Confidence: 0.865635395050049  
00:26:55.816 --> 00:26:57.886 effects of dealing with pain,  
NOTE Confidence: 0.865635395050049

00:26:57.890 --> 00:27:01.210 and this is an excellent release right here.

NOTE Confidence: 0.865635395050049

00:27:01.210 --> 00:27:03.238 Just take your fingers.

NOTE Confidence: 0.865635395050049

00:27:03.238 --> 00:27:06.280 And just press and hold for

NOTE Confidence: 0.865635395050049

00:27:06.384 --> 00:27:09.269 about 30 seconds and breathe.

NOTE Confidence: 0.868296325206757

00:27:11.650 --> 00:27:14.550 This is long one.

NOTE Confidence: 0.868296325206757

00:27:14.550 --> 00:27:16.398 And it's are letting go point.

NOTE Confidence: 0.755019187927246

00:27:19.080 --> 00:27:25.960 Take a deep breath.

NOTE Confidence: 0.755019187927246

00:27:25.960 --> 00:27:27.800 Excellent, this is not easy.

NOTE Confidence: 0.755019187927246

00:27:27.800 --> 00:27:29.268 This is a challenging

NOTE Confidence: 0.755019187927246

00:27:29.268 --> 00:27:31.103 but the effects are very,

NOTE Confidence: 0.755019187927246

00:27:31.110 --> 00:27:32.214 very, very beneficial,

NOTE Confidence: 0.755019187927246

00:27:32.214 --> 00:27:34.790 worthwhile and they last a long time.

NOTE Confidence: 0.755019187927246

00:27:34.790 --> 00:27:36.998 It's not just a quick oh,

NOTE Confidence: 0.755019187927246

00:27:37.000 --> 00:27:39.936 I feel better for a minute or two.

NOTE Confidence: 0.755019187927246

00:27:39.940 --> 00:27:41.688 You'll feel the positive

NOTE Confidence: 0.755019187927246

00:27:41.688 --> 00:27:43.436 effects throughout the day.

NOTE Confidence: 0.755019187927246  
00:27:43.440 --> 00:27:45.659 And maybe even threw out a couple  
NOTE Confidence: 0.755019187927246  
00:27:45.659 --> 00:27:47.908 of days so it would be nice.  
NOTE Confidence: 0.755019187927246  
00:27:47.910 --> 00:27:50.034 So the last acupressure point we're  
NOTE Confidence: 0.755019187927246  
00:27:50.034 --> 00:27:52.800 going to work on today is spleen 4  
NOTE Confidence: 0.755019187927246  
00:27:52.800 --> 00:27:55.130 screen for is actually on the foot.  
NOTE Confidence: 0.755019187927246  
00:27:55.130 --> 00:27:57.722 So we're going to go down to the  
NOTE Confidence: 0.755019187927246  
00:27:57.722 --> 00:28:00.539 foot here and to find that the  
NOTE Confidence: 0.755019187927246  
00:28:00.539 --> 00:28:02.207 screen for acupressure point  
NOTE Confidence: 0.755019187927246  
00:28:02.207 --> 00:28:04.559 it's on the arch of the foot.  
NOTE Confidence: 0.755019187927246  
00:28:04.560 --> 00:28:08.358 It's at a little indentation here.  
NOTE Confidence: 0.755019187927246  
00:28:08.360 --> 00:28:11.800 You gonna feel that up.  
NOTE Confidence: 0.755019187927246  
00:28:11.800 --> 00:28:13.672 There's a, uh.  
NOTE Confidence: 0.755019187927246  
00:28:13.672 --> 00:28:17.416 Metatarsal bone right here below right  
NOTE Confidence: 0.755019187927246  
00:28:17.416 --> 00:28:21.598 here to bone basically is right here.  
NOTE Confidence: 0.755019187927246  
00:28:21.600 --> 00:28:25.860 Now on the outside here.  
NOTE Confidence: 0.895295679569244



00:28:28.880 --> 00:28:31.160 And then over a bit,  
NOTE Confidence: 0.895295679569244

00:28:31.160 --> 00:28:34.800 so your weight at the arch right there.  
NOTE Confidence: 0.895295679569244

00:28:34.800 --> 00:28:38.252 You feel little nervous spot, right there?  
NOTE Confidence: 0.895295679569244

00:28:38.252 --> 00:28:42.389 It's on the outside below the tailbone.  
NOTE Confidence: 0.895295679569244

