

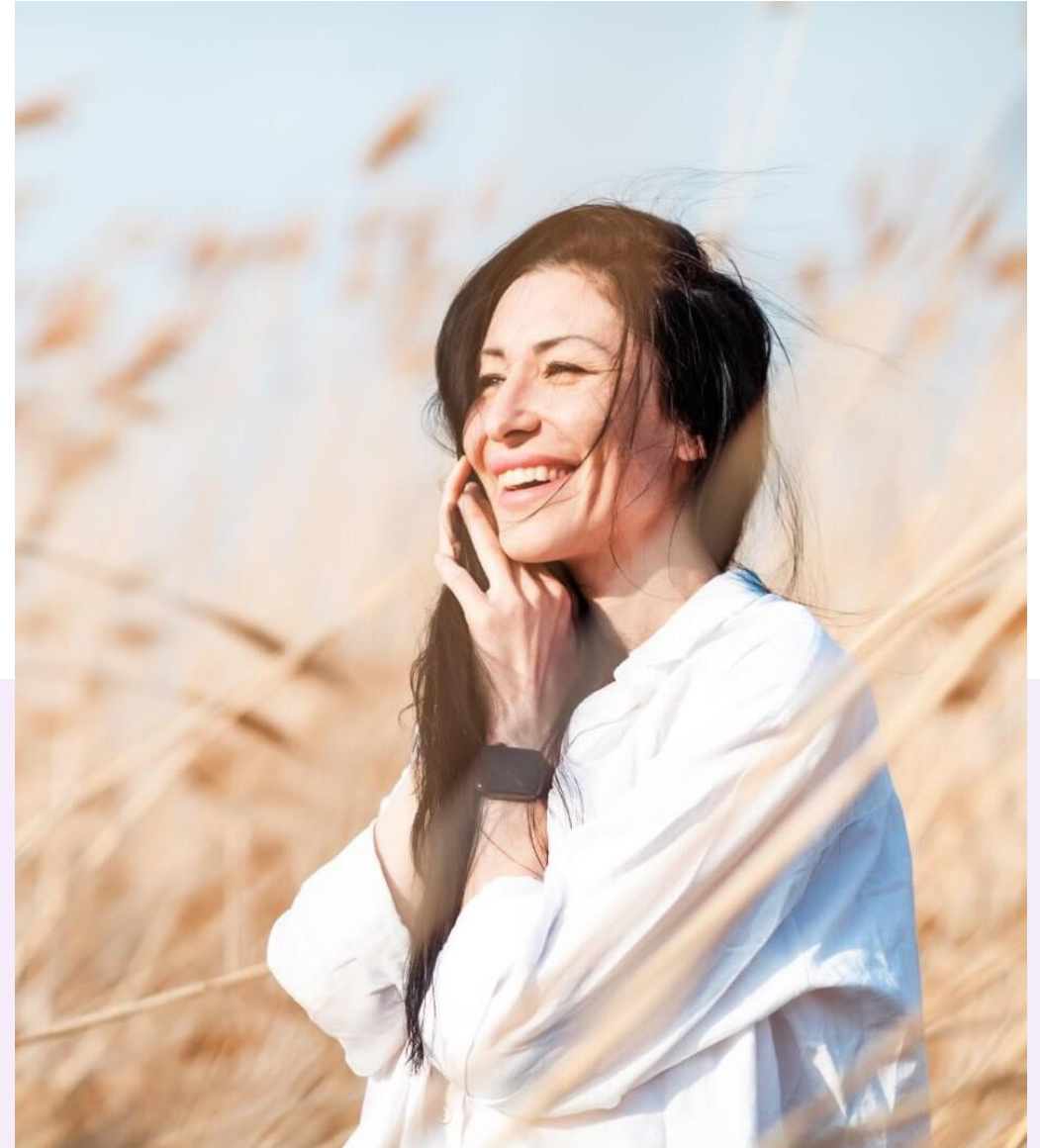


# Ancient Chinese Techniques *to* Improve Physical and Emotional Vitality

BY NORTHEAST HEALING ARTS

## A HOLISTIC APPROACH

Specialized Kinesiology is a holistic approach that supports balance in the body's energy system.



# My Story

As a massage therapist, I started having work-related **aches and pains** from the physical demands of the job.

I found myself wondering how long I'd be able to continue doing the work I love...

I began slowly **incorporating kinesiology** techniques into my existing practice. Clients were getting great results with much less physical effort on my part!

