

Points to Enhance Fertility

In the following pages I include a few points that you can use to support fertility. Have your partner massage them on you for maximum fun and effectiveness.

How to Effectively Stimulate a Point on Yourself

1. **Set your intention** to work on yourself. If you are religious or spiritual, make a prayer for this time to heal your body, heart and spirit completely.
2. **Begin by taking 5-10 deep breaths from your lower belly.** If you're not sure how to do this, imagine how an infant breathes. When infants breathe the inhalation begins in their lower bellies; then it moves up to the middle belly, and then to the chest. Try this and let yourself relax.
3. **Find the point** according to the illustrations and directions provided on the following pages.
4. **Gently, yet firmly, apply pressure to the point for 5-30 minutes.** Use whatever time you have, and feel free to move on as you feel complete with a point. More is not always better!
 - While applying pressure you can massage the point gently or you can hold the point in stillness. You don't have to constantly move, and you don't have to stay perfectly still. Let your body guide you and experiment to find what works for you.
5. **As you apply pressure allow your heart to open.** Allow yourself to relax and really be present with the movement and sensations in the point. Focus on your breathing. As you inhale, feel the sensation in the point on which you're working. As you exhale, let it all go; don't pay attention to the point, your headache, or anything. Just let go and be free.
6. **Complete your work.** A point is complete when the sensation you originally felt when touching it is gone, and pressing more deeply doesn't bring up a new layer to work with. When you reach this place take the time to feel gratitude for the healing you have received. Offer up a prayer of thanksgiving if you feel so inclined.

When massaging the points on yourself or someone else, it's important to remember these tips:

1. **Gauge the correct amount of pressure**

This is part of the art of acupressure – how do you know how hard to press? Don't apply so much pressure that the recipient can't be present with it. Signs that the pressure is too much are: the recipient says "Ow!", the recipient turns his or her head in another direction, the recipient flinches or instinctively pulls away. If

someone reacts this way to the pressure you are applying, lighten up for a while until the point is “warmed up”.

It’s also important not to put too little pressure on the point. If you do, nothing will happen. You want either you or the recipient to feel that you’re connecting with the energy – you don’t both have to feel it, but one of you does. If you’re not sure if you have the right pressure, try decreasing or gently increasing until you find the fit that seems right for the moment.

2. Relax and enjoy yourself!

This is extremely important. Don’t try to make anything happen. Just hang out with the point until you feel something. It might be subtle or it might be dramatic, but if you are attached to a “result”, then you are going to put extra effort into achieving that result, and that is a state of mind incompatible with the result you’re looking for! So don’t think about it too much and don’t worry about what will or won’t happen. Give yourself 10-15 minutes to be with each point in a state of giving yourself love, peace, mercy and caring. If you can give your own heart these gifts as you work on yourself, you will really receive the benefit you’re looking for.

I pray that this helps you and that you feel divine peace, love and mercy with each session you give yourself.

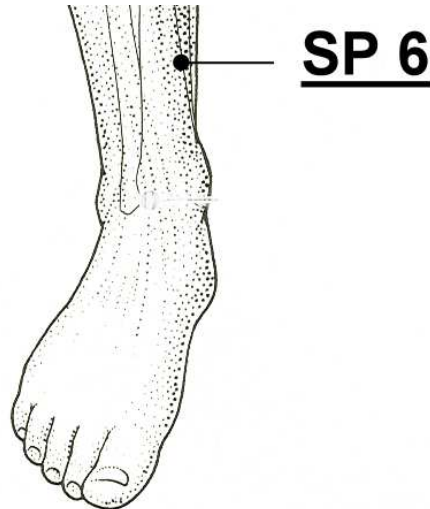
If you have any questions or would like to schedule an acupuncture or shiatsu (acupressure) session for yourself, please contact me at info@five-elements.org.

Take care,

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Points to Support Fertility

Spleen 6 (SP 6) Three Yin Crossing



This is the single most important point for all gynecological and infertility disorders.

Note: once you become pregnant, do NOT use this point because it induces labor.

Location:

On the inside of the leg
Just medial to the border of the tibia
3 cun proximal to the highest point of the inner ankle bone

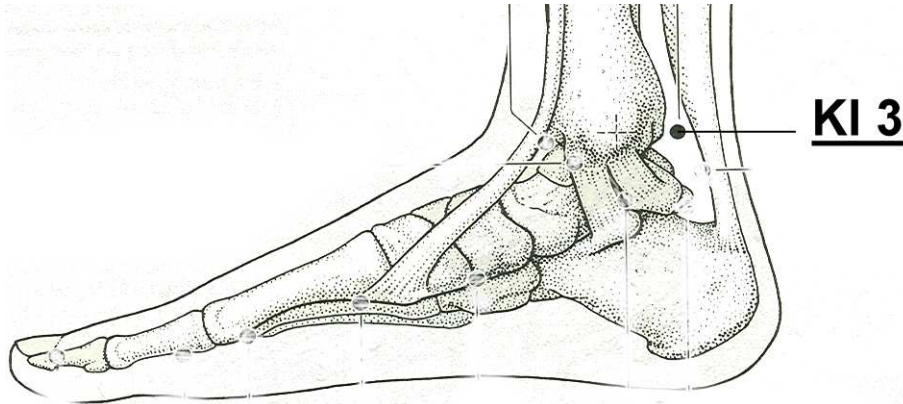
To learn what a “cun” is and how to measure it, download my [acupuncture anatomy handout](#)

This point is also indicated for:

- Irregular menstruation, uterine bleeding, heavy periods, no periods, painful periods, abdominal masses, vaginal discharge, uterine prolapse, restless fetus syndrome, transverse presentation, delayed labor, prolonged or difficult labor. Retention of lochia, post-partum dizziness, difficult urination, bed wetting, painful urination, cloudy urine, palpitations, insomnia, blurred vision, tinnitus, hypertension, leg pain, knee pain, heat in the soles of the feet, shin pain, eczema

Points to Support Fertility

Kidney 3 (KI 3) Greater Mountain Stream



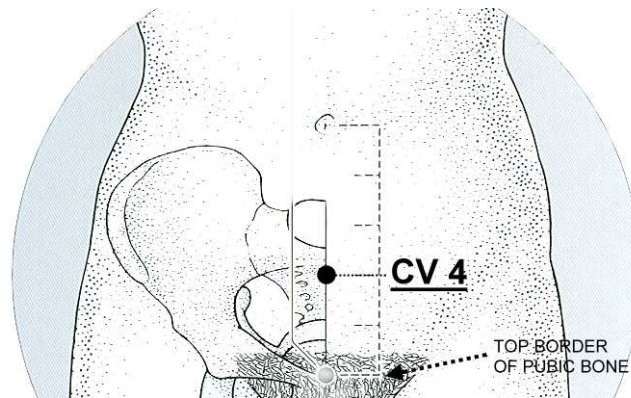
Kidney 3 Greater Mountain Stream

Location On the inner ankle
Immediately behind the most prominent part of the ankle bone

Other irregular menstruation, impotence, premature ejaculation, sexual weakness, back pain, deafness, toothache, cough, wheezing, asthma

Points to Support Fertility

Conception Vessel 4 (CV 4) Gate of Origin



Conception Vessel 4

Location On the midline of the lower abdomen
2 cun above the top border of the pubic bone

To learn what a “cun” is and how to measure it, download my [acupuncture anatomy handout](#)

Other no periods, bleeding during pregnancy, post-partum abdominal pain, weak back, back pain, fear, frequent urination, white vaginal discharge, lethargy, emaciation, undigested food in stool, diarrhea, incontinence