00:28:42.390 --> 00:28:47.620 Right there. See if you feel that  
NOTE Confidence: 0.895295679569244

00:28:47.620 --> 00:28:49.428 sensitive is expensive tivity  
NOTE Confidence: 0.895295679569244

00:28:49.428 --> 00:28:51.819 there you wanna firmly press.  
NOTE Confidence: 0.895295679569244

00:28:51.820 --> 00:28:55.680 Into this acupressure point.  
NOTE Confidence: 0.895295679569244

00:28:55.680 --> 00:28:58.720 If you want to go a little down and up,  
NOTE Confidence: 0.895295679569244

00:28:58.720 --> 00:28:59.632 that's fine too.  
NOTE Confidence: 0.895295679569244

00:28:59.632 --> 00:29:01.760 You gonna get that a good release,  
NOTE Confidence: 0.895295679569244

00:29:01.760 --> 00:29:04.295 and it's also helpful to  
NOTE Confidence: 0.895295679569244

00:29:04.295 --> 00:29:06.323 release the entire orange.  
NOTE Confidence: 0.895295679569244

00:29:06.330 --> 00:29:07.890 This spleen four point  
NOTE Confidence: 0.895295679569244

00:29:07.890 --> 00:29:09.450 helps with stomach aches,  
NOTE Confidence: 0.895295679569244

00:29:09.450 --> 00:29:10.230 stomach pain,

NOTE Confidence: 0.895295679569244

00:29:10.230 --> 00:29:12.960 foot pain and cramps large to pain,

NOTE Confidence: 0.895295679569244

00:29:12.960 --> 00:29:16.272 and I'm often if you all of a sudden

NOTE Confidence: 0.895295679569244

00:29:16.272 --> 00:29:18.750 you're sleeping at night and you

NOTE Confidence: 0.895295679569244

00:29:18.750 --> 00:29:21.540 get this pain in your big toe.

NOTE Confidence: 0.895295679569244

00:29:21.540 --> 00:29:24.312 You just press on the arch from

NOTE Confidence: 0.895295679569244

00:29:24.312 --> 00:29:26.219 the bottom towards the top.

NOTE Confidence: 0.905629634857178

00:29:28.360 --> 00:29:29.704 And you're feeling nice,

NOTE Confidence: 0.905629634857178

00:29:29.704 --> 00:29:32.126 release here if you have some poor

NOTE Confidence: 0.905629634857178

00:29:32.126 --> 00:29:34.520 circulation and cold feet in the winter

NOTE Confidence: 0.905629634857178

00:29:34.520 --> 00:29:36.886 time which were only dreaming of now.

NOTE Confidence: 0.888841211795807

00:29:39.070 --> 00:29:40.915 You could simulate this point

NOTE Confidence: 0.888841211795807

00:29:40.915 --> 00:29:42.760 here and create some once.

NOTE Confidence: 0.793381333351135

00:29:45.370 --> 00:29:47.530 Is the spleen for.

NOTE Confidence: 0.886595836707524

00:29:50.870 --> 00:29:54.160 Good. It's important to do both sides,

NOTE Confidence: 0.886595836707524

00:29:54.160 --> 00:29:55.894 so we're going to move to

NOTE Confidence: 0.886595836707524

00:29:55.894 --> 00:29:57.520 the other foot and again,  
NOTE Confidence: 0.886595836707524

00:29:57.520 --> 00:30:00.148 we're going to locate that point.  
NOTE Confidence: 0.886595836707524

00:30:00.150 --> 00:30:03.060 We're gonna find the big toe.  
NOTE Confidence: 0.886595836707524

00:30:03.060 --> 00:30:05.910 The base of the metatarsal bone.  
NOTE Confidence: 0.886595836707524

00:30:05.910 --> 00:30:08.990 And we're gonna move in a little bit.  
NOTE Confidence: 0.913703262805939

00:30:11.370 --> 00:30:13.490 And we're going to feel that spot there.  
NOTE Confidence: 0.857517199856894

00:30:15.680 --> 00:30:19.089 Wait? Towards the top of the arch.  
NOTE Confidence: 0.857517199856894

00:30:19.090 --> 00:30:21.610 So first we're going to press and hold,  
NOTE Confidence: 0.857517199856894

00:30:21.610 --> 00:30:24.473 so we find that little nervous sensitive  
NOTE Confidence: 0.857517199856894

00:30:24.473 --> 00:30:27.446 spot there so you know you're on it.  
NOTE Confidence: 0.857517199856894

00:30:27.450 --> 00:30:30.890 And once you find it.  
NOTE Confidence: 0.857517199856894

00:30:30.890 --> 00:30:33.260 And spend it little time there.  
NOTE Confidence: 0.857118785381317

00:30:36.300 --> 00:30:40.228 Feel free to do the entire arch from  
NOTE Confidence: 0.857118785381317

00:30:40.228 --> 00:30:43.828 the base of the arch up to that.  
NOTE Confidence: 0.857118785381317

00:30:43.830 --> 00:30:47.640 Spleen four point.  
NOTE Confidence: 0.857118785381317

00:30:47.640 --> 00:30:49.972 Just keep working that.