*I continued to study kinesiology to incorporate it fully into my practice. I use it in every session.*



TERRI KAUS, NORTHEAST HEALING ARTS

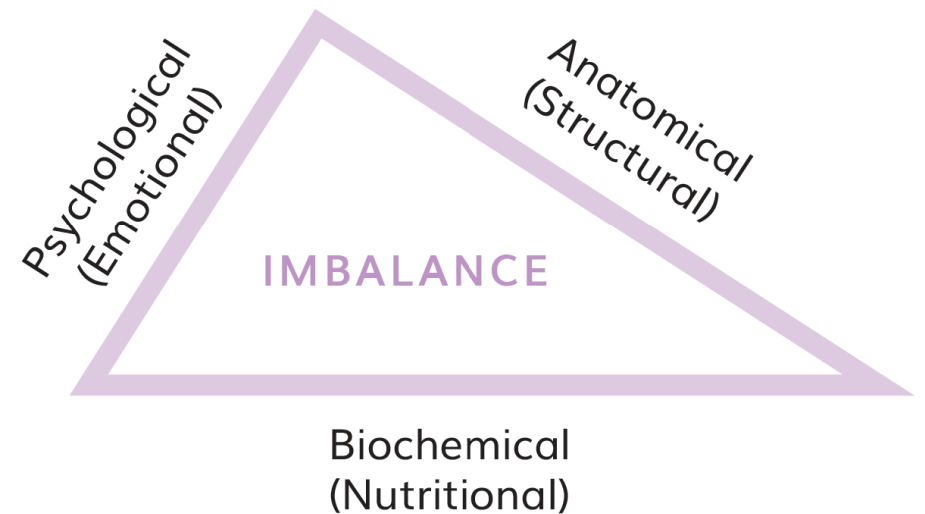
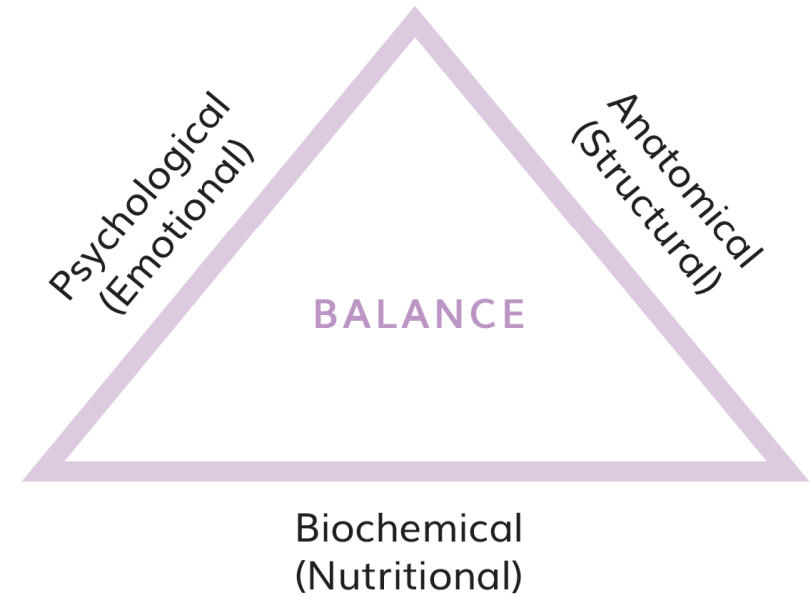
# What is Specialized Kinesiology?



# Discover Energetic Imbalances

**Muscle monitoring** is a feedback tool to check the internal status in the body's energy system.

**The goal** is to experience balance on all sides of the Triangle of Health. When one side is off, the other sides are affected well.



# The Holistic Approach

The Chinese believe **all disease begins in the energy system** before symptoms show up in the body.

Ever have a client that no matter what you do, the same old patterns keep emerging?

I would strongly suspect blockages in the client's energy system.

Using SK is an effective way to identify **energetic blockages** and offer your clients lasting change.

symptoms

the body's  
energy system



# Before we get into the techniques... how can SK benefit you?

Get deeper, longer-lasting results while **saving time, money, and energy**.

Provide superior results with **less physical demand**.

You'll be able to continue doing the work you love for years to come.

Balancing the energy system first results in **greater responsiveness** to other therapies.

*Join the ranks of successful health professionals worldwide!*

Specialized Kinesiology is used by doctors, chiropractors, nutritionists, holistic nurses, homeopaths, massage therapists, OTs, PTs, ND's, fitness trainers, dentists, veterinarians, laypeople, and more.

# What you'll learn in this webinar

## MERIDIAN ENDPOINTS

TO BALANCE YOUR ENERGY

Experience the power of combining deep breathing, affirmations, and holding Meridian endpoints.

## AURICULAR ACUPRESSURE POINTS

TO BALANCE YOUR ENERGY

Release neck pain and stiffness within 5 minutes and improve your auditory processing.





