

Points to Treat Headaches

In the following pages I include a few points that you can use to treat your own headaches. Please note that there are many points on the body that treat headache, and these are just a few of the most widely used.

How to Effectively Stimulate a Point on Yourself

1. **Set your intention** to work on yourself. If you are religious or spiritual, make a prayer for this time to heal your body, heart and spirit completely.
2. **Begin by taking 5-10 deep breaths from your lower belly.** If you're not sure how to do this, imagine how an infant breathes. When infants breathe the inhalation begins in their lower bellies; then it moves up to the middle belly, and then to the chest. Try this and let yourself relax.
3. **Find the point** according to the illustrations and directions provided on the following pages.
4. **Gently, yet firmly, apply pressure to the point for 5-30 minutes.** Use whatever time you have, and feel free to move on as you feel complete with a point. More is not always better!
 - While applying pressure you can massage the point gently or you can hold the point in stillness. You don't have to constantly move, and you don't have to stay perfectly still. Let your body guide you and experiment to find what works for you.
5. **As you apply pressure allow your heart to open.** Allow yourself to relax and really be present with the movement and sensations in the point. Focus on your breathing. As you inhale, feel the sensation in the point on which you're working. As you exhale, let it all go; don't pay attention to the point, your headache, or anything. Just let go and be free.
6. **Complete your work.** A point is complete when the sensation you originally felt when touching it is gone, and pressing more deeply doesn't bring up a new layer to work with. When you reach this place take the time to feel gratitude for the healing you have received. Offer up a prayer of thanksgiving if you feel so inclined.

When massaging the points on yourself or someone else, it's important to remember these tips:

1. **Gauge the correct amount of pressure**
This is part of the art of acupressure – how do you know how hard to press? Don't apply so much pressure that the recipient can't be present with it. Signs that the pressure is too much are: the recipient says "Ow!", the recipient turns his or her

head in another direction, the recipient flinches or instinctively pulls away. If someone reacts this way to the pressure you are applying, lighten up for a while until the point is “warmed up”.

It’s also important not to put too little pressure on the point. If you do, nothing will happen. You want either you or the recipient to feel that you’re connecting with the energy – you don’t both have to feel it, but one of you does. If you’re not sure if you have the right pressure, try decreasing or gently increasing until you find the fit that seems right for the moment.

2. Relax and enjoy yourself!

This is extremely important. Don’t try to make anything happen. Just hang out with the point until you feel something. It might be subtle or it might be dramatic, but if you are attached to a “result”, then you are going to put extra effort into achieving that result, and that is a state of mind incompatible with the result you’re looking for! So don’t think about it too much and don’t worry about what will or won’t happen. Give yourself 10-15 minutes to be with each point in a state of giving yourself love, peace, mercy and caring. If you can give your own heart these gifts as you work on yourself, you will really receive the benefit your’re looking for.

I pray that this helps you and that you feel divine peace, love and mercy with each session you give yourself.

If you have any questions or would like to schedule an acupuncture or shiatsu (acupressure) session for yourself, please contact me at info@five-elements.org.

Take care,

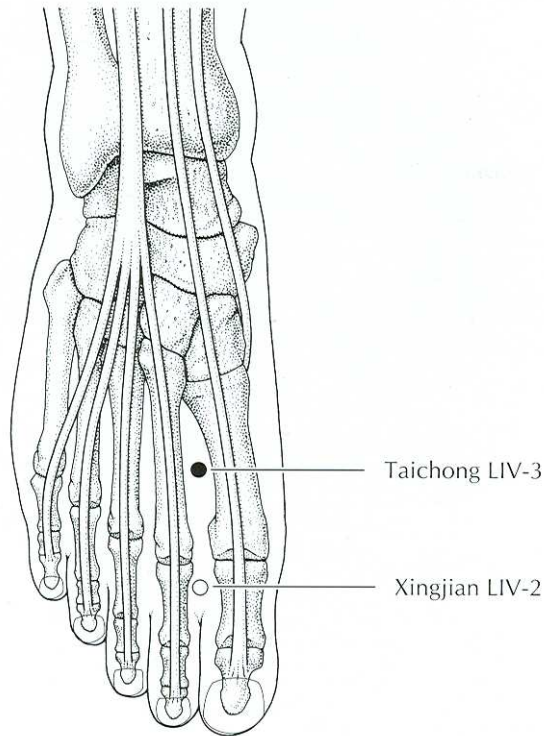
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Points to Treat Headaches

Liver 3 (LR 3) Supreme Rushing



This is a major point for promoting the free flow of energy in the head, eyes, throat, chest, heart, breasts, epigastrium, abdomen, lateral costal region, uterus and genitals.

