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

Tapping hands

This is a modified acupressure treatment used to raise the energy in the hand meridians. It draws energy like water from the beginnings of those meridians into the arms and torso, circulating energy and fluids.

I have taught this to teachers who use this technique to calm and focus grade school kids. They love it, especially the names. So will your inner child.

Tap 9 times for each exercise.

Begin:

Catching Water:

Tap the pinkie side of the hands together [Small Intestine Meridian]

Lotus:

Tap the inside of the wrists together [Pericardium Meridian]

Butterfly:

Tap the bones of the hand under the thumbs together [Lung Meridian]

Focus:

Tap the fingertips together [Well / beginning points of the hand meridians]

Webbing it:

Tap the webs of the fingers in both hands together.

[Spring / second point of the hand meridians]

Snapping Turtle:

Separate the thumb and index fingers of each hand. Then bring the hands together, tapping both webs between the thumb & index finger.

[Stream / fourth point of the Large Intestine Meridian]

[Headache & Immunity]

Butting Heads:

With the hands pointing down, tap the top side of wrists together.

[Stream / fourth point of the Triple Heater Meridian]