



Philip Lai Qi Gong Association

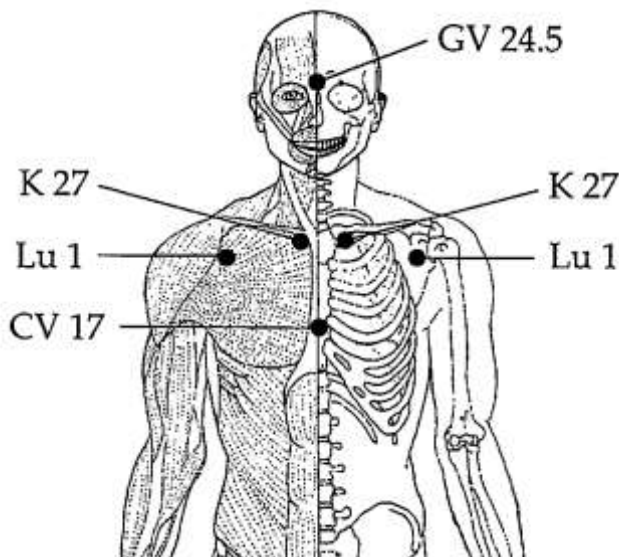
# February Newsletter 2021

## Acupressure for Relief of Depression

Depression is an emotional condition characterized by sadness, inactivity, grief, difficulty concentrating and emotional withdrawal. It can be a short-term case of the “blues” or a deep, chronic and acute condition which needs professional counseling or even hospitalization. Acupressure and deep relaxation techniques can be useful to treat mild depression. Repressed emotions and energies which cause depression can be released by acupressure on certain potent points. Here are some simple acupressure exercises to help relieve depression. In an upcoming workshop I will demonstrate these exercises and show you some additional potent point exercises to treat the condition.

NOTE: Information below does not replace the services of a trained health care professional. Consult your health care professional before following these practices. Any application of the methods described below is at the reader’s discretion and sole risk.

## Potent Points for Relief of Depression



### Elegant Mansion (K 27)

Location: in the indentation between the first rib and the lower border of the collarbone, just outside the upper breastbone

Benefits: relieves anxiety, depression, chest congestion, breathing difficulties, asthma, coughing, sore throat and premenstrual tension

### Letting Go (Lu 1)

Location: on the outer part of the upper chest, four finger widths up from the armpit crease and one finger width inward

Benefits: relieves depression, grief, repressed emotions, shallow breathing, chest tension, coughing, asthma and skin disorders

### Sea of Tranquility (CV 17)

Location: on the centre of the breastbone, three thumb widths up from the base of the bone

Benefits: relieves nervousness, chest congestion, grief, depression, hysteria and emotional imbalances

### Third Eye Point (Governing Vessel 24.5)

Location: Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead

Benefits: Relieves head ache, eyestrain and helps the pituitary gland

## Potent Point Exercises for Depression

Wash your hands before you perform these exercises and sit comfortably with your eyes closed.

### Step 1

Massage Third Eye Point (GV24.5):

Sit with spine straight, eyes closed and chin tilted down slightly. Bring your palms together and use your middle and index fingertips to lightly touch the Third Eye Point. Take slow, deep breaths and visualize a calm, safe, restful place where you can follow the steps to achieve fulfillment in your life.



## Step 2

Massage Elegant Mansion (K27) and Letting Go (Lu 1):  
Use your fingertips on both sides of your chest to firmly press K27 and Lu 1 for one minute each.



## Step 3

Massage Sea of Tranquility (CV17):  
Use all of the fingertips of one hand to gently press the centre of your breastbone and take several long, deep, slow breaths.



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