Location:

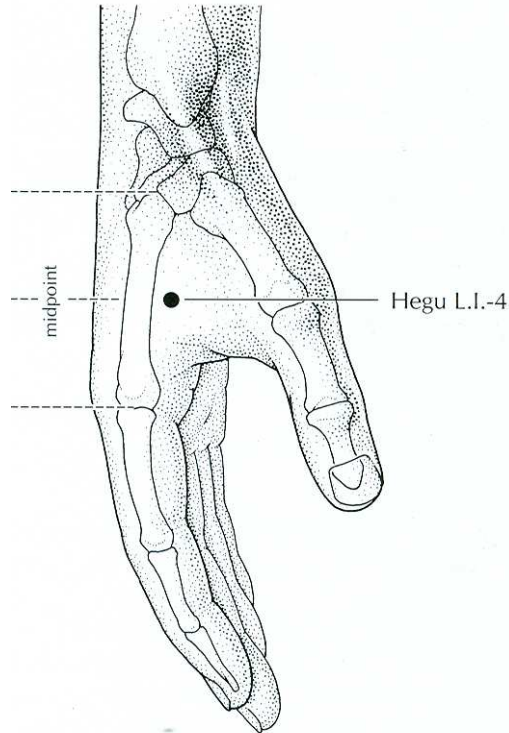
On the top of the foot
Find where the 1st and 2nd metatarsal bones meet
Move towards the toes until you feel a juicy point

This point is also indicated for:

- Dizziness, Epilepsy, Eye disorders, Menstrual disorders, Painful urination, Constipation, Difficult defecation, Diarrhea, Muscle spasms and pain
- Paired with LI 4 = “four gates” for release of pain, spasm, and attachment to transient phenomena

Points to Treat Headaches

Large Intestine 4 (LI 4) Joining of the Valleys



This is a major point for promoting the free flow of energy in the head, eyes, throat, chest, heart, breasts, epigastrium, abdomen, lateral costal region, uterus and genitals.

Location:

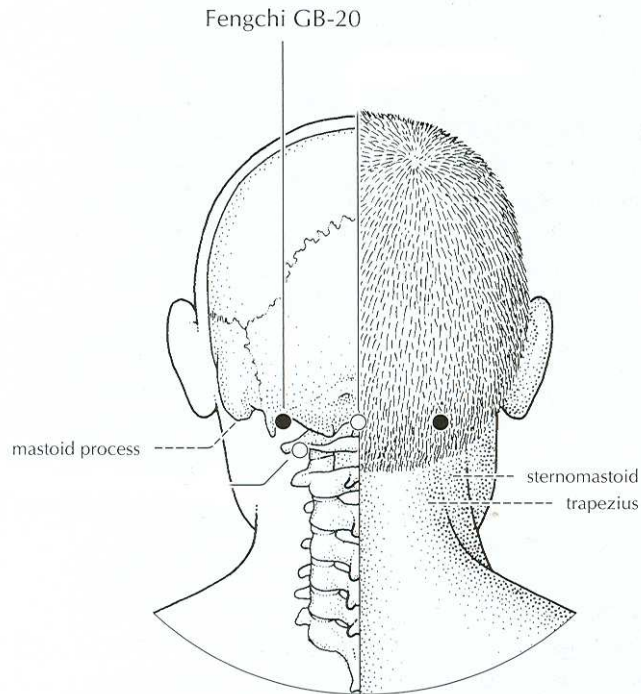
On the top of the hand
Between the first and second metacarpal bones

This point is also indicated for:

- All disorders of the face and sense organs, eye diseases, nosebleed, nasal congestion, allergies, sneezing, toothache, tooth decay pain in lower jaw, mouth ulcers, sore throat, loss of voice, pain in the arm, pain in the tendons and bones of the arm, contraction of the fingers, spasm and pain, lack of menses, prolonged labor
- Paired with LR 3 = “four gates” for release of pain, spasm, and attachment to transient phenomena

Points to Treat Headaches

Gall Bladder 20 (GB 20) Wind Pool



This point is essential for the treatment of any headache, anywhere on the head.

Location:

Find the occiput. (on the midline in the big hole where the neck meets the head)
Go about 1½” to the left and right.
Feel for the space between the origins of the sternomastoid and trapezius

OR

Find the occiput
Find the depression right behind the jawbone
Midway between them is GB 20.

This point is also indicated for:

- Disorders of the neck, shoulders and upper back, Hypertension, Nasal congestion, Dizziness, Red and painful eyes, Visual disorders, Nasal congestion, Stroke, Loss of speech after a stroke