## TECHNIQUE 1

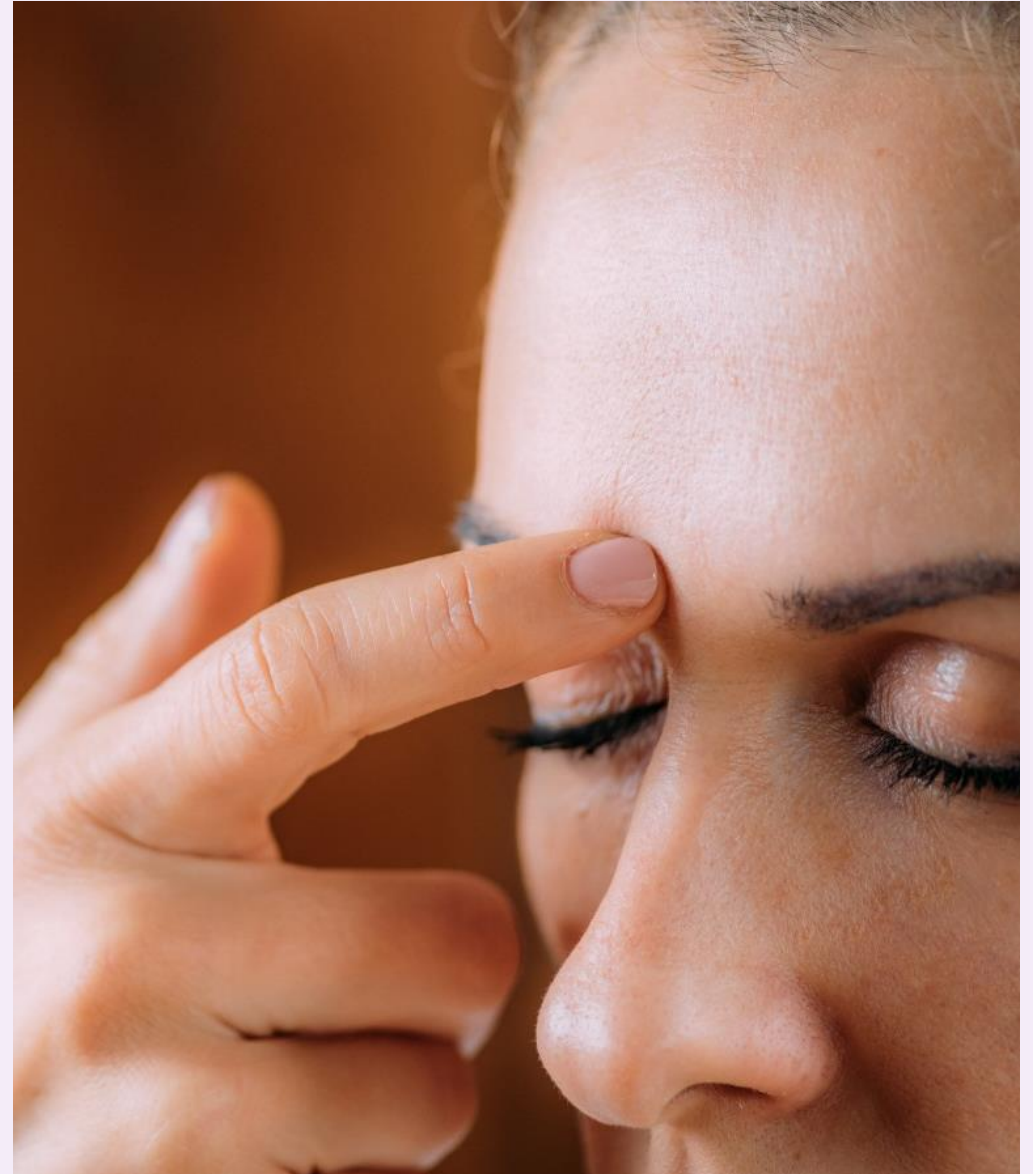
# Benefits of Holding Meridian Endpoints

Benefits are similar to meridian tracing...

- Energize the body
- Increase circulation
- Support immune system
- Enhance sleep
- Relieve pain
- Calms emotions
- Promotes relaxation

Unlike meridian tracing where you need to stand, holding meridian endpoints can be done comfortably seated or laying down...

*Anyone can do this!*



# How to perform the technique

Chinese 5 elements are divided into 5 categories.

Each Element has 2 organs in it, one yin and one yang.

1. Hold 2 different organs/meridians in each set, one Yin and one Yang
2. Read the affirmation while holding the points. Speak them out loud before moving onto the next set of points.
3. Take a few slow, deep breaths.
4. Yawn or sigh as a sign of completion; you can move on...



