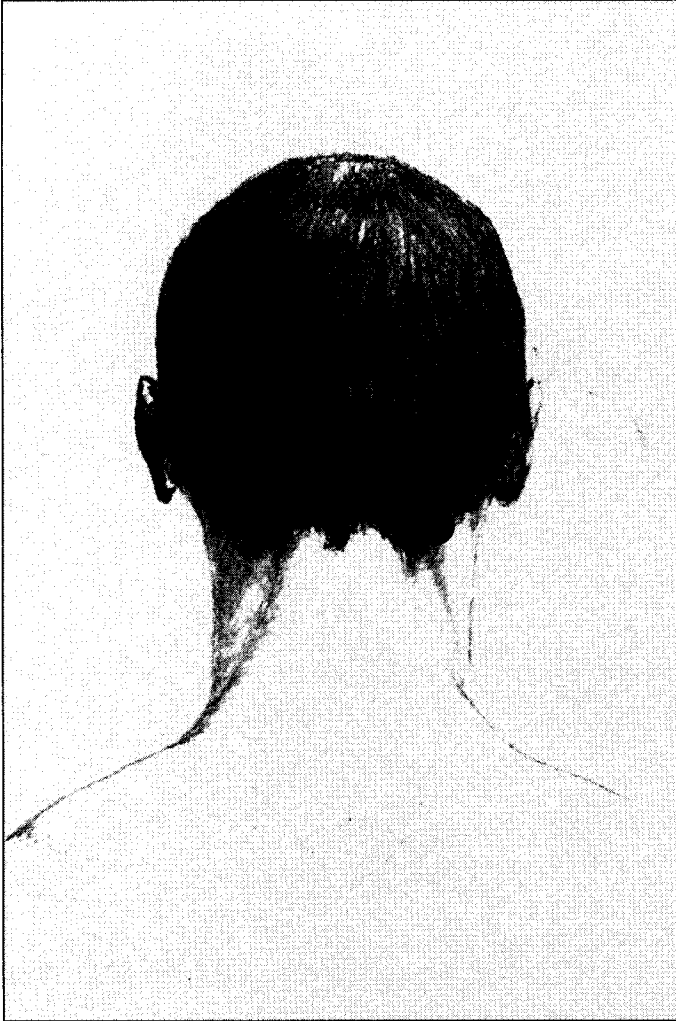


LOCATION

GB-20



LOCATION

GB-20 is located at the back of the neck, inside the hairline, in a depression created by the origins of the two large muscles that run down the neck.

LOCAL ANATOMY

The sternocleidomastoid and trapezius muscles begin here. Both these and the splenius capitis and semispinalis capitis muscles are affected when you activate LOOKING BACK.

HOW TO LOCATE

LOOKING BACK

1

Reach behind both ears and find the bony protrusions. Place your index fingers on these protrusions.



2

Slide your index finger approximately one inch toward the center of your neck until your fingers naturally fall into the depressions located at the base of your skull.



3

When your fingers have located these depressions, press upward and inward. You will feel the achy sensation that indicates you have found the points.

ACTIVATING THE POINT

GB-20

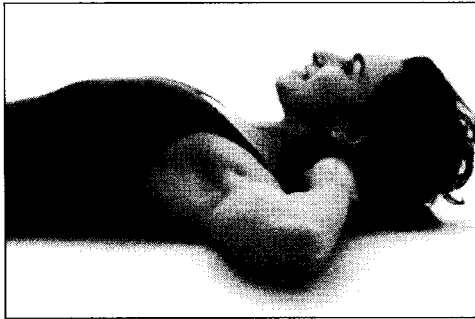


1

Lie flat, relaxed, with your feet comfortably spaced, and your neck slightly arched.

2

Place the balls in the palms of your hands and slide them beneath your neck on both sides where you found GB-20.



3

Lower the weight of your head and neck onto the balls. Inhale slowly and deeply so that first your abdomen, then your chest, rises with the incoming breath. Then, exhale slowly through your nose while you relax and concentrate on the feeling at the points.

EXPERIENCE NOTES

Repeat breathing deeply until the achy feeling subsides.

You may feel a sensation that goes from one or both of the points toward your ear, particularly when the points are first activated. This is a positive sign. It will generally disappear along with the ache.

