

## Emotional First Aid Acupressure & Lavender Essential Oil

By Phoenix Alexander

**Acupressure Points** for emotional balancing and increasing your body's healing natural healing response. Hold each point with direct pressure or make small circle movements hold each point for several seconds and take several deep breaths. If the point is active and needs some balancing it will be tender. You can hold the points for longer where there is tenderness.

- **Note: A side note here is:** If you are working to clear or balance any chronic physical or emotional condition, you will want to hold the acupressure points for longer periods and repeat them more frequently. Start with a few minutes and build up to 5 or ten minutes. Eventually you can work up to 30 minutes per session. This is stimulating your body's natural healing and wellness responses. If you are working with emotional issues, it's best to have your support person close by, whether that's a mental health professional, or trusted friend. You may have some strong emotional responses as your healing and wellness progress. As you heal, adjustments may need to be made in medications, so it's vital to keep your healthcare practitioner's informed of what you're doing and the responses.
- **Disclaimer:** Use these points at your own risk. As the speaker, I assume no risk or liability for your use and application of them. I don't know your health history, or current condition. I recommend using them with the consent of your mental health counselor if you are seeing one when applying them to emotional healing. That being said, I have used acupressure and energetic healing to full advantage in my own healing process. It filled the gap between western medicine's approach and energetic healing.

**Many of the following points are excellent for eliminating headaches as well:**

- **GB 14** Above the eyes in the hollow 1 finger up from the eyebrow, in line with the pupil. **Indications:** Clearing the mind, Emotional balancing, releasing emotions, panic, anxiety. Hold this point while you mentally rehearse and unpleasant event or memory until the emotions dissipate. Increases mental health. Transform negative emotions. **Physical indications:** Headaches, memory recall. Headaches and eyestrain, face and neck tension.(Found also in **TFH** as releasing emotional issues while holding GV20 and visualizing the events. Says it's a neuro vascular holding point )
- **GB20 "Gates of Consciousness:"**- On each side of the back of the skull just below the bumps in the hollow area. **Indications:** Calms anger, heals trauma and resentment, Releases emotional trauma held deep within. Grief, guilt and shame. Helps diminish stress. Helps heal effects of trauma and PTSD. Use for dealing with sexual abuse. Physical Indications: Stiff neck, fibromyalgia and chronic pain. Insomnia and Nightmares.
- **Lung 1 Location#30:** On chest medial and inferior to coracoids process. Indications: **Emotions:** Grief, unhealthy attachment to a person or thing, abandonment, depression, use for emotional support, guilt and shame, jealousy and resentment, trauma and PTSD, worry and self-doubt.
- **ST 13 (Chi door)#13** locate the middle of the collarbone, between the 1<sup>st</sup> and second ribs, in line with the nipple in a hollow. **Indications:** Anxiety and depression
- **St 6 (Jaw Chariot)** Middle of the jaw muscle (Masseter). Find the cheekbone and bottom of the jaw, halfway between them is the point. **Indications:** Helps heal childhood emotional trauma, chronic worry,
- **P6(Pericardium)#27 Location:** Bend wrist palm toward you to locate horizontal crease of the wrist, it's two fingers up from crease and between the two arm bones (radius and ulna) **Press lightly on pregnant women. Indications:** Emotional balancing, Apprehension, fear and fright, sadness and weeping, anger. Physical Indications: Memory Loss, stroke
- **P2 Location #29:** Center of the arm, center of the biceps heads, gradually press into the muscle. Indication: Palpitations due to fear or anxiety. (HP 3.3)

