



Temple of work (lao-gong)

Solar plexus / diaphragm

Adrenal glands

Pituitary gland

Bubbling well (yong-chuan)

Solar plexus / diaphragm

Adrenal glands

Pituitary gland

Crown of the head: the baby's soft spot. Tap and massage gently, and let the crown float into the sky without using muscular effort. Imagine the tailbone pointing down at the same time.

Temples of work in the hand: in the hollow of the center of hand. Major points absorbing and emitting energy. Massage to ease anxiety and reduce inflammation, removes excess heat especially of the heart and pericardium.

Bubbling wells in the feet: root connection to earth; major point for stability, alignment, balance, and strength; draws energy up leg into the dantien below the navel. You've opened the bubbling wells when your weight is spread across the foot such that you can't raise your toes or heels without shifting your weight.

Solar plexus: bundle of nerves below sternum, above the stomach, between the adrenals. Affects abdominal muscle contraction and relaxation, stomach and intestine digestion, bile production for the liver to filter toxins, and removal of waste by the kidneys. **Diaphragm:** muscle extending from breastbone to spine; regulates breathing. **Both solar plexus and diaphragm** are critical to stress and relaxation. **Massage points:** below middle fingers and toes, just below pad.

Adrenal glands: triangles draped atop the kidneys. Adrenal hormones regulate water and mineral balances; blood pressure; food metabolism, and more. Norepinephrine maintains heart and digestion muscle tone. Hydrocortisone reduces inflammation. Epinephrine stimulates heart and lungs for flight-or-flight reactions. **Hand point:** below index finger next to thumb pad. **Foot point:** below the big toe, just inside the tendon when you arch the foot.

Pituitary gland: pea-sized gland in center of head. Its hormones regulate growth, affect thyroid functions, stimulate the adrenal glands to control inflammation, and stimulate estrogen, progesterone, and testosterone. **Massage point:** center of pad of thumb and big toe.