ENDPOINT PAIR

# Central + Governing

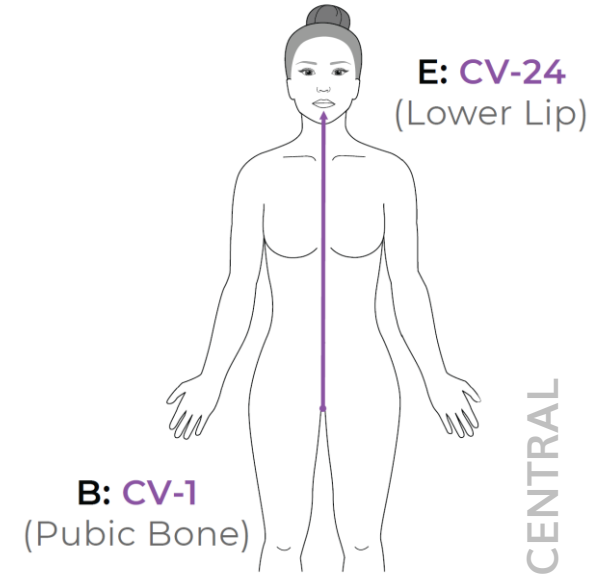
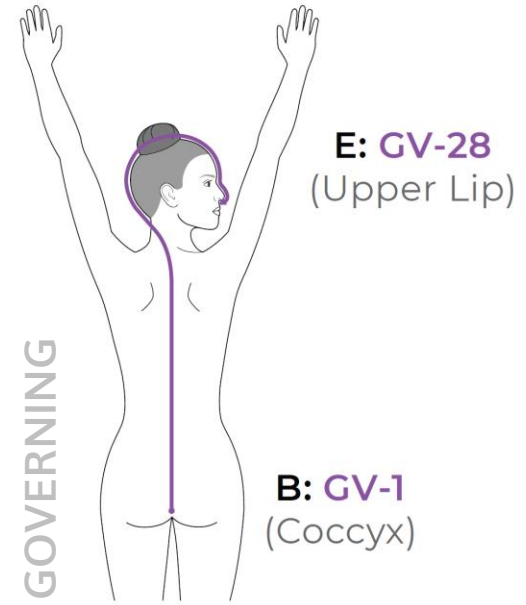
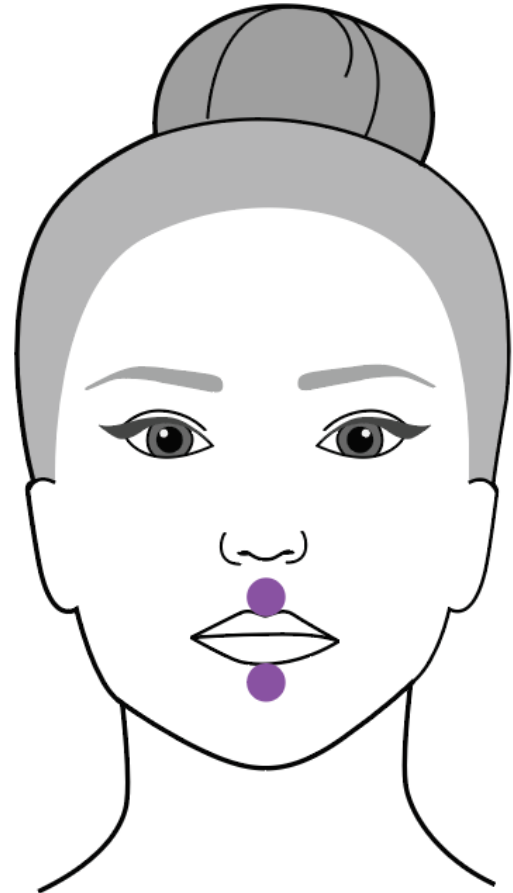
## Governing vessel meridian (GV-28)

- Midline just above upper lip
- *“I am supported”*

## Conception vessel meridian (CV-24)

- Midline just below lower lip
- *“I am successful”*

**PLACEMENT:** Put your thumb under bottom lip and your Index finger above top lip



GV-28  
and  
CV-24

ENDPOINT PAIR

# Gallbladder + Liver

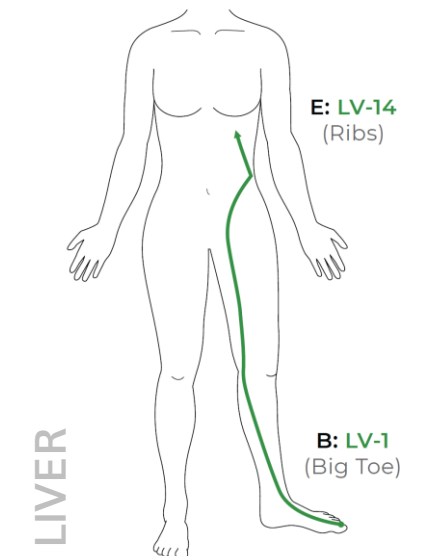
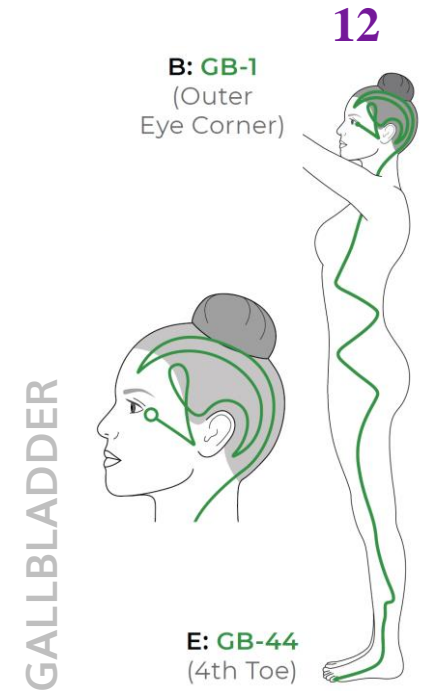
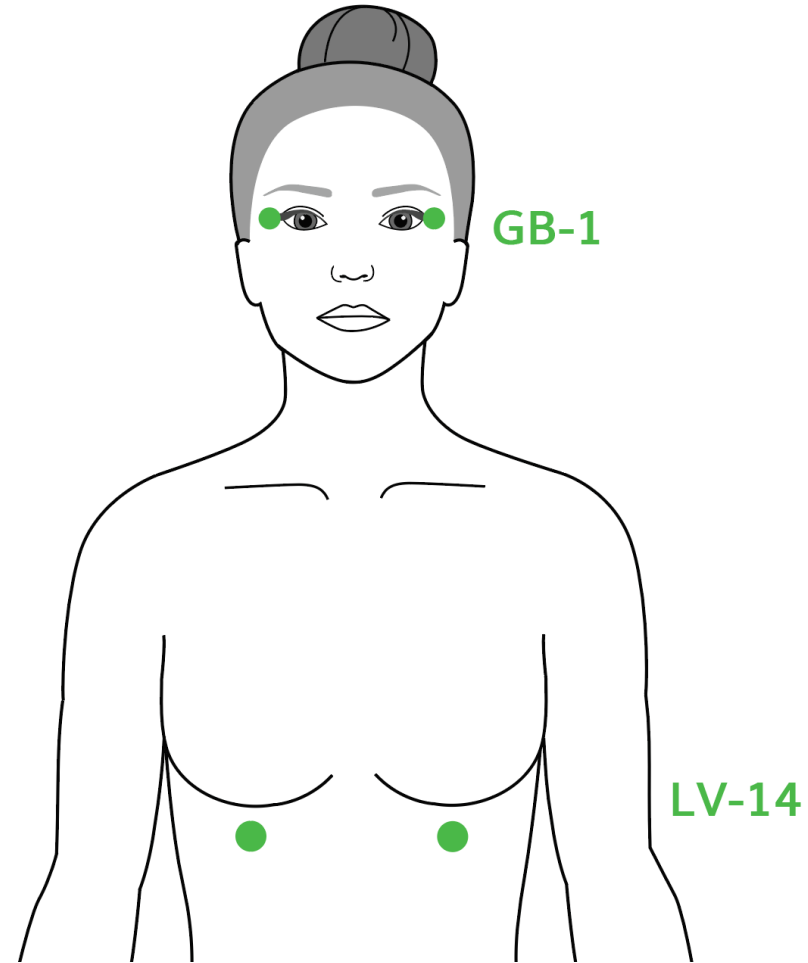
## Gallbladder meridian (GB-1)