- **P8** When the hand is clenched in a fist it's just under the middle finger, in the center of the palm. **Indications:** Calms the mind, relieves fatigue mental and physical, balances psycho-emotional disturbances, releases panic . apprehension and anxiety. websites
- **H7 Location ( blue flash cards #1):** Bend wrist palm toward you to locate horizontal crease of the wrist, on the outside of the small **bone on the outside edge.(Health point 8.5 ) Indications:** Anxiety, stage fright, irregular heartbeat.
- **H9 (Emergency Heart point) (blue flash cards #1) Location:** Inside the pinky finger at the base or beginning of the nail on the inside corner (nearest the ring finger) **Indications:.** Heart attack, palpitations, sorrow, panic attacks, strong restlessness, bi-polar mood swings.
- **GV 20 Location: Health Point 8.10** Up from the top of the ears and in the directly in the center of the skull where soft spot used to be. **Indications:** Stress and anxiety, sadness and weeping, worry and self-doubt. Anger, nightmares. **Physical Indications:** Stroke, memory loss.
- **GV 26 (Center of the person)** In the groove under the nose, midway between the bottom of the nose and top of the lip. **Indications:** Helps relieve PTSD, uncontrollable weeping, clears the brain, **Physical Indications:** Dizziness, fainting, Revives energy.
- **Yintang: HP 8.9(Central Mark) Location:** between eyebrows in the mid point. In line with the governing vessel but not a point on it. In the Chakra system it is referred to as the 3<sup>rd</sup> eye. **Indications:** Stress and anxiety. It a creates calming, sedating effect on the nervous system, and soothes the mind/body.
- **LI4: HP 8.10 Not for use on Pregnant women.** Between index finger and thumb on fleshy part of muscle just below where the bones intersect. **Indications for Emotions:** Anxiety, stress, Nightmares, . **Physical Indications:** headaches, eye pain and swelling, jaw pain, good for every type of pain emotional and physical, chronic fatigue and fibromyalgia
- **CV 6 Sea of Energy/Qi (Tanden)** 3 fingers below the navel. **Indications: Longevity point. Develops vitality. Overcoming nightmares:** help with emotional stability and for increased spiritual awareness; strengthens your understanding of self; addictive behavior, and codependency issues. Good for stress, depression and irritability.

**CV6 Sea Of Energy Physical indications:** assists the urinary system, benefits kidneys, and sexual reproductive system; 2. Good for relieving stomachache, abdominal cramping, gas, irritable bowel syndrome, and menstrual cramp Strengthens immune system. Use for loss of consciousness, stroke.

- **CV 17: (Sea of Tranquility)** On the center of the sternum, in line with the nipples, 4 fingers up from the pointy part at the tip of the sternum (xyphoid process) in a hollow. **Indications:** Emotional Balancing, grief, sadness, emotional trauma, lifts and balances the emotions. Good for PTSD, chronic fatigue, depression, suicidal thoughts, anxiety attacks, trauma, fear, helps heal the heart emotionally. **Physical indications:** , recovering from an injury or surgery and Fibromyalgia, heart palpitations and fainting. Helps deepen the breath.
- **CV 24 in the hollow beneath the lower lip. Indications:** Releases emotional pain and trauma, relieves emotional numbness, calms the spirit, balances mental disorders. **Physical Indications :** Relieves gag reflex in dental procedures. Alleviates pain. Mouth Ulcers

*Sources: Acupressure Flashcards, Healthpoint Manual, by Julion J Kenyon. Acupuncture.com, yinyanghouse.com, Acupressure for Emotional Healing, Michael Reed Gach PHd, and Beth Ann Henning, American Acupuncture.co, Acufinder.com, CompassionateDragon.com, natural-herbal-remedies.knoji.com, <http://balancedwomensblog.com/http://manumissio.wikispaces.com/>*

## Lavender

The most versatile of all essential oils, lavender can be used for so many conditions it's amazing. Get to know a few applications and enhance your life with this fabulous oil. Lavender comes from the Roman word *lavare* meaning to wash. It was used widely in bathing.

