

Seasonal Acupressure and Breath Practices

Align Your Body's Rhythms with the Seasons
for Optimal Health

This session explores how to harmonize body, breath, and energy with the changing seasons using acupressure (digitopuncture) and seasonal breathing practices. These methods are grounded in classical Chinese medical theory, which emphasizes living in alignment with the natural cycles of nature.

Classical Foundation of the Practice

The main source for this approach is the **Huangdi Neijing** (The Yellow Emperor's Inner Canon), one of the most important classical texts of Chinese medicine.

In particular, we draw from the chapter **Suwen Siqi Tiaoshen Dalun** – “The Great Treatise on Regulating the Spirit with the Four Seasons.

“This chapter teaches that health depends on harmonizing human physiology with the cyclical energies of Spring, Summer, Late Summer (Earth), Autumn, and Winter.

*The Neijing emphasizes: those who follow the seasonal rhythms nourish life;
those who oppose them invite illness.*

Core Principle:

The Five Elements and Seasonal Cycles. Each season corresponds to one of the Five Elements and its associated organ system:

Season	Element	Organs
Spring	Wood	Liver / Gallbladder
Summer	Fire	Heart / Small Intestine (+ Pericardium & San Jiao)
Late Summer (Estío)	Earth	Spleen / Stomach
Autumn	Metal	Lung / Large Intestine
Winter	Water	Kidney / Bladder

Seasonal Transition Rule

According to classical theory, the 18 days before each seasonal change should return to the Earth element (Spleen-Stomach) to stabilize the body and ensure a healthy transition between seasons.

This reflects the Neijing's teaching that Earth acts as the central pivot stabilizing all seasonal transformations.

Structure of Seasonal Acupressure Practice

For each season, the work focus with three categories of points:

1. Preventive Points – strengthen and harmonize seasonal energy
2. Excess (Fullness) – disperse when seasonal energy is too strong
3. Deficiency (Emptiness) – tonify when seasonal energy is weak

SPRING – Wood Element

Organs: Liver / Gallbladder

Spring is the season of growth, movement, and upward energy. It nourishes planning, flexibility, and smooth flow of Qi.

Preventive (Harmonize Wood Qi)

1. Liver 3 (Taichong)
2. Gallbladder 34 (Yanglingquan)

Excess (Disperse Rising or Stagnant Liver Qi)

1. Liver 2 (Xingjian)
2. Gallbladder 20 (Fengchi)

Deficiency (Tonify Liver Blood and Flow)

1. Liver 8 (Ququan)
2. Ren 6 (Qihai)

The Neijing states the Liver ensures the smooth flow of Qi and corresponds to the expansive energy of Spring.

SUMMER – Fire Element

Organs: Heart / Small Intestine / Pericardium / San Jiao

Summer represents peak Yang energy, joy, circulation, and outward expression.

Preventive (Support Heart Fire Balance)

1. Heart 7 (Shenmen)
2. Pericardium 6 (Neiguan)

Excess (Disperse Excess Heat or Agitation)

1. Heart 8 (Shaofu)
2. San Jiao 5 (Waiguan)

Deficiency (Tonify Heart Qi and Spirit)

1. Ren 14 (Juque)
2. Bladder 15 (Xinshu)

The Neijing explains the Heart houses the Shen (Spirit) and governs vitality during the energetic fullness of Summer.

LATE SUMMER (ESTÍO) – Earth Element

Organs: Spleen / Stomach

This season represents nourishment, digestion, and central stability. It is also the key transitional phase before each seasonal change.

Preventive (Strengthen Earth and Digestion)

1. Stomach 36 (Zusanli)
2. Spleen 3 (Taibai)

Excess (Disperse Dampness or Over-Accumulation)

1. Spleen 9 (Yinlingquan)
2. Stomach 25 (Tianshu)

Deficiency (Tonify Qi and Central Energy)

1. Ren 12 (Zhongwan)
2. Bladder 20 (Pishu)

The Neijing calls the Spleen the “root of postnatal life,” responsible for transforming food and breath into Qi and Blood.

AUTUMN - Metal Element

Organs: Lung / Large Intestine

Autumn is associated with letting go, descending energy, and refining breath and clarity.

Preventive (Support Lung Qi and Respiration)

1. Lung 9 (Taiyuan)
2. Large Intestine 4 (Hegu)

Excess (Disperse Lung Heat or Stagnation)

1. Lung 5 (Chize)
2. Large Intestine 11 (Quchi)

Deficiency (Tonify Lung Qi and Protective Energy)

1. Ren 17 (Shanzhong)
2. Bladder 13 (Feishu)

The Neijing links the Lung with Autumn and the descending, refining movement of Qi, promoting calm and clarity.

WINTER - Water Element

Organs: Kidney / Bladder

Winter represents storage, rest, and deep internal reserves of vitality (Jing).

Preventive (Support Kidney Essence and Stability)

1. Kidney 3 (Taixi)
2. Bladder 23 (Shenshu)

Excess (Disperse Cold Accumulation or Tension)

1. Bladder 40 (Weizhong)
2. Kidney 1 (Yongquan)

Deficiency (Tonify Kidney Qi and Essence)

1. Ren 4 (Guanyuan)
2. Du 4 (Mingmen)

The Neijing teaches that the Kidneys store Essence (Jing) and are the root of life, corresponding to the conserving energy of Winter.

Seasonal acupressure teaches us to live in harmony with nature rather than against it. By aligning our breath, energy, and organ systems with the Five Elements cycle described in the classical texts, we cultivate resilience, prevent illness, and support long-term vitality.