- Outer canthus of eye
- *“I am wise and make good decisions”*

## Liver meridian (LV-14)

- Between ribs 7 – 8, in line with the nipples
- *“I’m willing to change to set myself and others free”*

**PLACEMENT:** For Gallbladder, use your thumb and middle finger to contact the outer canthus of the eyes. For Liver, rest your arm under your breasts across your ribs to cover both LV-14 points.



## ENDPOINT PAIR

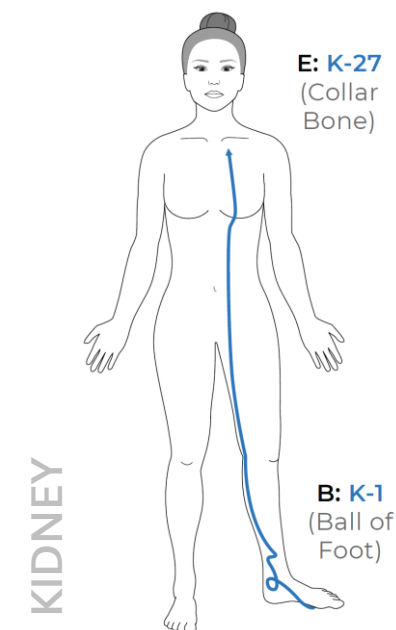
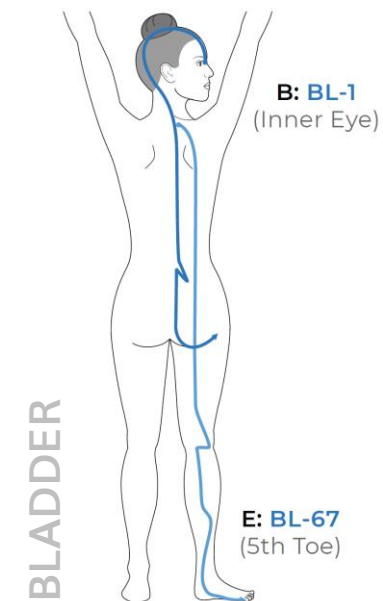
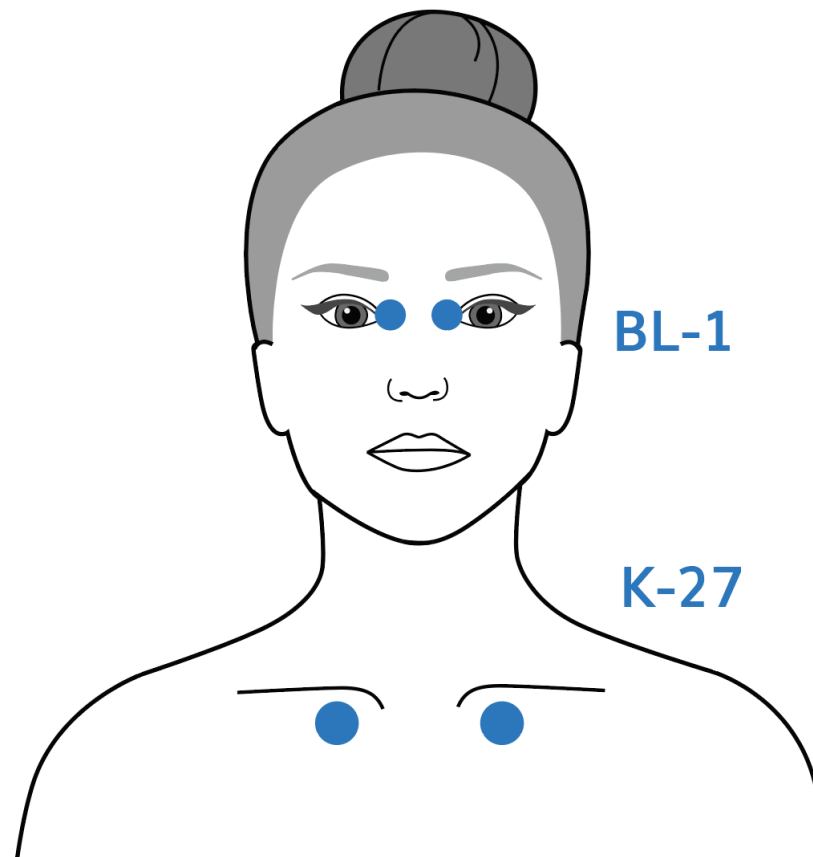
# Bladder + Kidney

