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# Acupressure for Improving Concentration

(Wash Hands Before Acupressure)

Each session repeats 32 (4 x 8) times - 64 (8 x 8) times. The pressure should be gentle but firm.

1. Press Bai Hui Point (DU-20) and Si Shen Cong Points (Extra Points, not on any channels). With your palms: Female uses her right palm touching Bai Hui and the left palm on top of the right hand. Male uses his left palm touching Bai Hui and the right palm on top of the left hand. Si Shen Cong are the 4 points surrounding Bai Hui, 1 Cun (your own body measurement) from each directions: front, back, left and right. Press with two palms together and make small circles. Count to 32 or 64 times. These points are shown in Figure 1. (Note: 1 Cun = 1/12 from front hairline to back hairline)
2. Massage DU Channel on head. Du Channel is located on the middle line of the head running from back to front. Start from the point at the intersection of front hair line and midline. With 3 fingers from each side touching together, press and slide along the midline of the head from the front hairline to the back hairline.

Traditional Locations of *Sishencong*  
& Du-20 (usually called *Bai Hui*)

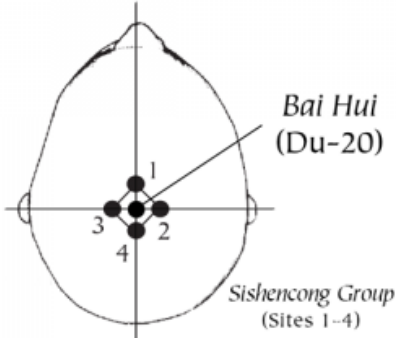


Figure 1