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PROFESSIONAL DEVELOPMENT

# Understanding Energy Points

## Location, Function, and Purpose



I am diving into one of the oldest and most fascinating aspects of mind-body medicine. In traditional energy medicine systems like Healing Touch, Traditional Chinese Medicine (TCM), Ayurveda, Reiki, Qi Gong, and acupressure, **energy trigger points** are specific spots in the body where energy is believed to gather, flow or sometimes get blocked. Stimulating these points can help release tension, balance energy, and support healing.

This article will provide information on:

- What energy trigger points are and how you can find them various healing systems when working with clients
- Why these points matter
- A guided activation routine incorporating Ayurveda, yoga, energy healing, acupressure, acupuncture, and marma points
- A mindful energy balancing meditation for yourself or clients

Let's get started!

## WHAT ARE ENERGY TRIGGER POINTS?

Energy trigger points are specific locations on the body where life force energy called *prana* (Ayurveda, yoga), *qi* (TCM/acupuncture), or *biofield energy* (energy healing) collects, becomes blocked, or can be influenced to improve health and emotional well-being.

These points serve as gateways where physical, emotional, and energetic imbalances can be accessed and gently manipulated.

## WHERE THEY'RE LOCATED IN VARIOUS HEALING SYSTEMS

### Ayurveda:

Ayurveda recognizes *marma points*, 107 vital points where muscles, veins, arteries, bones, and joints meet, serving as physical-energetic junctions. They're

identified by pulse palpation, anatomical landmarks, and symptom patterns.

### Yoga:

Yoga works with *chakras* (energy centers) and *nadis* (energy channels). Trigger points are accessed through physical postures (*asanas*), breathwork (*pranayama*), and *bandhas* (energy locks) by sensing warmth, tingling, or emotional release.

### Energy Healing:

A broad term, but often we see practitioners use hand scanning, sensing heat/cold, or energetic blockages in the aura and chakras to locate areas of congestion or depletion.

### Acupressure & Acupuncture (TCM):

These traditions chart over 300 meridian points. Practitioners find them by anatomical landmarks, body symmetry, and tenderness when palpated. Energy trigger points are often along 12 primary and 8 extraordinary meridians.

### Marma Therapy:

Closely tied to Ayurveda, marma points influence organs, systems, and emotional states. Located by anatomical position, sensitivity to pressure, or accompanying symptoms like tightness, headaches, or digestive issues.

## HOW THESE POINTS MAY SUPPORT YOU AND YOUR HEALING PRACTICE

- They regulate life force (*prana/qi*) flow
- Help balance nervous system function
- Relieve pain and inflammation
- Support organ and glandular health
- Release stored trauma and emotional tension
- Promote relaxation, sleep, digestion, and immunity

For those who are ill, these points serve as a powerful complementary therapy, improving quality of life,



reducing symptom intensity, and supporting healing on physical, mental, and energetic levels.

### A DAILY ENERGY POINT ACTIVATION ROUTINE

**Preparation:** Sit or lie comfortably. Breathe deeply. Rub your palms together to generate warmth.

#### 1. Crown Point Activation

- Location: Top of the head
- Method: Gently press and circle with fingertips, breathing deeply.
- Purpose: Calm mind, ease anxiety, connect with higher self.

#### 2. Third Eye Activation

- Location: Between the eyebrows
- Method: Apply light pressure in circles for 1 minute.
- Purpose: Relieve headaches, eye strain, mental clarity.

#### 3. Throat Activation

- Location: Hollow at base of throat
- Method: Light pressing tapping
- Purpose: Clear expressing, balance thyroid, throat discomfort

#### 4. Heart Center Activation

- Location: Center of the chest
- Method: Place both palms over heart, breathe deeply, gentle pressure.
- Purpose: Ease grief, boost immunity, regulate heart.

#### 5. Solar Plexus Activation

- Location: 2-3 inches above the navel
- Method: Press gently, circular motion.
- Purpose: Improve digestion, relieve stress, empower confidence.

#### 6. Sacral Activation

- Location: 2 inches below navel
- Method: Light pressure circular massage.
- Purpose: Emotional release, reproductive health, urinary, digestive

#### 7. Root Activation

- Location: Base of spine
- Method: Thumb pressure, light circular motion.

- Purpose: Urinary/reproductive health, anxiety relief.

### ACUPRESSURE ACTIVATION

#### 1. Acupressure Point LI4

- Location: Between thumb and index finger
- Method: Squeeze and hold 30 seconds each hand.
- Purpose: Relieve headaches, pain, immune support

#### 2. Foot Sole Activation (Kidney 1 / Talahridaya Marma)

- Location: Center of sole, below ball of foot.
- Method: Press deeply with thumb in small circles.
- Purpose: Grounding, reduce insomnia, balance nervous system.

### GUIDED ENERGY BALANCING MEDITATION

*Begin seated or lying down. Close your eyes.*

**Yoga:** Breathe deeply through the nose.

**Acupressure/Acupuncture:** As you inhale, visualize energy moving into the crown point. As you exhale, release tension down through your body to your feet.

**Marma Therapy:** Silently repeat "I am balanced, I am vital" as you mentally scan from the top of your head to your feet, pausing at marma points (crown, third eye, heart, navel, palms, soles).

**Energy Healing:** Imagine warm, golden light entering each trigger point as you breathe, dissolving any blockages, and radiating outward.

*Hold awareness on each energy point for 3-5 breaths, then move to the next.*

*End with your palms over your heart, giving thanks for your body's wisdom and healing capacity.*




Point	Influences
Crown	Brain, sleep, mood, spiritual calm
Third Eye	Vision, headaches, intuition
Throat	Voice, clarity, thyroid
Heart	Lungs, immune system, willpower
Sacral	Reproductive health, urinary
Root	Grounding, urinary
L14	Pain, immunity, headaches
Sole (Kidney 1)	Anxiety, sleep, grounding


## THE DEEPER CONNECTION TO SELF AND HEALTH

Understanding energy trigger points offers a deeper awareness of how the body, mind, and spirit are interconnected. By identifying and consciously activating these points, one can influence physical, emotional, and energetic health in gentle, effective ways.

Across healing systems like Ayurveda, yoga, acupuncture, acupressure, marma therapy, and energy healing, these points may support in the regulation of the nervous system, ease pain, improve digestion, support sleep, enhance mood, and restore balance in the body's internal systems.

For those healers who may be support clients through illness, chronic conditions, or emotional distress, these energy trigger points offer non-invasive, empowering tools to relieve discomfort, promote resilience, and foster natural healing processes.

Ultimately, understanding energy trigger points helps deepen one's connection to the body's wisdom, encouraging proactive self-care and holistic well-being. By integrating this knowledge into daily practice, individuals can support their own healing journey and maintain better energetic, emotional, and physical balance. 

 Learn more about author Dr. Denise Frer at: [www.drdenisefrer.com](http://www.drdenisefrer.com)

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