## Bladder meridian (BL-1)

- Inner canthus of eye
- *“I give others the space they need”*

## Kidney meridian (K-27)

- 1" below your sternal notch, 2" out to sides
- *“I am reliable and follow through with ease”*



**PLACEMENT:** For Bladder, hold your thumb and index fingers where your glasses would sit. For Kidney, lay your hand below your clavicle.

## ENDPOINT PAIR

# Large Intestine + Lung

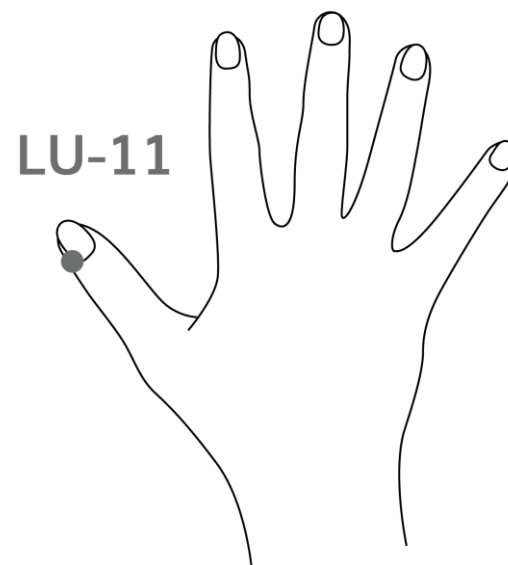
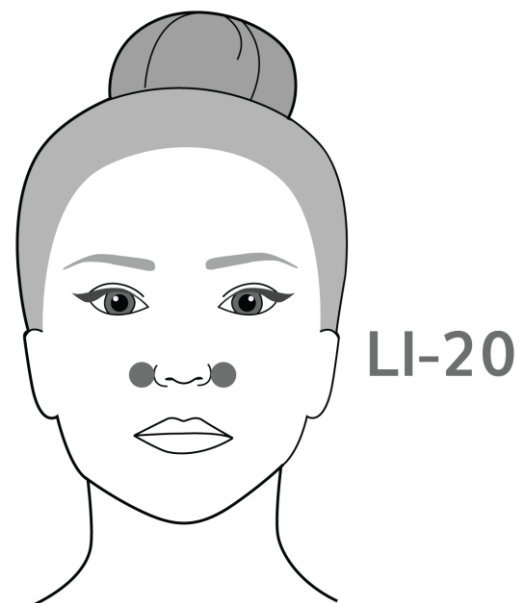
Large intestine meridian (LI-20)

- Beside nostrils
- *“I joyfully release all I no longer need to create space for new experiences”*

Lung meridian (LU-11)

- Thumb nail bed
- *“In humility, I recognize my value and worth”*

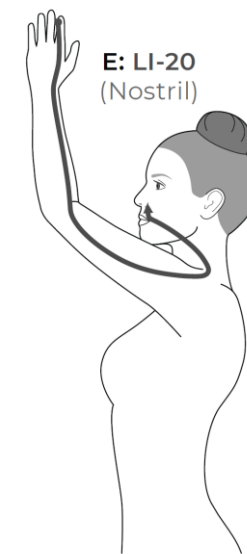
**PLACEMENT:** Lay middle finger over thumbs covering LU-11 then bring hands up to nose touching LI-20 with your index fingers



