

The Meridian Peaceful Heart Treatment

By Linda Bertaut

Chinese medicine describes *chi* as the vital energy of life that flows around and through people via meridian pathways. The energy of *chi* fuels on all levels of body, mind and spirit. Performing meridian treatments and facials provides a peaceful heart and mind by releasing stagnant *chi* within the meridians and creating space for positive new energy to emerge.

The ancient saying, “As above, so below,” comes from the Chinese Tao philosophy, meaning “way,” translating to walking the path of beauty. For the past 5,000 years, Chinese medicine has evolved based on this premise. Through thousands of years of observation and experimentation, the Chinese learned that people mimic nature. Cycles within the body can be attributed to the five elements and cyclical changes of the seasons in nature. Humans are a part of nature, and health is an extension of the inner and outer world.

Traditional Chinese Medicine (TCM) focuses on the person and her environment. It looks at the flow of *chi* along the interconnected—and invisible—meridian pathways. Each meridian governs the health of an organ for which it is named, and is associated with an emotion, color, taste, sound and season.

Within *chi*, there are two polarities called yin (feminine) and yang (masculine). All of creation has this duo-energy balance. One cannot exist without the other. Consider night (yin) and day (yang) as two parts of the same whole, in which one precedes or follows the other. Together, they are part of a continuous cycle fluctuating within varying degrees of yin/yang energy.

With 12 meridians in six yin/yang pairs, and two overflow channels, stimulating specific acu-points supports physical, emotional and mental well-being for you and your clients.

Meridian acu-points

Along meridian pathways, you will feel slight indentations under the skin where energy pools. These are meridian acu-points. Each point has a specific indication within the larger theme of the meridian itself. You may stimulate these points in a treatment by simply pressing and releasing, or by making small circles. Incorporate the following meridian acu-points into an existing facial before the massage, or perform a Meridian Peaceful Heart Treatment stimulating essential points with a neck and shoulder massage as part of a 30–45 minute treatment.

Remember that each meridian and organ system has emotional affiliations related to it. Typically the heart meridian points are for anxiety; liver points are for depression and irritability; lungs for grief; and kidneys for fear. (See **Meridian Chart**.)

One with nature

Each person is one with nature, interconnected in the web of life. Walk the path of beauty by introducing the Meridian Peaceful Heart Treatment, renewing parts of your clients as they experience wholeness, clarity and purpose to live in harmony with nature and others.

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The Meridian Peaceful Heart Treatment

Cost: \$40–55

Duration: 30–45 minutes

Contraindications: Gallbladder (GB) 21 and Liver (LI) 4 are contraindicated for pregnancy.

Equipment and supplies needed:

Sheet

Bath-sized towel

Hot towel

Mood music or guided visualization

Products needed:

Aromatherapy sprays (optional)

Massage lotion or oil for shoulders and neck

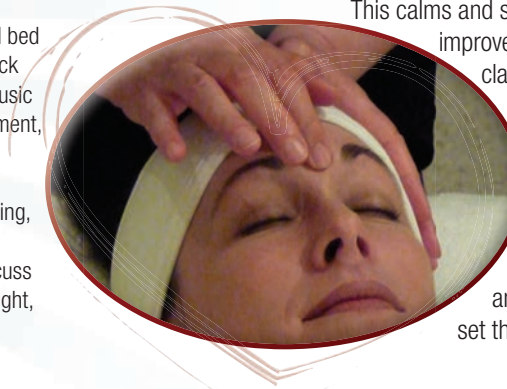
Preparation: Drape massage table or facial bed with sheet. Use bath-sized towel for head, neck and shoulders. Ask the client to select mood music or guided visualization to listen to during the treatment, and discuss any issues that come up in the client questionnaire, which should have been completed before the treatment. Ask her to remove jewelry and upper clothing, and provide a drape; make sure she is comfortable and informed about what to expect during the treatment. Discuss the pressure she prefers for massage and acu-points—light, medium or firm.

Step 1: Begin with calming aromatherapy to soothe the nerves and quiet the mind. Ask the client to breathe deeply. Start with your hands over the eyes as you say a prayer of gratitude and invoke the power of healing.

