

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.