The amount of weight on the balls depends on how your head touches the floor. The more you arch your neck, resting the top of your head against the floor, the less weight on the balls.

DISAPPEARING TENSION

SI-12

Virginia

Virginia was in her 60's when she first came for treatment. Although she had the vitality of someone thirty years younger, arthritis made her neck and shoulders so tense and painful that she could not turn her head from side to side. Golf had been her passion but arthritis had forced her to give it up three years earlier. Since Virginia's condition was long-standing, her therapy began with an acupuncture treatment. For two days after that treatment she applied the acupressure techniques described in this book. She concentrated on the points GB-20 (Looking Back) and SI-12 (Disappearing Tension). She applied acupressure to these points three times each day.

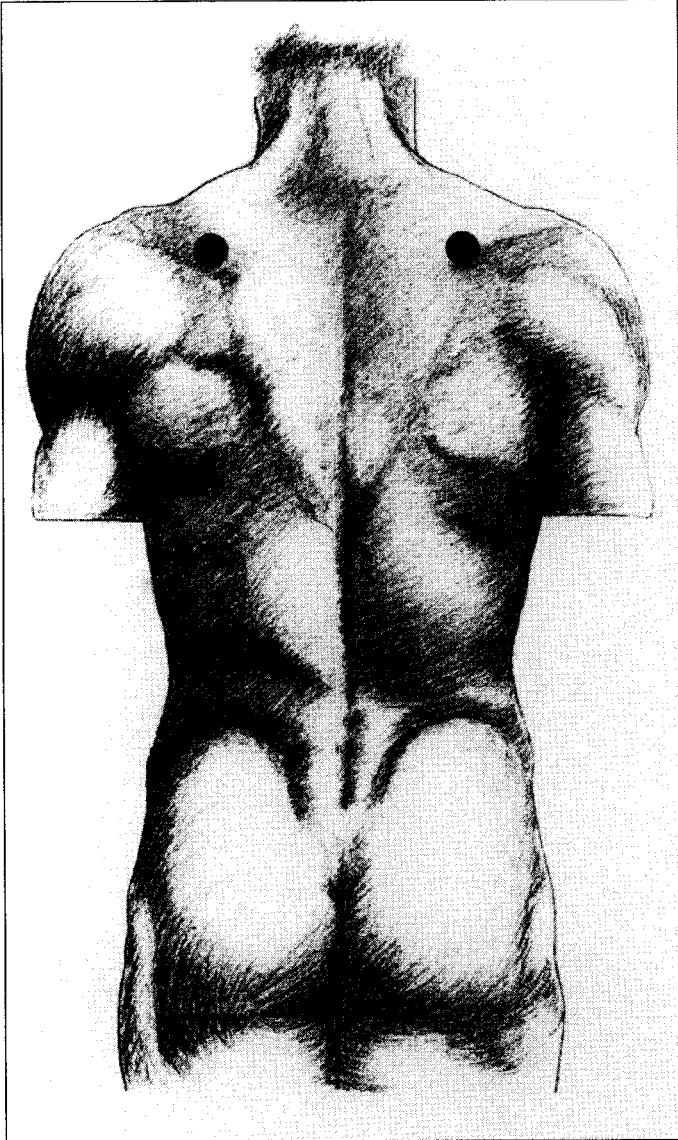
After the first two treatments there was a noticeable difference in her mobility. By the sixth treatment she was back on the golf course with her friends. Three years later, Virginia is still playing golf and experiences only minor flare-ups of arthritis. When she does have a flare-up, she does a little acupressure and "feels better almost immediately."

ACTIVATING THIS POINT greatly reduces tension in your neck and shoulders. The stresses and strains of modern living seem to accumulate in this area. Part of the reason for this is that our working lives so often involve sitting all day at a desk or leaning over a keyboard. Even many active jobs require keeping your head tilted forward. To accommodate this sustained posture, our bodies naturally respond by tensing the muscles in this area. As the muscles tense, circulation diminishes. As circulation diminishes, the muscles begin to lack nutrients that enable them to relax. Working constantly in this position thus becomes a vicious cycle of pain and tension. Left unattended, complications such as headaches, muscle knots and tears will begin to appear.