Step 2: The bladder meridian (UB1—below and UB2—above) is related to the function and balance of the nervous system, because it runs parallel to the spinal column. UB2 is a good place to start, because it relieves nervous tension, allowing the client to relax into the treatment. It also helps blurred vision, redness and pain of the eye. Gently place your second fingers at the UB2 point and press according to your client's preferred pressure. Hold for 10 seconds and release for five seconds. Repeat three times.



Step 3: Next, go to *yin tang*, located directly between the eyebrows. This calms and soothes, and is believed to improve intuition, mental focus and clarity. It has also been reported to help with headaches and insomnia, and to soften worry lines. Press and release this point three times and end by circling slowly with the pad of your second finger. Using slow and deliberate movements helps set the pace for relaxation.



Meridian Chart

Meridians	Elements	Color	Negative emotion	Positive emotion	Season	Energy focus
Liver/ gallbladder	Wood	Green	Anger/rage/ resentment	Kindness/ compassion/ generosity	Spring	New growth, planting seeds, starting projects
Heart/small intestine	Fire	Red	Anxiety/sorrow	Love/joy	Summer	Focus, nurturing, watering and tending to your growth
Spleen/ stomach	Earth	Yellow	Worry/obsessive thinking	Trust/contentment	Late summer	Harvesting, reaping the rewards of your efforts and planting
Lung/large intestine	Metal	White	Sadness/grief/guilt	Happiness/ self-worth	Fall	Gathering, storing, preparing for winter
Kidney/ bladder	Water	Blue	Fear/shock/ restlessness	Security/wisdom	Winter	Cultivate, rest and replenish, dormant period

Step 4: On to gallbladder (GB) 14—above the eyebrows and GB1—at the corner of the eyes. The gallbladder represents daring and decisiveness; think of the saying: “He has a lot of gall.” Decisiveness, courage and taking initiative are home to the gallbladder meridian. GB14 benefits the eyes and head, and relieves pain. GB1 helps to reduce headaches, redness, swelling and eye pain. You may apply more pressure on the brow bone.

Use 3–4 fingers as you press above the brow bone from *yin tang* to GB14, where you should pause and press for 10 seconds before continuing to GB1 at the outer eye. Press and release GB1 three times.



Step 7: Next, move to small intestine (SI) 19 at the ear, located next to the *tragus* within the depression formed when the mouth is open. Associated with the heart by fire energy, the small intestine controls the more basic emotions. Its energy meridian runs into the head, where it influences the function of the pituitary gland that governs the endocrine system. It is the second of three points that work well together. Typically, these points treat disorders of the eyes, ears, sinus, throat and jaw. Other benefits include increased blood flow to the mind, thereby helping to soothe anxiety, insomnia and restless thoughts. Press three times and circle for approximately 10 seconds.



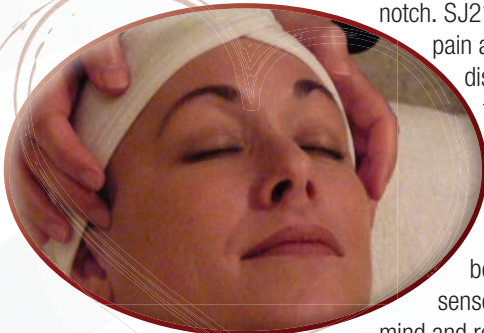
Step 5: Next, slide fingers to the *tai yang*—the temples. This helps relieve tension, headaches, and eye and facial pain. Press and release with the pads of your fingers; end with three slow circles in a clockwise direction.



Step 8: On to GB2 at the ear; the lower of three points located in front of the ear lobe. GB2 is the third of three points that are helpful in calming tension headaches and neck tightness. This point treats ear conditions, jaw pain, TMJ, and eye and mouth deviations. Press three times and circle for approximately 10 seconds.



Step 6: On to *san jiao* (SJ) 21, located next to the *supra tragus* notch. SJ21 treats eye pain and swelling, ear discomfort and toothaches. This is the first of three points at the ears that together benefit the senses, calm the mind and release tension



Step 9: Next, cover the client's ears and hold them. The ears contain acu-points for the entire body. Cupping the ears is comforting and soothing for the client. Hold for two minutes. Lift your hands off the ears and gently massage the entire ear.



in the face—especially temporomandibular joint disorder (TMJ)—that is believed to result from not verbalizing needs. Press three times and circle for approximately 10 seconds.

