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...creating the space for healing...*

Finger-Holds:

Introduction:

This is a polarity treatment which balances 5 emotions and connects them with 5 meridians of the hand. It is a calming exercise that can be used on a daily basis or in a moment of intense emotion: before bed, on waking, in the middle of a meeting, in the middle of an argument.

Using the finger-holds acts as a general moderator of emotions and keeps you from the higher and lower extremes. You may find that a particular finger gives the most comfort, especially in a moment of strong feelings. Use that for as long as needed.

Do the full exercise to maintain a sense of balance. Hold one finger at a time, then go through the sequence of fingers. This moves the Qi through all the emotions and acts as a form of meditation. When done regularly it can also promote a sense of well-being.

The Technique:

Gently hold each finger on one hand for 30 seconds to 2 minutes.

Wrap that finger with the other hand, making full contact. Do not grip.

Start with the thumb which soothes grief

Then move to the index finger which moderates fear

Then move to the middle finger which moderates anger

Then move to the ring finger which soothes worry

Then move to the pinkie-finger which soothes self-doubt and general anxiety

End by placing the two hands together, palm to palm, to set your intention and ground yourself.

Do one hand first, then the other.

To balance a particular feeling or emotion hold the finger that relates to that feeling, and end with palm to palm. Hold both positions for at least 30 seconds.

For more extreme feelings you can hold two fingers together.

Rage can be moderated by holding the index and middle finger together.

Panic attacks can be moderated by holding the ring and pinkie-fingers together.

Please note that this is a complementary approach to any medicines that may need to be taken.

The most important thing to remember is to play with this. See which finger feels the most soothing. Use it often. See what happens.

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