Because this is a point where several meridians meet, activating DISAPPEARING TENSION increases the circulation in your whole upper body. As your circulation increases, your strength and coordination will improve and you will feel loose and ready.

LOCATION

SI-12



LOCATION

SI-12 is located in a depression above the bony ridge of the shoulder blade, approximately five inches from the spine.

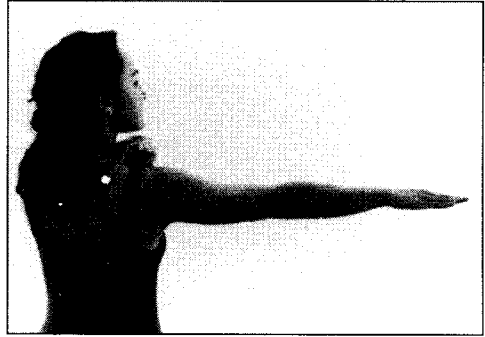
LOCAL ANATOMY

The bony protrusion is the coracoid process of the scapula. The large muscle is the trapezius.

HOW TO LOCATE DISAPPEARING TENSION

1

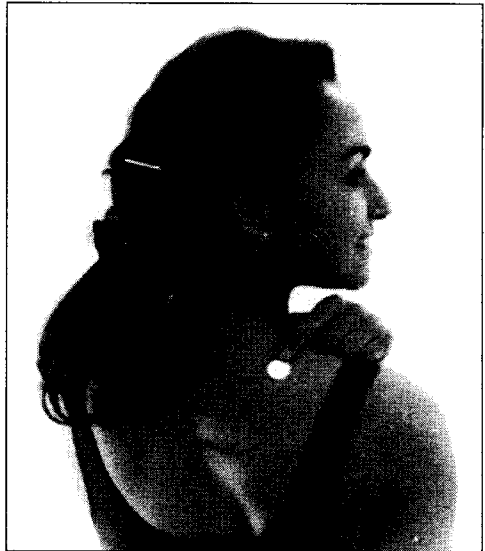
Raise your right arm outward to the side so that it is parallel to the ground with the palm of your hand facing downward.



2

Reach across your body with your left hand and feel for the depression which appears when your arm is in this raised position.

NOTE: If you have trouble finding the depression, lower your arm to your side and feel for the bony ridge on top of your shoulder blade. Slide your finger upward and into the depression. Apply pressure. When you notice the achy sensation, you have found the point.



3

Repeat this process on your left side.

ACTIVATING THE POINT

SI-12



1

Begin at the end of Exercise One by removing the balls from their position at GB-20 and letting your head lie flat.

2

Elevate your left shoulder. With your right hand, place the ball under SI-12.

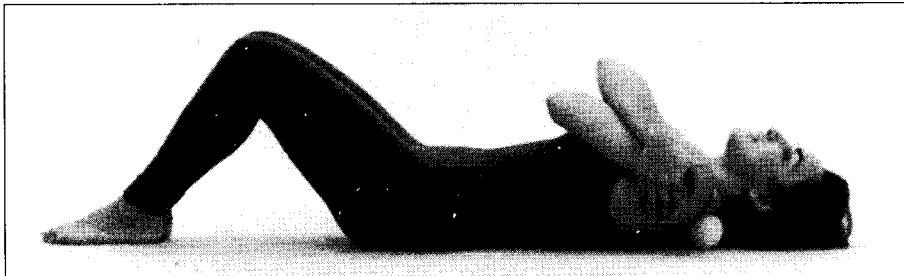
NOTE: If your back muscles are extremely tight, resting your head on the floor will be uncomfortable. Use a pillow or some books beneath your head.

3

Repeat this process on your right shoulder using your left hand.

4

Once the balls are positioned correctly, cross your arms over your chest as if you were hugging yourself. Inhale slowly and deeply so that first your abdomen, then your chest, rises with the incoming breath. Relax onto the balls as you exhale. Continue breathing deeply until you feel the balls “sink” into your loosening shoulder muscles.



EXPERIENCE NOTES

When activating acupressure points, you will often feel a sensation “radiating” toward adjacent areas of your body. When activating SI-12 you may feel this sensation radiate throughout your neck and shoulders. Don’t be alarmed; many people have this reaction to activating SI-12. It occurs with some and not with others and in neither case is it a matter for concern.