**B: LI-1**  
(Index Finger)

**E: LI-20**  
(Nostril)

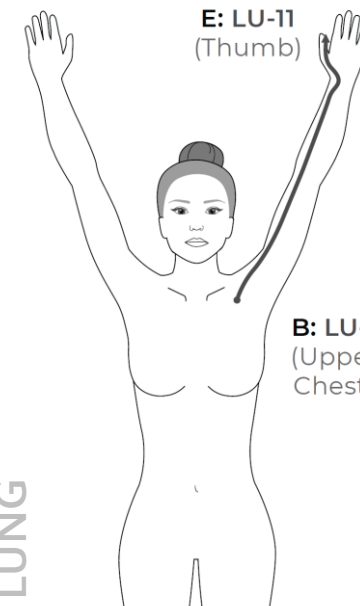
LARGE INTESTINE



**E: LU-11**  
(Thumb)

**B: LU-1**  
(Upper Chest)

LUNG



ENDPOINT PAIR

# Stomach + Spleen

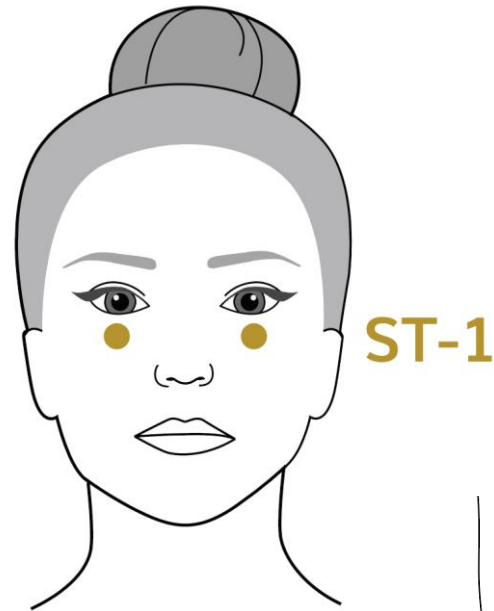
## Stomach meridian (ST-1)

- Below center of eye, in notch of cheek
- *“All my needs are satisfied”*

## Spleen meridian (SP-21)

- Between ribs 7-8, 4" below the axilla (armpit)
- *“I relax and do my best”*

**PLACEMENT:** Wrap one of your arms across your chest to hold SP-21 on the side-seam of your body. With the other hand, hold below your eyes.



STOMACH

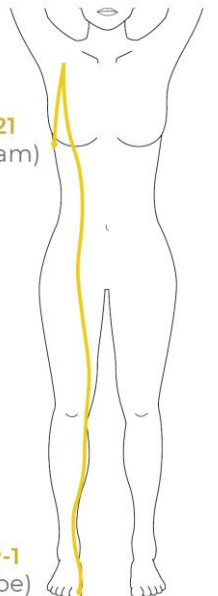
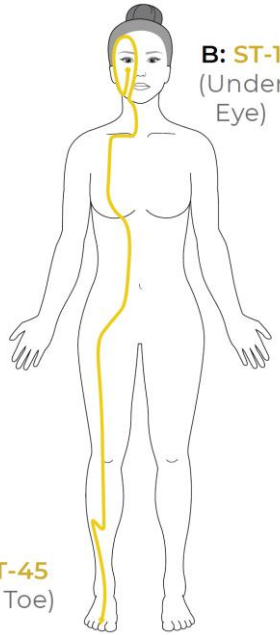
E: ST-45  
(2nd Toe)

B: ST-1  
(Under Eye)

SPLEEN

B: SP-1  
(Big Toe)

15



## ENDPOINT PAIR

# Triple Warmer + Pericardium

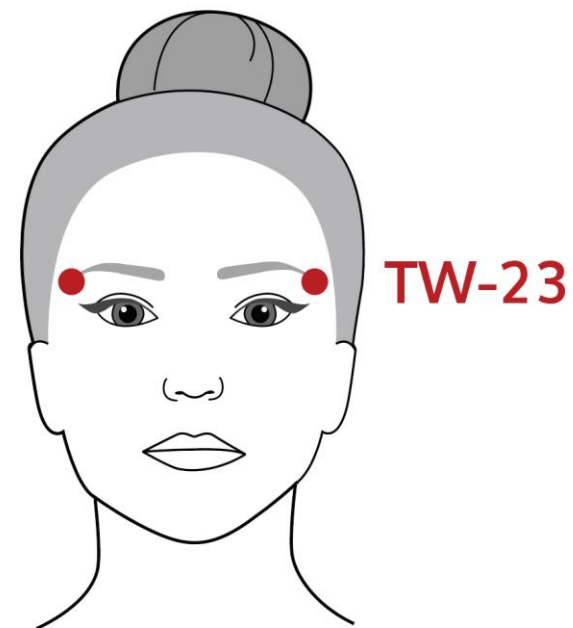
Triple warmer meridian (TW-23)

- Lateral end of eyebrow
- *“I trust everything will work out all right”*

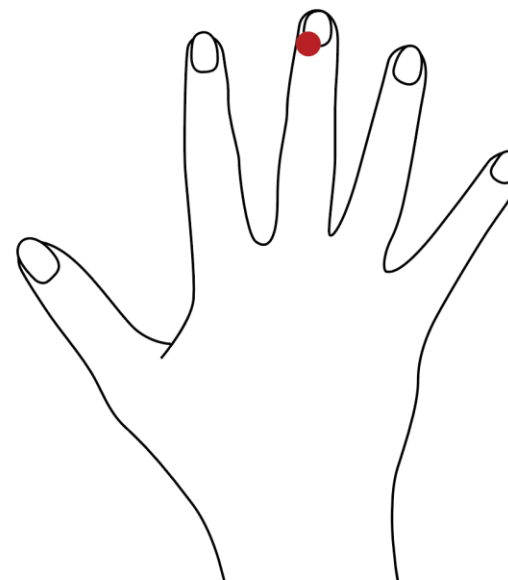
Pericardium meridian (P-9)

