

PTSD Relief with Acupressure

by

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Post Traumatic Stress Disorder (PTSD) can originate from various causes ranging from aggression to violence or disasters. Any situation causing emotional, physical or mental trauma can result in PTSD. The use of acupuncture for PTSD has been scientifically proven to show reduced anxiety levels and stress in individuals. Acupressure can give equally effective relief for these types of symptoms. Through such Chinese forms of treatment, it is easier for affected individuals to regain composure in daily life activities. This paper will introduce some simple self help acupressure tools for treating PTSD.

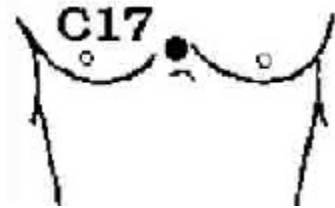
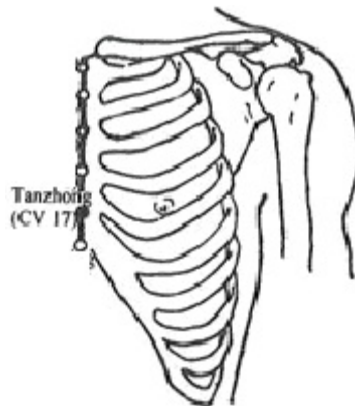
Many times when we face life threatening circumstances we are overwhelmed with the experience. Our nervous system is so traumatized with the event that it cannot deal with the related emotions. These intense events short circuit our ability to process them completely. Our system goes into an endless feedback loop trying to integrate our experience into a rational approach to daily living. Thoughts, flashbacks and emotions of the event may continue to haunt us years after the event because the system is still in shock or protective mode. Acupressure allows you to reset the system so you can start again. Just like working with a computer or any complicated system you have a way of resetting the machine so it can start processing or running on a normal basis when it is broken.

Acupressure is the application of pressure on specific points to trick the body into beginning a healing process for different problems in the body. For different kinds of problems there are different points or sets of points called "formulas." Each point produces a healing response at the point and in the area associated with the problem. One formula will provide a healing response for foot pain whereas another formula is needed for shoulder pain or things like depression or a cold.

The two points introduced here for PTSD are specifically used for treating difficult emotional feedback loops. If you have thoughts or emotions that are recurring and distressing, you can stop the feedback loops for this type of event by using the two points described below. By applying pressure on these points as emotions come up during the day and before sleep, it's possible to break the emotional connection with past traumatic events and decrease the troubling thoughts and feelings associated with them. Here are a couple of points that can work for you.

In men, the point is found on the midline of the chest between the two nipples. In women, the point is found on the midline of the chest between the fourth and fifth rib. You can apply pressure with three fingers or a tool. Close your eyes, breathe slowly and deeply, and apply steady gentle pressure to this point. Imagine that you are releasing tension, emotion or whatever thought is upsetting you with each breath, and that the anxious feelings are

leaving your mind.

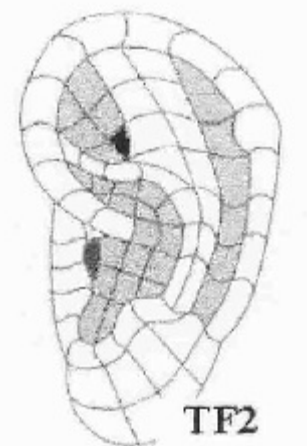


I became aware how well this point worked when I provided an acupressure formula to a woman with a panic disorder. She took the points and tools and I didn't see her for a couple of months. When I saw her again, I asked how the sequence worked for her and she said that whenever she feels the old panic feeling starting up she just presses the point on her chest (C17) and it simply goes away. She was ecstatic that it worked so well.



Master Point 1, This master point on the ear alleviates pain, tension, anxiety, and depression.

Another woman who had developed a phobia about leaving her home used the point on her ear to release the fear and anxiety that were keeping her homebound.