### Properties:

Analgesic/Pain killer

Antispasmodic/stops spasms

Antiseptic-kills germs and bacteria

Reduces bronchial secretions

Reduces coughing

Diuretic/ reduces water retention

Anti-migraine

Vermifuge-expels intestinal worms

Tonic-restorative to heart nerves

Reduces rheumatism

Intestinal stimulant

Reduces High blood pressure

Calms nerves of the heart, Anti-convulsive

Anti-depressant

Anti-toxic

Aids in digestive

Stimulates cell growth

Deodorant

Sedative

Stimulates white blood cell production. Increasing immune response.

Relieves period pain when massaged into low back and abdomen.

**Emotional properties:** Balances emotions; brings calming sedation or energy where needed.

Use for migraines especially when caused by nervous energy

Use when there is strong mental symptoms such as manic depression

Useful for nervous exhaustion

**Has been used traditionally to treat:**

Abscess

Acne

Asthma

Boils, carbuncles

Bronchitis, colds, flu

Burns, sunburn

Colic

Conjunctivitis, eye infections

Convulsions

Cystitis, yeast infections

Cough, Whooping cough

Depressions

Dermatitis, skin rashes, Psoriasis, Eczema

Diarrhea

Earache– use on cotton put in ear.

Epilepsy

Flatulence

**Has been used traditionally to treat:**

Gallstones

Hair loss

Halitosis, bad breath

Headache,

Lice, scabies

Insomnia

Laryngitis– sore throat

Muscle spasm

Nausea

Nerve pain

Puncture wounds

Throat infections

Tuberculosis

Ulcers,

Vomiting

Palpitations, trembling, irritability, fainting, panic, hysteria

Especially good for infants

General tonic after illness

## How to Use:

**In bath** use with an emulsifier such as 2 Tbsp. Milk or powdered milk, or 1 tsp. vegetable oil. Use 5-15 drops lavender oil. For children use 3-5 drops.

**Inhale** directly out of the bottle. Or by placing on a tissue, cotton ball or on clothing near collar.

**Massage oil:** Use 10 to 12 drops per ounce of vegetable oil such as canola oil, sunflower oil, or apricot kernel oil.

**Facial Steam/lung steam.** Use 2 drops added to boiling water. Place towel over head then over boiling water to hold in vapors. Breathe deeply into lungs. It is a great help for coughs, and colds. It also open pores.

**Eye Compress:** for conjunctivitis, use 1 drop in hot water. Agitate water to disperse oil in water. Use clean washcloth. Dip in water. wring out, and place on eyes. Continue to dip in water to re-warm and place on eyes for a total of 15 minutes.

**Room Spray:** great for sanitizing a sick room or refreshing a room. Use 75-80 drops in a 4 oz. sprayer. Mix with 1 oz. witch hazel and fill remainder of sprayer with spring water. Shake well before each use.

**Diffuser:** place 3 drops in a ceramic diffuser with a little water. Light a candle for the heat source. Or use a plug in type diffuser. Use 3-5 drops placed on cotton pad.

**In dryer:** Put 10 drops on a sock or washcloth. Place in dryer about 10 minutes before cycle ends to scent clothes.

**DISCLAIMER:** This publication is designed for blending perfumes and esthetical purposes only and not intended to be used for medical treatment purposes, nor is it intended to be a substitute for traditional medical care. Please consult your physician for any medical conditions you may have. No claim is made as to the effectiveness of essential oils for treating specific conditions. The remedies contained herein are from herbal texts and scientific research.

**Caution:** The FDA has currently approved many essential oils as safe to use on the body and taken internally. However, internal application of essential oils is NOT recommended because its difficult to determine the quality of extraction from some suppliers. Some essential oils could be extracted using solvents that are harmful. Additionally, a very thorough knowledge of the chemical properties is needed to keep from overloading the liver and causing damage through ingestion. Statements contained herein have not been evaluated by the FDA. These are traditional applications of botanical extracts. Products are not intended to diagnose, treat, or cure any medical condition or disease. Use at your own risk and discretion.