

Jing Well Points

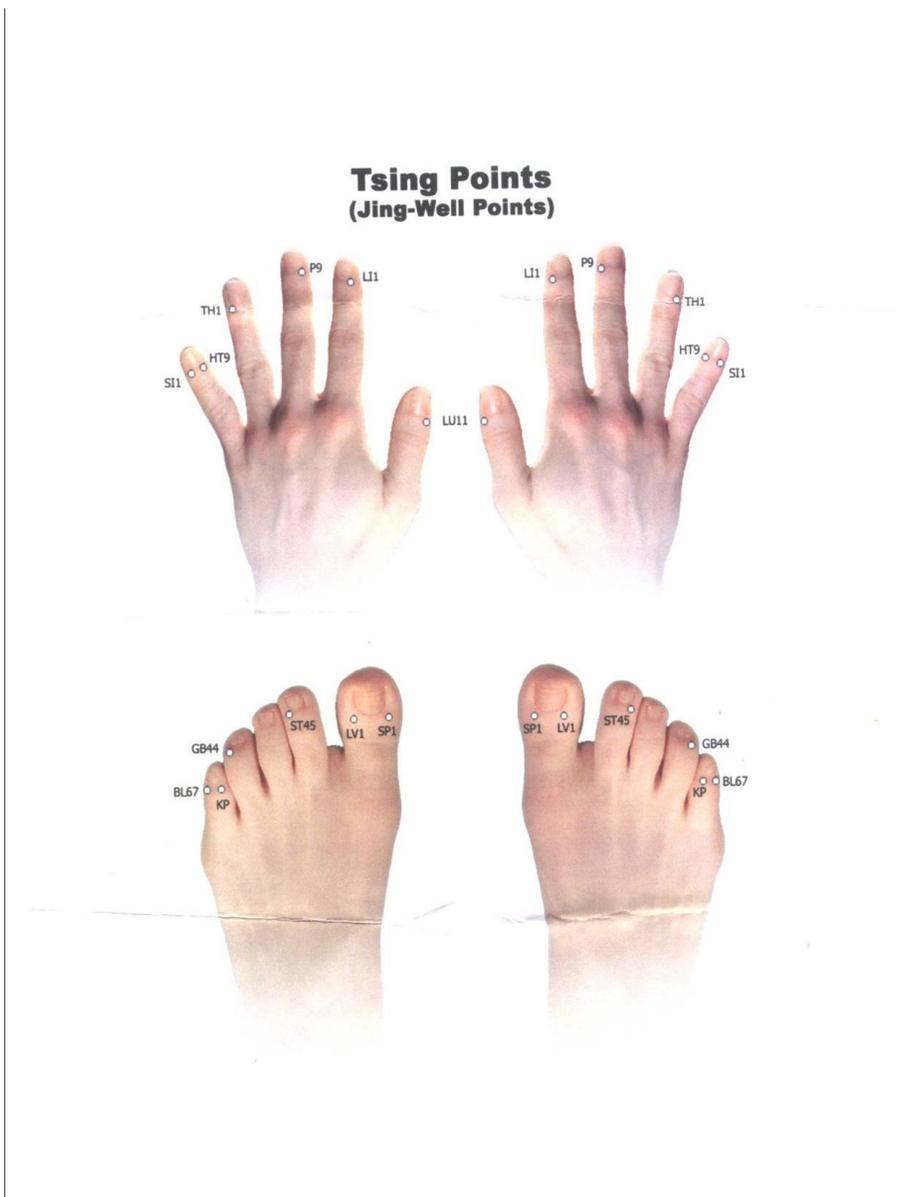
The points on hands and feet are the more superficial and most *dynamic* ones along any meridian channel. Being the most superficial, they are the points representing the connection between the body and the environment. Emotionally, they relate to the connection between the psyche and external influences, and they directly impact on our programmed or patterned reactions.

The finger points (as well as toe points) are where the energy changes polarity from *yin* to *yang* or vice versa. Due to this polarity change, the life force energy is most unstable and therefore most easily influenced at these points. They are referred to as *jingwell* points, where *jing* means essence. The *jingwells* have a particularly strong effect on the mental state and are known to quickly change a person's mood.

The most superficial points are potent for release of excess or distressing emotions, and so tapping or holding the finger or foot points will produce immediate relief. They are used for irritability, mental restlessness or confusion, anxiety, and emotional states of extreme imbalance. They are also used as emergency points (for things like fainting, extreme breathlessness, or shock), because they produce immediate changes to the flow of energy in the meridians affected.

The jingwell points are depicted below. When using them, apply the FA oils as indicated in the protocol for the 12 ordinary meridians to associated hand and foot points.

- ⌚ *Because of the power of the jingwells to cause instant changes in qi flow, they are recommended for use particularly in cases of acute emotional states, especially if you notice physiological changes too.*
- ⌚ *These are good points to use with children in states of agitation and over-excitement. The **FA master blend** for children may be used, and oil rubbed in into finger tips and toes, as appropriate. For over-excitement, Heart point on the pinky is a good 'emergency' intervention.*
- ⌚ *The foot points are also good ones to use if you do want to minimize the scent from the FA oils, as you can wear the oils on the feet, under socks and shoes.*
- ⌚ *The hand points are also good alternatives if you are fully dressed and cannot easily reach points under your clothing.*



The Kidney point (KP) can be used as an alternative to K-1 under the foot.