In this way, we follow the timeless guidance of the Neijing: to regulate the spirit through the seasons and preserve life through harmony with natural cycles.

Five-Element Tai Chi & Qigong Routine for Holistic Health

太极气功五行养生调和功
Wǔxíng Yǎngshēng Tiáohé Gōng

This practice reveals the profound power of Tai Chi and Qigong as essential pillars of holistic health, deeply rooted in the timeless wisdom of Classical Chinese texts. Our journey is guided by foundational theories that explain how movement, breath, and awareness harmonize the body's internal energy with natural cycles for long-term well-being.

This Five-Element routine divided into five integrated sections, combining movement, breathwork, meditation, and seasonal practices to strengthen the body, calm the mind, and prevent illness that Chinese texts that provide the theoretical and philosophical foundation for all this practices as follow:

1. Five Elements and Organ Harmony

The medical framework comes from the Huangdi Neijing (The Yellow Emperor's Inner Canon).

This classic establishes the relationships between:

- The Five Elements (Wood, Fire, Earth, Metal, Water)
- Internal organs and emotions
- Seasonal cycles and health regulation

It explains why specific movements and practices can harmonize particular organ systems and prevent imbalance.

2. Yin-Yang Philosophy and Life Energy

The philosophical core is inspired by the Dao De Jing, attributed to Laozi. It describes how all things arise from the Dao through the dynamic interaction of Yin and Yang—principles expressed in every breath and movement we practice.

3. Movement Principles of Tai Chi

The movement philosophy is drawn from the Taijiquan Jing, traditionally attributed to Zhang Sanfeng. It emphasizes curved, continuous motion and teaches that intention (Yi) guides Qi and movement. Another key classical source is the Shisan Shi Xing Gong Xin Jie, which connects Tai Chi stepping directions directly to the Five Elements, validating the elemental assignments within the form.

Modern masters such as Yang Jwing-Ming and Jou Tsung Hwa have further analyzed these correspondences, making them accessible for contemporary practice.

Section 1 – Qigong Yin and Yang Breathwork

气功阴阳呼吸法 – Qìgōng Yīnyáng Hūxī Fǎ

Purpose:

- Harmonize Yin and Yang within the body
- Increase vitality and regulate emotions
- Prepare the body and mind for deeper internal practice

This breathwork reflects the Daoist principle that inhalation expresses Yang (active energy) and exhalation expresses Yin (receptive energy), creating internal balance.

How to Practice:

- Standing feet together breathing in and out
x3 or x5 times

Section 2 – Brain & Qi Activation Qigong

2.1 “Brain Washing” Qigong

Purpose:

- Stimulates blood circulation and Qi flow to the brain.

How to Practice

- Stand with feet shoulder-width apart
- Rub hands until warm
- Place palms over Baihui (GV-20) at the crown
- Make 20 small circles clockwise and 20 counterclockwise

2.2 “Crane’s Beak” Qigong

Purpose:

- Balances Qi and activates mental clarity, bringing down yang energy.

How to Practice

- Raise one arm as if a crane stretches its neck
- Shape the hand like a beak (fingers together)
- Hold for 3 seconds
- Alternate arms slowly
x3 or x5 times

Section 3 – Five Qi Returning to the Origin Tai Chi Form

五气归元太极拳 – *Wǔ Qì Guī Yuán Tàijíquán*

Purpose:

- Harmonize Qi in the five organ networks
- Integrate movement, breath, and intention
- Balance the Five Elements through Tai Chi form practice

Sequence:

1. Opening of the form
2. Grasp the Sparrow's Tail (both sides)
3. Parting the Wild Horse's Mane (both sides)
4. Play the Lute (both sides)
5. Brush Knee (both sides)
6. Repulse Monkey + Needle at Sea Bottom (both sides)

Five-Element Correspondence in the Form

Wood – Liver / Gallbladder

Movement: Grasp the Sparrow's Tail

Promotes flexibility, rotation, and smooth Liver Qi flow.

Fire – Heart / Small Intestine

Movement: Parting the Wild Horse's Mane

Expands the chest, warms the body, and regulates the Heart spirit (Shen).

Earth – Spleen / Stomach

Movement: Play the Lute

Represents central balance, grounding, and transformation.

Metal – Lung / Large Intestine

Movement: Brush Knee

Coordinates opening and closing of the chest with breathing.

Water – Kidney / Bladder

Movements: Repulse Monkey + Needle at Sea Bottom

Develops rooting, backward awareness, and deep internal reserves of energy.

Section 4 – Standing Meditation & Internal Circulation

4.1 Zhan Zhuang (Standing Post)

Cultivates five pillars of internal balance:

1. Breath -Wood
 2. Energy (Qi) -Fire
 3. Center (Dantian) - Earth
 4. Calm mind - Metal
 5. Rooted stability - Water
- x3 or x5 times

4.2 Five Pillars of inner balance

moving through the zzz pillars of internal balance:

1. Breath -Wood
 2. Energy (Qi) -Fire
 3. Center (Dantian) - Earth
 4. Calm mind - Metal
 5. Rooted stability - Water
- x3 or x5 times

This practice builds structural strength, mental stillness, and energetic accumulation.

4.3 Small Circulation Channels - Microcosmic Orbit Breathing (Daoist Qigong)

This circular flow reflects Daoist Internal Alchemy principles of cultivating and refining internal energy.

Section 5 – Seasonal Acupressure and Breath Practices

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This Five-Element Tai Chi & Qigong system is a complete path of life cultivation. By uniting classical wisdom with practical training, this method offers a holistic approach to long-term health, vitality, and inner balance.