

BEH PODCAST EPISODE 32

THE ART OF ACCUPRESSURE AND HEALING THE EYES – PART 3

Today we're going to be doing a surprise part 3 to our series on acupuncture. Your questions are a big part of why we're doing another part in this series. I'm going to give more information about the acupressure that we do as a part of this program and the technique that's being used. We're going to talk about the ACU-EYE© points, the acupressure that's a part of the Better Eye Health Program and the specific technique that you use.

I want to begin by saying whether you're doing points on the face, area around the eyes, arms, hands, feet or legs, you want to think of acupressure on that set of points as having two stages. Just as an example, we will use the lymph points. Those are the ones that begin in front of the shoulder and trace the line down in front of the shoulder and onto the arm into that groove between the biceps and triceps on the arm. The first step is you walk your finger down that line applying pressure as you walk down along that groove. In this part of the exercise, you're going to see if there is anywhere along that line, any point, that is tender. You walk down one arm, and then you walk down the other. If there is no point that is tender, you're done. There's no more that needs to be done.

Part two happens if you do find a point that is tender. Then you are going to go back to that point and you're going to simply apply pressure to it. To keep this simple, I'm going to ask that you apply just a steady pressure. In other words, you push in and engage the point. You want the pressure to be firm, but not to the point that it hurts, but it should feel almost a little edgy. In other words, you know from the sensation that you're engaging the point, but not to the point of it being painful at all. Then, you just simply hold that pressure. You don't wiggle, massage it, move in a circle, left, right, or any other direction, you just press and engage the point with pressure. Once you've got good pressure on the point, take six to twelve full deep breaths. Make sure they are full slow breaths. Breathe into the point. Imagine whatever tension, whatever pain is there dissipating with every outward breath. It may not all be gone when you're done, but that's why you come back on the next day.

You're going to be coming back to these points every day. The same is true if you're doing the jaw points, or points around the eye, points on the hands or points on the feet. First, you walk through all the points looking for somewhere tender, and if you do find somewhere tender, then you treat that point with some more focused pressure on just that tender point.

The technique for the eyes is a little different. You're sort of sweeping across the points, inside the bony margin of the orbit and on the outside. In other words, over and under the eyebrows. The inner margin of the orbit, then the outer margin of orbit. The orbit is that bony hole that contains your eye. You could also think of it as your eye socket. Sweep across the inside edge of that, and then the outside edge. I recommend you sweep across the line with your finger tips or a knuckle, but you still do the same two steps. You do that first step two or three times just to treat all those points in a kind of easy sweeping way. But if there was a point that was particularly tender, and you go, "wow that's kind of odd right at that one point is a little tender." Then you should come back to that point and give it a little more attention with some steady pressure. Sometimes, it's right at the corner of the inner margin by the nose, or it could be a little bit out. So that is the procedure, the technique that I recommend for doing the acupressure points.

There are other techniques that people use, but really the thing that you're trying to do is to stimulate those points and there are many ways to stimulate a point. They are all effective. Stimulating a point by needling it is only one way. Stimulating a point by applying pressure is another, called acupressure. Some people have found that you can stimulate a point with a low-level laser, and that's effective. You can stimulate a point by applying heat. That's done in a procedure called moxabustion, where you burn the herb moxa to stimulate the point. This is a little technical but many ways to stimulate a point and all of them are effective.

We're using acupressure because you can do it without tools, without materials without needles, and you can do it yourself. And even though a single acupressure treatment may not be as strong as the treatment that you would get if you did it with needles, when you're doing it multiple times a week, over weeks and months, the net effect is the same. I just want to emphasize that both Grace and I had studied acupuncture. I do acupuncture a lot. If I felt like you need needle acupuncture to get the results that I want to see you all get, I would be helping you find a qualified acupuncturist. But I don't think you need that. You can get all the benefits that come from oriental medicine just doing the acupressure, but acupressure like everything else in this program. The good news is you can do it yourself, the bad news is you have to do it yourself, so these things work, they are very effective, but only if you do them.

The final point, I mentioned this last week and I want to say this again. The points that I find people tend to overlook or not do as regularly are very important and those are the points on the hands and on the feet. We're going to be sending out a newsletter here soon and one of the things that will be an option on that newsletter will be getting updated versions of the workbook and the DVD we've upgraded all the work books or DVDs. If you've joined the program recently, that will come automatically, if it has been over six months, you'll have to buy them. We're not charging a lot for them, but putting them together and reproducing them costs us quite a bit, so you will be asked to pay for those. So, if you are interested, I would recommend it, because the specifics of the

acupressure are a little clearer in the new video. But all the information is the same in the older version. The only thing better in the new workbook are the pictures, but the points are all the same. It's not a mandatory thing that you upgrade that, but it might give you a better sense of how to do the hands and the feet if that's something you struggle with. I would recommend it if that's something you're not doing because you don't quite understand it. Then I think the video would be helpful to you.