NOTE Confidence: 0.857118785381317  
00:30:49.972 --> 00:30:52.887 For a little while longer.  
NOTE Confidence: 0.50379878282547  
00:30:57.490 --> 00:31:01.480 Good.  
NOTE Confidence: 0.941504061222076  
00:31:05.040 --> 00:31:11.234 Excellent. Keep that going.  
NOTE Confidence: 0.941504061222076  
00:31:11.234 --> 00:31:16.500 Nice release. For you.  
NOTE Confidence: 0.941504061222076  
00:31:16.500 --> 00:31:19.424 Again helps with circulation,  
NOTE Confidence: 0.941504061222076  
00:31:19.424 --> 00:31:22.670 stomach pain, foot pain.  
NOTE Confidence: 0.941504061222076  
00:31:22.670 --> 00:31:25.340 Large to pain.  
NOTE Confidence: 0.797751843929291  
00:31:28.390 --> 00:31:34.670 Good. Good. Excellent.  
NOTE Confidence: 0.797751843929291  
00:31:34.670 --> 00:31:36.728 So we're going to finish Offen.  
NOTE Confidence: 0.797751843929291  
00:31:36.730 --> 00:31:40.216 Just take a nice deep breath in.  
NOTE Confidence: 0.797751843929291  
00:31:40.220 --> 00:31:45.540 Movie dolls?  
NOTE Confidence: 0.797751843929291  
00:31:45.540 --> 00:31:47.570 And out through the mouth.  
NOTE Confidence: 0.797751843929291  
00:31:47.570 --> 00:31:55.860 Again. And one more breath and.  
NOTE Confidence: 0.797751843929291  
00:31:55.860 --> 00:32:02.156 And out will stretch arms out both sides.  
NOTE Confidence: 0.797751843929291  
00:32:02.160 --> 00:32:05.560 Arms overhead.  
NOTE Confidence: 0.797751843929291

00:32:05.560 --> 00:32:07.580 And down into prayer pose.  
NOTE Confidence: 0.928016841411591

00:32:10.060 --> 00:32:11.755 Excellent, that was a lot  
NOTE Confidence: 0.928016841411591

00:32:11.755 --> 00:32:13.450 of work for you today,  
NOTE Confidence: 0.928016841411591

00:32:13.450 --> 00:32:15.538 but I hope you're starting to  
NOTE Confidence: 0.928016841411591

00:32:15.538 --> 00:32:17.519 already feel the effects of that.  
NOTE Confidence: 0.928016841411591

00:32:17.520 --> 00:32:20.910 I know I definitely do I feel my entire now.  
NOTE Confidence: 0.928016841411591

00:32:20.910 --> 00:32:22.600 My hands are kind of,  
NOTE Confidence: 0.928016841411591

00:32:22.600 --> 00:32:24.706 circulation is going and just remember  
NOTE Confidence: 0.928016841411591

00:32:24.706 --> 00:32:27.687 that this is work that you can do anytime,  
NOTE Confidence: 0.928016841411591

00:32:27.690 --> 00:32:29.952 anytime in the morning before you  
NOTE Confidence: 0.928016841411591

00:32:29.952 --> 00:32:33.355 go to bed just to kind of open the  
NOTE Confidence: 0.928016841411591

00:32:33.355 --> 00:32:36.029 channels and just get that she going.  
NOTE Confidence: 0.928016841411591

00:32:36.030 --> 00:32:38.406 So thank you for joining everybody.  
NOTE Confidence: 0.928016841411591

00:32:38.410 --> 00:32:41.443 Be well and I hope to see you Thursday  
NOTE Confidence: 0.928016841411591

00:32:41.443 --> 00:32:44.758 for a guided meditation program at 1:30.  
NOTE Confidence: 0.928016841411591

00:32:44.760 --> 00:32:46.750 OK take care bye bye.