

How To:

- (mcs) for which hand to use over the belly button. Bring all your fingers and thumb together and place them on or over the belly button.
- Place your middle or index finger in the hollow behind the right mastoid bone (behind the ear) and under the base of the skull, in the V where the mastoid and skull meet. Hold until you feel that it is complete.
- Switch hands and contact the left Triple Heater point in the hollow behind the mastoid bone of the left ear and under the skull, while the fingers of your other hand make a contact over the belly button.

8. Yin Balancing Points

- This contact uses Acupuncture points on the Conception Vessel (CV). The Conception Vessel is known in Chinese Acupuncture as one of the eight 'Extraordinary Vessels'. It is a reservoir of Yin feminine energy that supports the six Yin Meridians of the Heart, Lung, Spleen, Kidney, Liver and Heart Protector.
- The quality of Yin energy supports you in being grounded and calm, and gives you the capacity to flow with the circumstances of your life, to accept, free of resistance, what you cannot change.

How To:

- Place the middle finger of your right hand on the lower Conception Vessel point – point 6, called Sea of Chi, located on the midline of the body a little more than an inch below the belly button.
- Place the index finger of your left hand on the upper Conception Vessel point – point 24, called Receiving Fluid, located in the indentation of the chin below the lips. This point is a powerful spirit-level point that helps you reconnect to a higher source of sustenance when you are in great need of inner support and strength.