Move your fingers to press from SI19 at the ear and follow the zygomatic bone under the cheek until you reach stomach 3.

Cycles within the body can be attributed to the five elements and cyclical changes of the seasons.



Step 10: On to sinus points that relieve sinus pain and congestion, beginning with stomach 3. The stomach is responsible for nourishing the entire system. Governed by earth energy, the stomach is responsible for extracting and balancing all five elemental energies from foods and fluids ingested through the mouth. Press and release three times.



Step 11: Next, to the second sinus point: *bitong*, which translates to “penetrating the nose.” Its main purpose is to benefit the health of the nose. Press and release three times.



Step 12: On to the final sinus point, large intestine (LI) 20. The large intestine’s role is to balance and purify bodily fluids, and assist the lungs in controlling the skin’s pores and perspiration. LI20 is good for clearing congestion by opening nasal passages. Press and release three times.



Incorporate the Five Elements Into Your Facility

The Earth also has meridians. Ancient cultures called them *ley* lines, with the Chinese referring to them as dragon lines. Looking at the Earth from above, what looks like a spider’s web or matrix can be seen. This is where the term “sacred geometry” originates. The practice of feng shui is the art of using sacred geometry to bring your environment into harmony and balance. Decorate your skin care facility with pictures of the seasons or include the elements in your space using the following tactics.

- Spring/Wood/Green: Decorate using bamboo or any green plant.
- Summer/Fire/Red: Light candles in your spa or use faux candles with the LED lights.
- Late summer/Earth/Yellow: Decorate with gemstones or yellow flowers in ornamental pot.
- Autumn/Metal/White: Feature a Tibetan singing bowl, precious metals or ore in your space.
- Winter/Water/Blue: Include a waterfall and aromatherapy sprays in your facility.

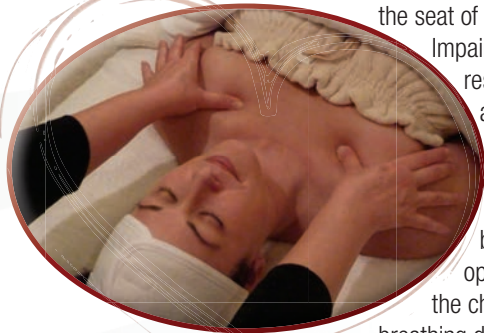
Step 13: Next, to DU20. The Chinese name for this point is *baihui*, meaning “hundred meetings.”

This point is at the crown, or soft spot at the top of the skull. It is the only meeting point of all the yang meridians, including the liver channel, to help regulate yang and treat conditions such as dizziness, headache, sadness, disorientation and poor memory. Press and circle this spot for approximately a minute, alternating both thumbs at this point.



Step 14: On to kidney (KD) 27. The kidneys are considered to be the seat of courage and willpower. Impairment in kidney energy results in feelings of fear and paranoia. KD27 points are good for calming and relieving anxiety. Pressing here benefits the heart by opening energy flow to the chest caused by shallow breathing due to stress and/or palpitations. Use the pads of your thumbs to locate and press these points. Palpate the area until you find the indentation below the clavicle, midway to the sternum. Use more pressure here to ensure you stimulate the kidney meridian point.

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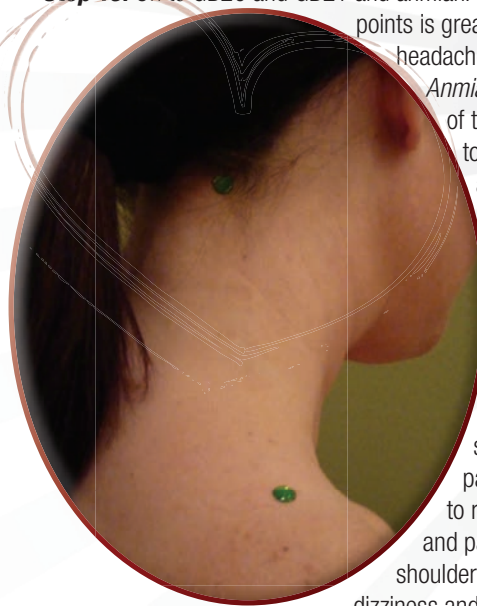
Step 15: Next, to lung (LU) 1. The lungs circulate *chi* through the meridians. When energy moves, blood follows. Breathing controls cellular respiration, and influences the health and radiance of the skin. LU1 improves breathing and is helpful for calming



