

Energy Maintenance

Where does this practice originate from?

The following Energy Maintenance exercise is based on an acupressure technique. This involves tapping with the fingertips on specific points on the head and body. Tap with enough pressure to make a good tapping sound. If you feel any pain or discomfort you are tapping too hard. There are seven acupressure points that we will be focussing on in this practice. This approach to health and healing is based around the principal of the healthy flow of energy around the human system.

Unlike Western approaches to healing, which treat the symptoms, these systems are built upon the fact that we all have self-healing abilities. The stimulation of certain points on the body encourages the system to access this state of self-healing.



For thousands of years Eastern traditions have based their approach to health on the free flow of energy. Albert Einstein's theory also concluded that everything including our bodies is composed of energy. These principals have been largely ignored until recently by Western healing approaches.

What is affecting my energy?

Modern life provides us every day with conditions that tend to drain our energies and push them out of balance. Periods of chronic ill health are also likely to disrupt the healthy flow of energy. Through developing daily practices we can learn to keep our energies flowing in harmony, therefore fostering good health.

With the increasing pace of life and the complex stresses we are exposed to, it makes good sense to learn techniques to reverse these disturbances and bring the body's energies back into balance. I would encourage everyone to use daily energy practices to maintain good health, whether recovering from ME/CFS or not.

How can I bring my energy back into balance?

Certain points on the body, when tapped with the fingers, will affect the energy in predictable ways, sending electrochemical impulses to the brain and releasing neurotransmitters. By tapping 7 specific sets of points you can activate a sequence of responses that restore you when you're tired, increase your vitality and keep your immune system strong amid stress.



Don't be too concerned about finding the precise location of each point. If you use several fingers to tap in the vicinity described, you will hit the right spot.

Check in before starting

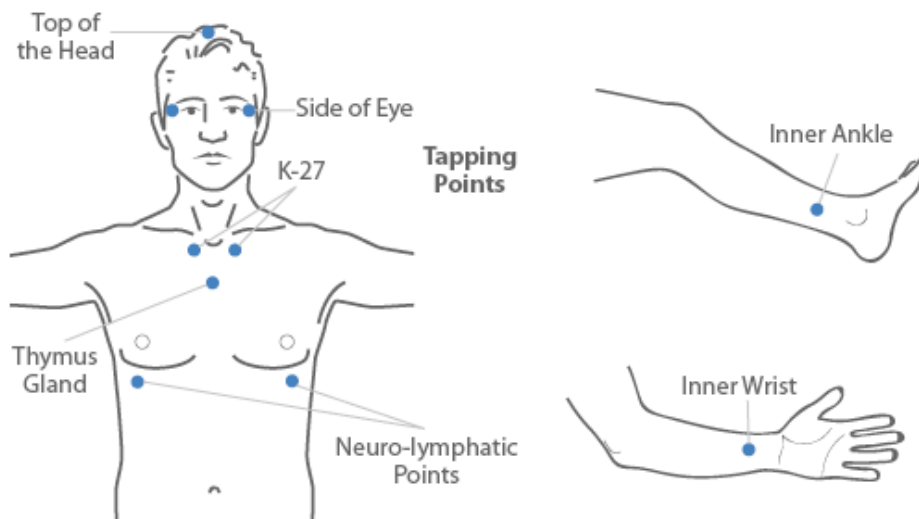
Before starting the exercise, check in with yourself to see how you feel. Close your eyes and tune in to your system, how do you feel? Do you feel calm, centered and relaxed or are you feeling anxious, uneasy, with scattered energy? However you feel, just make a mental note and then check in with yourself in the same way after the process. When you notice the positive changes in this way, you will have more reason to use the practice in the future when needed.

How do I tap and for how long?

You can either tap with your 5 fingertips bunched together, or gently thump the points with loosely held fists. If you are not able to use either of those techniques, it's fine to start just by rubbing each point and work up to a more vigorous practice when ready. Start by tapping, thumping or rubbing for one full cycle of breath (breathe in - breathe out) on each point. For instructions on how to breathe correctly during this exercise - see Abdominal Breathing. With practice you can work up to 3 full breaths or approximately 20 seconds on each point.

