

Being focused through the activation of the kidney meridian

Description

By massaging meridian points of the kidney meridian, the cooperation of both brain hemispheres is activated. This increases the ability to concentrate. This exercise also helps to become awake and alert.

Method

single work

Materials

[Handout](#)

Preparation

No preparation required

Tips for implementation

This exercise can be used when the seminar is particularly crowded and the participants need to work in a particularly concentrated way.

Resources/References

Traditional Chinese Medicine refers to 3 integrated levels: soul, mind and body. Life energy flows through a complex energy pathway system. If the energy can flow unhindered, a person is healthy; if there are blockages, a person becomes ill. These energy pathways are called meridians. The meridians represent the connection between the body, organs, psyche and sensation. Each meridian has certain tasks and also influences the other energy pathways and points. Chinese medicine influences these meridians through acupressure and acupuncture and helps people to stay healthy or become healthy.

When the flow of energy is blocked at certain meridians and points in the body, discomfort occurs, which can eventually lead to illness.

The important meridian in this exercise is the kidney meridian. The kidney meridian is called the small yin or "shaoyin" in traditional Chinese Medicine and can be activated and strengthened well. It belongs to the yin organs and is the counter meridian to the bladder, the yang organ.

Learning outcomes

Through this method/action, these benefits are achieved:

- This exercise improves the cooperation of both hemispheres of the brain.
- This exercise helps to become awake and attentive.
- This increases the general motivation to tackle tasks.



Kristiane Kaiser

- This exercise improves the absorption of oxygen and the blood supply to the brain regulates the release of neurotransmitters; this increases the energy level.
- The momentary ability to concentrate is improved and the memory capacity is increased.

Description in clear steps

Step 1

Stand upright and relaxed. Do not push your knees all the way through but bend them slightly. Make your focus wide so that your eyes can relax.

Step 2

Place one hand on your belly button in a relaxed position. With the thumb and the middle finger of the other hand, touch with firm pressure those points that lie below the collarbone and to the left and right of the breastbone. You have found these two points when you can feel a small depression with your fingers.

See also the photo supplement that you can download in the Attachments section. You can also see this exercise at the end of Kristiane Kaiser's video statement.

Step 3

Now massage the two points below your collarbone with one hand in small circular movements while the other hand continues to rest relaxed on your navel.

Step 4

After about 20 to 30 seconds, switch hands. Do this exercise for about 2 to 3 minutes.

Step 5

While massaging the points, you can support the effect with additional eye movements: looking back and forth, eye circles, moving the eyes in figure eights.

Website

<http://www.kristianekaiser.com/en/>

Links

https://www.volksoper.at/volksoper_wien/ensemble/solisten/Kaiser_Kristiane.de.php

Video clip

<https://www.youtube.com/watch?v=aV6D0-AQUrY>

Art category

Music, Performing Arts

Days

- 1

Group size

- Individuals

Settings

- Face-to-face
- Online

Competence / skill

- Composure/emotional regulation
- Self-motivation & perseverance

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