

HYPNO ACUPRESSURE

How to combine hypnosis and acupuncture

by Jim Fallon

What is acupressure? Traditional Chinese Medicine states that there are certain points on the body, linked together forming a network called meridians, which conduct *Qi*, the life force of all things. They also state that a smooth and proper flow of this energy determines health. They state that acupressure facilitates the normal flow of this energy, maintaining and restoring health to the body and mind.

Therapeutic Hypnosis, or hypnotherapy, is the clinical application of hypnosis to physical or emotional disorders and procedures. The hypnosis procedure is used to evaluate responses to suggestion, where the subject experiences changes in sensation, perception or control of behavior. Thus the effect of "mind-body" is used to help with such disorders.

The relationship to hypnosis and acupressure is that both use the unity between the mind and body. The health of the mind affects the body, and the health of the body affects the mind. Acupressure is said to manipulate the life force, it affects not only the health of the body, but also affects mental states. Same with hypnosis.

Combining acupressure and hypnosis together can boost the mind-related healing processes of hypnosis, and the hypnosis also boosts and enhances the effect of acupressure, the physical-related healing process.

Much research has been done in this area by famous doctors Elad Schiff, Psychologist Steven Gurgevich and Opher Caspi, but there is no practical "how to" information available.

Here is an example of using an acupressure point for issues with the body's immune system (keep in mind that this technique can also be used on the 14 points described in *Urban Shaman* by Serge Kahili King):

Two points for the body's immune system are known at P6 and TW5. To locate these points, place your right thumb on the inside of your left wrist, about two and one half finger widths above the crease. This is TW5.

For P6, while holding point TW5, position your right hand finger tips on the outside of your arm, directly behind your thumb which is on TW 5. Use the hypno

acupressure described below on these two points, either separately or stimulate both at the same time.

Another set of points to stimulate and fortify the immune system:

The points involved here are B23 and B47. To locate these points, place the backs of your hands against your lower back. These points are along the belt line of your pants, one on either side of the center of your spine..

For additional points, there are many fine books available on acupressure/acupuncture points with illustrations.

The basic form of Hypno Acupressure would be as follows:

Close your eyes.

Now imagine that a healing light is coming down from above, and that you can focus this light just like the iris of a camera can focus light onto film, or that you have one of these newer LED flashlights that allow you to adjust the light beam into a very narrow beam of light to focus on one point.

Imagine that you have focused the light into a small narrow beam and that this small narrow beam of light now has a warm and soothing safe sensation that relaxes and stimulates the acupressure point you have chosen.

You see this acupressure point becoming relaxed and stimulated by this narrow beam of light, which can be any color you choose. Imagine this narrow beam of light to be correct for you at this time. As you gently focus this light on the chosen point, you see the light becoming brighter and brighter, more relaxing and stimulating, glowing and shimmering with light, activating the specific healing properties associated with this point you have chosen. Just keep your focus on the point for about one minute. When you have finished with one point, do the same for the other point of the pair.

After you have done this, allow yourself to relax as completely as you can, letting your hands and arms fall limply to your sides, then inhale and exhale deeply for three deep breaths, using the *pikopiko* technique if you like, and mentally or verbally say *Thank you* to whatever Source you feel comfortable with.