



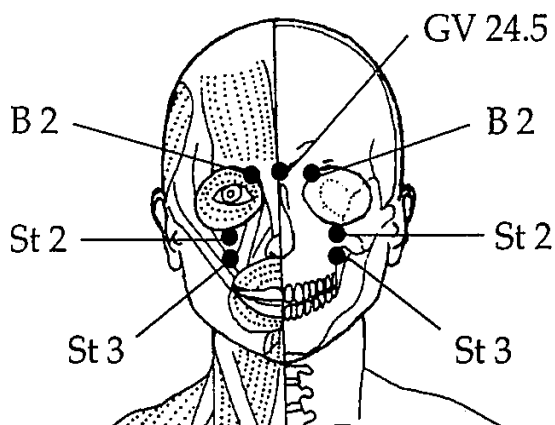
Philip Lai Qi Gong Association

# January Newsletter 2021

Here are some simple acupressure exercises to help your eyes. In an upcoming workshop I will demonstrate these exercises and show you some additional potent point exercises to strengthen the eyes. I will also teach some Qi Gong exercises for the eyes.

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 Eyestrain



### Drilling Bamboo (Bladder 2)

Location: In the indentations of the eye sockets on either side of where the bridge of the nose meets the ridge of the eyebrows

Benefits: Relieves red and painful eyes, headaches, foggy vision and eye pressure

### Four Whites (Stomach 2)

Location: One-half inch below the centre of the lower eye ridge in an indentation of the cheek

Benefits: Relieves burning and aching eyes, headaches, sinus pain and dry eyes

### Facial Beauty (Stomach 3)

Location: at the bottom of the cheekbone directly below the pupil

Benefits: Relieves eye fatigue and pressure, head congestion and stuffy nose

### Wind Mansion (Governing Vessel 16)

Location: In the centre of the back of the head in the large hollow under the base of the skull

Benefits: Aids the eyes, ears, nose and throat, relieves mental distress and headaches

### 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

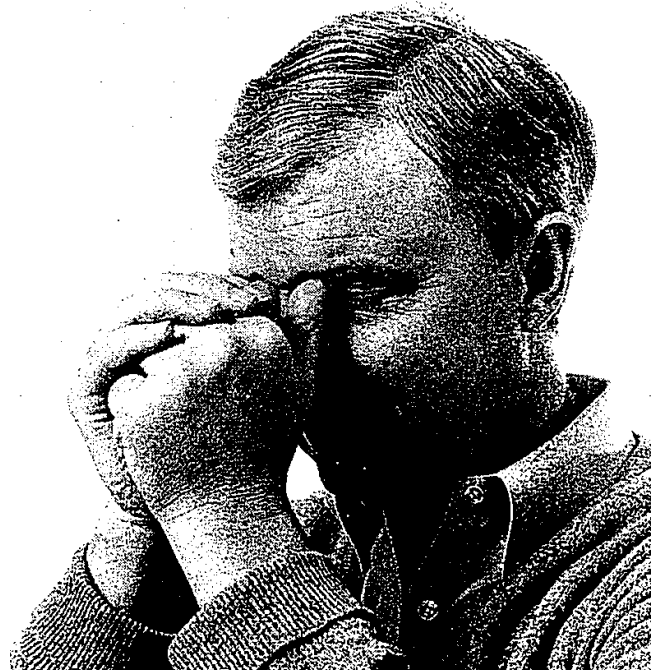
## Potent Point Exercises for Eyes

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

### Step 1

Press B 2:

Place your thumbs on the upper ridge of your eye sockets close to the bridge of the nose. Press upwards into the indentations of the eye sockets and breathe deeply for one minute.



### Step 2

**Press St 2 and St 3:**

Place your index fingers in the centre of your cheeks below the lower ridge of your eyes, in line with the pupil of the eye. Place your middle fingers directly below your index fingers, underneath the cheekbones. Apply gentle pressure and breathe deeply for one minute with your eyes closed.



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### **Step 3**

**Press B 10:**

Curve your fingers to firmly press B 10 on the rope muscles that run parallel to the spine. Hold for one minute and breathe deeply.

### **Step 4**

**Hold GV 16 and GV 24.5:**

Place the middle finger of your left hand on GV 16 in the large hollow in the middle of the base of your skull. Use the middle finger of the right hand to lightly touch GV 24.5 and focus your intention on that spot with your eyes closed. Breathe deeply and hold for one minute.

