

Acupressure Points for Chakra balancing

Hold fingers on pressure points as indicated. You can easily google the points for diagrams.

Hold the points while thinking of your positive energy balancing statement until you feel an energy shift (a yawn, sigh, stomach gurgling, sensitivity easing, relaxation setting in)

Remember to breathe. Go into an alpha state of relaxation.

First Chakra acupressure point locations: FOR A SENSE OF BELONGING

- Hold finger on points outside both eye sockets level with pupil
- Hold fingers on base of 4th toes at nail base (close to pinky toe)
- Hold finger on big toes at nail base (closest to 2nd toe)
- Hold fingers on both sides of chest, below breasts on ribs 7 & 8

Second Chakra acupressure point locations: CREATION OF ONE'S SELF

- Feather touch on each temple, just forward of the ear
- Feather touch in sternal notch at base of throat
- Feather touch on back of head in first dip up from base of skull
- Feather touch on each side of head, 1/2 inch straight above ears
- Feather touch on back of head, just below the base of the skull on both sides of the spine

Third Chakra acupressure point locations: ACHIEVEMENT AND POWER

- Activate digestion: hold pressure on both pointer fingers at base (closest to thumb)
- Hold pressure on both little toes where connects to rest of foot
- Hold pressure on both 2nd toes at base of nail (away from big toe)
- Hold pressure on both pointer fingers at base of nails on thumb side
- Calm down digestion: hold pressure on outside of both arms at elbow (palm facing forward)
- Hold pressure on outside of both legs just below knee
- Hold pressure on tops of both ankle creases where ankle meets foot
- Hold pressure on both hand creases where outside edge of hand meets wrist

Fourth Chakra acupressure point locations: COMPASSION AND LOVE

- Hold palm of hand over sternum and finger on bottom outside base of thumbnail
- Hold back of hand on upper back (behind the heart) and hold finger on bottom outside base of little finger nail

Fifth Chakra acupressure point locations: SEE, HEAR AND EXPRESS YOUR TRUTH

- Hold finger on points each side of body on outside of arm at elbow (palm facing forward)
- Hold finger on outside of legs just below knees
- Hold pressure on both wrist creases below thumb joint

- Hold pressure on inside of both feet just below the ball of the big toe

Sixth Chakra acupressure point locations: TRUST INTUITION AND WISDOM

- Hold pressure on center between brows
- Hold pressure on lower cheek/jaw on each side
- Hold pressure straight up from ears on both sides
- Hold pressure on back of head in second dip above base of skull on both sides
- Hold pressure at base of big toe on inside of each foot where toe meets foot on inside

Seventh Chakra acupressure point locations: KNOWING ALL IS ONE

- Hold palm of hand over chest middle of collar bone and then between 2nd & 3rd rib AND pressure on top of tail bone (OR upper lip)
- Hold palm of hand over base of skull, top of neck, 1.5 inches either side of mid line AND pressure on pubic bone (OR lower lip)

Please note: acupressure is not meant to replace any kind of allopathic medical treatment or medication. It does not claim to cure or diagnose. It simply complements your current care plan.