How often should I use this practice?

This practice can be used in the morning as part of a daily energy routine to wake and align the system. Some people find it helpful to use it 2 or 3 times per day. It can be used shortly before meal times to set-up the system for digesting food. This practice can also be used at any other time of the day to change your state as and when needed. There are no rules, just do what feels best for you. It takes less than 3 minutes to complete 1 full round and the benefits are definitely worth it.



K-27 points

The K 27 points are the 27th pair of acupuncture points on the kidney meridian. Tapping or massaging the K 27 points is a simple exercise that will:

- Energize you if you're feeling drowsy
- Focus you if you're having difficulty concentrating.

They are juncture points that affect all of your energy pathways. Stimulating them sends a signal to your brain to adjust your energies so you can feel more alert and perform more effectively.

Position of K-27 points - There are two K-27 points and they are located just below the inner ends of each collarbone, where the collarbone meets the top of the chest. Lightly bunch all four fingers and thumb of each hand. Use the left hand to tap the left point and the right to tap the right point.

Thymus Gland

Tapping the area over the thymus gland is a simple technique that will:

- Stimulate all of your energies
- Boost your immune system
- Increase your strength and vitality

This technique can help if your immune system is challenged. The thymus gland is the immune system's surveillance gland. Tapping or thumping has an awakening and aligning effect on the thymus gland.

Position of Thymus Gland - The thymus gland is located about 2 inches below the K-27 points in the centre of the chest. Lightly bunch all four fingers and thumb of one hand and tap or use a lightly held fist to gently thump on the area over the thymus gland.

Neuro-lymphatic points

Tapping the neuro-lymphatic points on your spleen meridian is a quick way to:

- Lift your energy
- Balance your blood chemistry
- Strengthen your immune system

Neuro-lymphatic points are part of the lymph system. The spleen is central to the functioning of the immune system. Tapping your spleen's neuro-lymphatic reflex points serves to synchronize your body's rhythms and harmonize its energies and hormones. This process also helps to remove toxins, fight infections, modulate blood chemistry and better metabolize food.

Position of neuro-lymphatic points - neuro-lymphatic points are located by moving the fingers directly below the breasts, in line with the nipples and then move them down over the next rib. If you move off the edge of the ribs - you have gone too far. Tap firmly with bunched fingers of each hand or thump with loosely held fists. If these points are really sore, stimulate them by rubbing and the soreness should disappear in a few days.

Top of the Head

Tapping this point stimulates all yang meridians, distributing energy downward to lower parts of your body.

Position of Top of the Head point - The top of the head point is on the position where a line drawn from ear to ear would cross with a line drawn down the centre of your head. Lightly bunch the 4 fingers and thumb of one hand and tap the top of the head.

Side of eye

Tapping this point stimulates the gall bladder meridian, preventing lethargy and energy depletion.

Position of Side of the Eye points - Side of the Eye points are located on the bones on the outside of the eyes in line with the eye, in front of the temple. Use two fingers to tap.

Inner Wrist

Tapping this point stimulates all upper yin channels. Yin meridians tend to distribute energy upwards. The Inner Wrist points send energy to the upper part of your body.

Position of Inner Wrist points - The inner wrist points are located on each forearm, 3 finger widths above the inner wrist crease. Bunch the fingers and thumb of one hand and tap. Alternatively thump with loose fist or slap with fingers of the opposite hand. Now repeat on the opposite side.

Inner Ankle

From this point, you stimulate all Lower Yin meridians. Your Inner Ankle points send yin energy upward, thus serving all lower areas of your body.

Note: stimulation of the inner ankle point is contraindicated during pregnancy. Although this refers to needling, it's best to play safe and avoid if pregnant.

Position of Inner Ankle points - The inner ankle points are located on the inside of each leg, approximately 4 finger widths up from the point of the anklebone. Bunch the fingers and thumb of one hand and tap. Alternatively thump with loose fist or slap with fingers of the opposite hand. Now repeat on the opposite side.

The effects of this practice, as with other energy techniques, can usually be felt straight away. The benefits are also cumulative, so persistence pays dividends.

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