These two points should be done every night before going to sleep for about 30 seconds on your chest and each ear. The mind will begin to process and integrate the short term memories of the day with your other long term memories. Each time a point is stimulated, the body produces a healing response that can repair any effects of stress and adrenalin acquired during the day. This has a reprogramming effect on old traumatic memories by just working with the disturbing thoughts and emotions in the present day.

In the evening, just before sleep, once you have held the ear point, recall the events of your day where there has been some disturbing emotion or thought. The smallest of events that reflect regret, anger, fear, doubts, self-recriminations, irritation, feelings of lack, pain, illnesses, frustration, stress, depression, sadness etc. can be used. It is important that a part of us act as observers in this exercise. As you hold pressure on your chest point (C17) or the ear point welcome these big or little emotions because they provide you clues on how you can be free from past traumatic events or emotional blocks. You can use

either the chest point or the ear point for this more focused treatment. Experiment to see which one provides you the most relief. People have reported getting results with both.

Any negative emotions that you have had during the day should be recalled and felt in your heart one at a time. For example a way to release fear and anger is to let go of resisting it or fighting with it. Instead of fighting it, practice “welcoming” the fear and anger as you hold C17. As you invite up these feelings allow them to be felt within as **energy**. Don’t label it. Just feel the energy of it. Before you label the memories, it is simply energy and then it becomes an emotion. Give it a little air time within. Simply become acutely aware of it as nothing more than energy you’ve been resisting. Then after welcoming it, **let it go**. We are welcoming it because in the welcoming of the experience we begin to allow it to be released. Actually see the visual event and feel the emotion as much as you can. Remember emotions have energy and this energy is what you want to release at the end of the day. It’s important to not reinforce old patterns and memories. Simply pressing these points while viewing the energy of the emotion relaxes the whole nervous system and allows you to stop the dysfunctional feedback loop.

Work with each situation until you feel relaxed and balanced. Then go on to the next situation until you have let go of all the energy associated with negative emotions and negativity from the day. If events from the day have reminded you of the past traumatic events you are working with again, let go of resisting it or fighting with it. Instead of fighting with it, practice “welcoming” the feeling. And again, **let it go**. Once you have finished then recognize a “feeling of balance” or peacefulness and try to be in that feeling as you go to sleep.

As you do this at night and with practice you can begin doing the same during the day with events in your life. You do this by recognizing an emotion or disturbing thought as it comes up or as it starts as a general feeling of anxiety or discomfort. As you experience the beginning of these emotions, focus on the feeling in your heart area and put pressure on C17 doing the “letting go of the energy exercise.” Once you become proficient at this you may find you can just visualize the Acu-ki (name of the acupressure tool) on C17 and the energy leaving. Some people are able just to press the point and the energy behind their emotion will vanish. You can just put pressure on the point, and the healing effect (endorphins, etc.) will release the negative emotion and allow you to go on with the activities of the day.

Whether you realize it or not, you are thinking most of the time. If you are speaking or listening to someone, you are thinking. If you are reading the newspaper or watching television, you are thinking. When you recall memories from your past, you are thinking. When you are considering something in your future, you are thinking. When you are driving, you are thinking. Most of us don’t have any control of what we are thinking. The simple act of pressing the reset switch in your chest can be used to stop the runaway mind and give you a chance to enjoy your life more.

The two points offered here are in the first part of a program for PTSD at the Acu-Ki Institute. Many people will get positive results just using just this technique. Others with

more difficult conditions may need to use additional points that will be presented on the web site for PTSD or in my book Acupressure Fundamentals. The tools allow for the maximum benefit in using acupressure. Sometimes the point on the ear is difficult to stimulate unless you have a tool specifically designed to treat those points. It is beneficial for family or close friends of PTSD sufferers to also use this technique. As you are more balanced and at peace, you can be more supportive for those PTSD sufferers you love. To get a free tool for stimulating the acupressure points subscribe or join the program at www.stess-away.com