- Middle finger
- *“I forgive all who have wronged me, and I take responsibility for my own growth”*

**PLACEMENT:** Place the sides of your middle fingers on the ends of the eyebrows



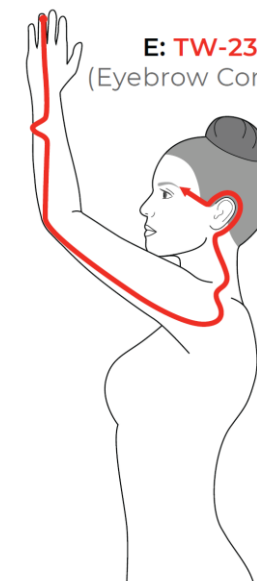
P-9



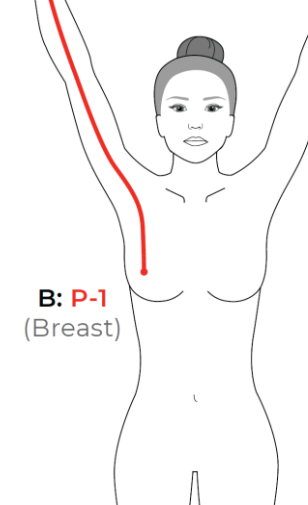
**B: TW-1**  
(Ring Finger)

**E: TW-23**  
(Eyebrow Corner)

TRIPLE WARMER



**E: P-9**  
(3rd Finger)



**B: P-1**  
(Breast)

PERICARDIUM



## ENDPOINT PAIR

# Small Intestine + Heart

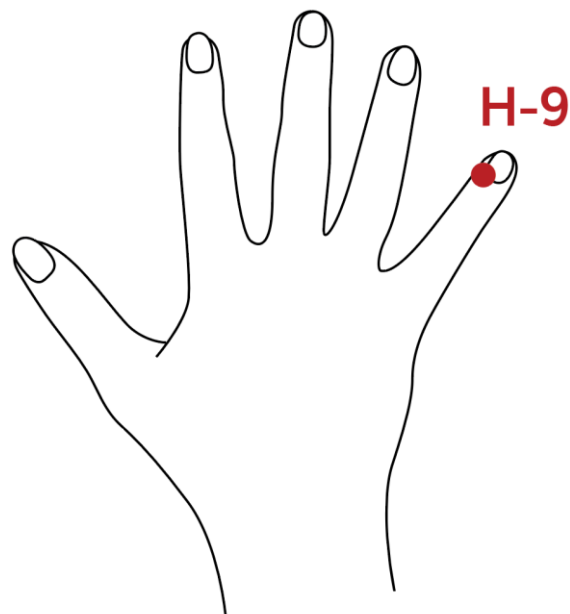
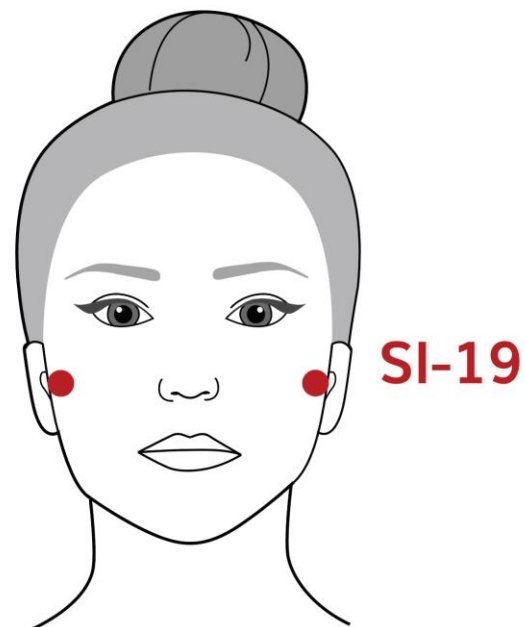
Small intestine meridian (SI-19)

- In front of the opening of the ear
- *“I choose to learn something from all of life's experiences”*

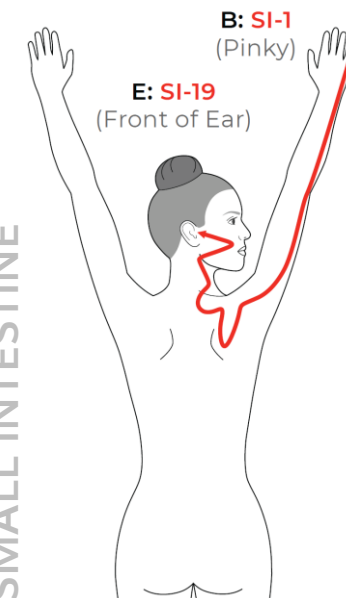
Heart meridian (H-9)

- Little finger
- *“I know who I am; I am safe and loved”*

**PLACEMENT:** Cover little fingers with thumbs, and hold remaining 3 fingers in front of the opening of the ear



SMALL INTESTINE



HEART