anxiety, shortness of breath and asthma. This point may be a little more difficult to find, especially if your client has more skin or is large-busted. Move laterally from the kidney points toward the armpit. Once you are even with the outer clavicle, start pressing with your thumbs down toward the armpits until you feel an indentation approximately 2.5–3 inches from the clavicle. Press and release, and include this point during your massage. This spot may be sensitive to touch, which reflects an out-of-balance meridian.

Step 16: On to GB20 and GB21 and *anmian*. Massaging these points is great for relieving headaches and tension.

Anmian (also at the back of the neck) translates to “peaceful sleep,” and helps with insomnia and calming the mind. GB20 works well for the common cold, nasal congestion, headache, redness, swelling and eye pain. It also helps to release tightness and pain of the neck and shoulders, and reduces dizziness and vertigo. It clears



the head, and benefits the eyes, nose and ears. Turn the client's head to one side and massage firmly beneath the occipital ridge along the hairline to include the *anmian* point. Repeat on the other side. Massage along the occipital ridge to include the *anmian* point. GB21 relieves headache, dizziness, tightness, and pain of the neck and upper extremities. It also activates the GB meridian, promotes labor, benefits the breasts and resolves phlegm. This point is not safe for pregnant clients. Press and release this spot a few times until you feel a release in tension. You may alternate pressure here by massaging the upper shoulders, running the thumbs from the center of the back to the shoulder bones.

Step 17: The Du meridian, also known as governing meridian, and the Ren meridian, also known as the central meridian, are two vessels that act as storage or reservoir meridians that can receive or send energy to the other meridians.



The Du meridian is yang and runs from the back of the anus straight up the spinal column, over the head and down the face to the point above the lip. Ren is yin and starts at the front of the anus and runs directly up the center of the body, ending on the indentation at the chin below the lips.

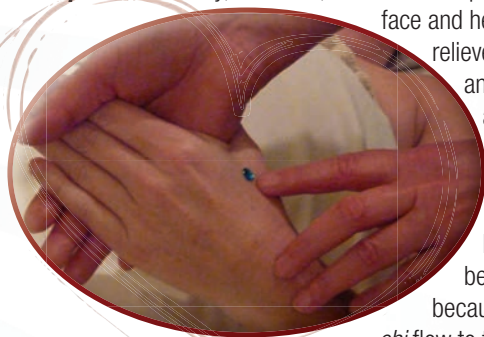
If a client needs more backbone to stand up for themselves, trace the du meridian three times from beginning to end. To provide a boost in energy, trace the ren meridian three times. You do not need to touch the body, only move your hand along the pathway from beginning to end three times or massage both du 26 and ren 24 meridian points at the same time during the massage treatment that follows.

Step 18: At this time you can perform a 10–15 minute massage with lotion and/or oil on the entire neck, shoulder and décolleté area. Be sure to include the acu-points throughout the massage for the most benefit to the client.

Step 19: Next, to heart (HT) 7. The heart meridian is considered to be the home of the spirit and rules the emotions. HT7 is the point to treat emotional issues, including excessive anxiety, worry, insomnia, clouded thinking and irritability. Press this point with your finger and release, repeating 3–4 times.



Step 20: And finally, on to LI4, the command point for the face and head. It helps to relieve headaches and sinus issues, and is helpful for circulation and blood flow to the face and head. This point is beneficial for facials because it opens the *chi* flow to the facial area, opening congestion and benefiting overall facial health. This point is not safe for pregnant clients. Pinch and massage this point with your thumb and forefinger. ✂



Author, esthetician, Reiki master teacher and award-winning inner and outer beauty expert **Linda Bertaut** specializes in bringing inner beauty to the surface and inspiring others to do the same. Known as one of the beauty industry's top Reiki master teachers, she founded Bertaut Beauty to help professionals add value to their services. She can be reached at 626-405-0424 or linda@bertautbeauty.com.