

Being focused through the activation of the kidney meridian

Handout

How to find the acupressure points of the kidney meridian:

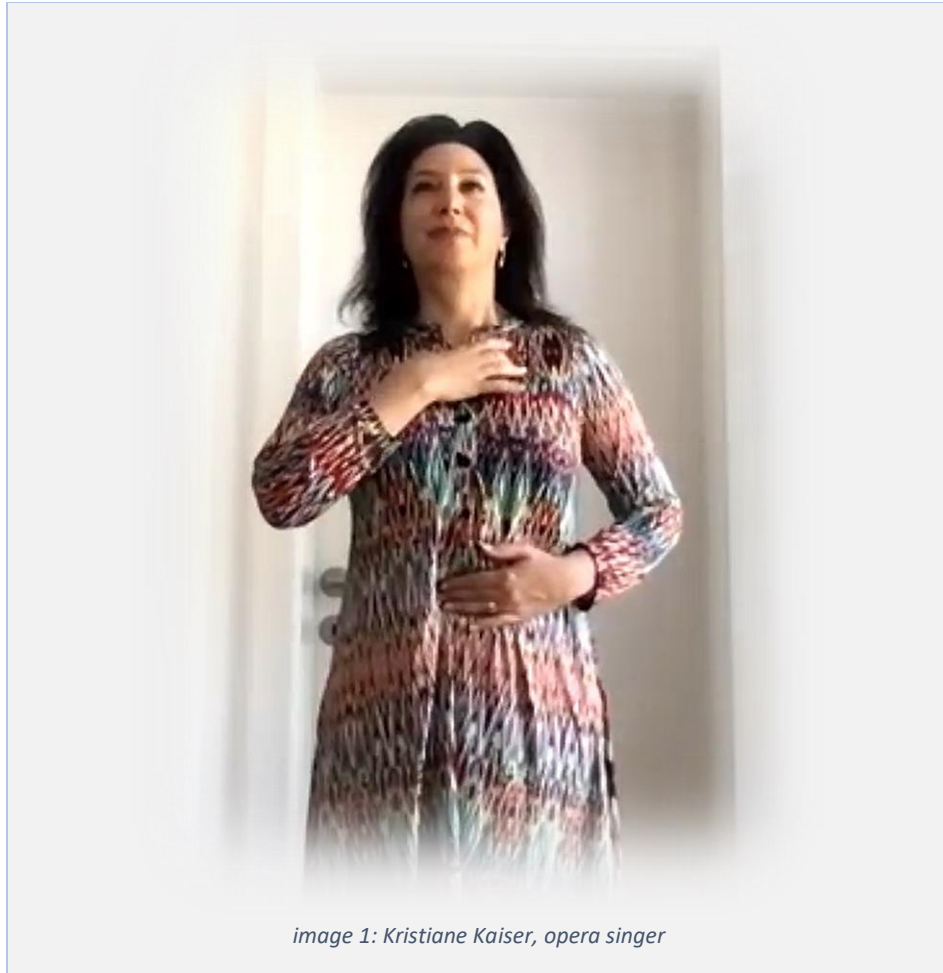


image 1: Kristiane Kaiser, opera singer

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