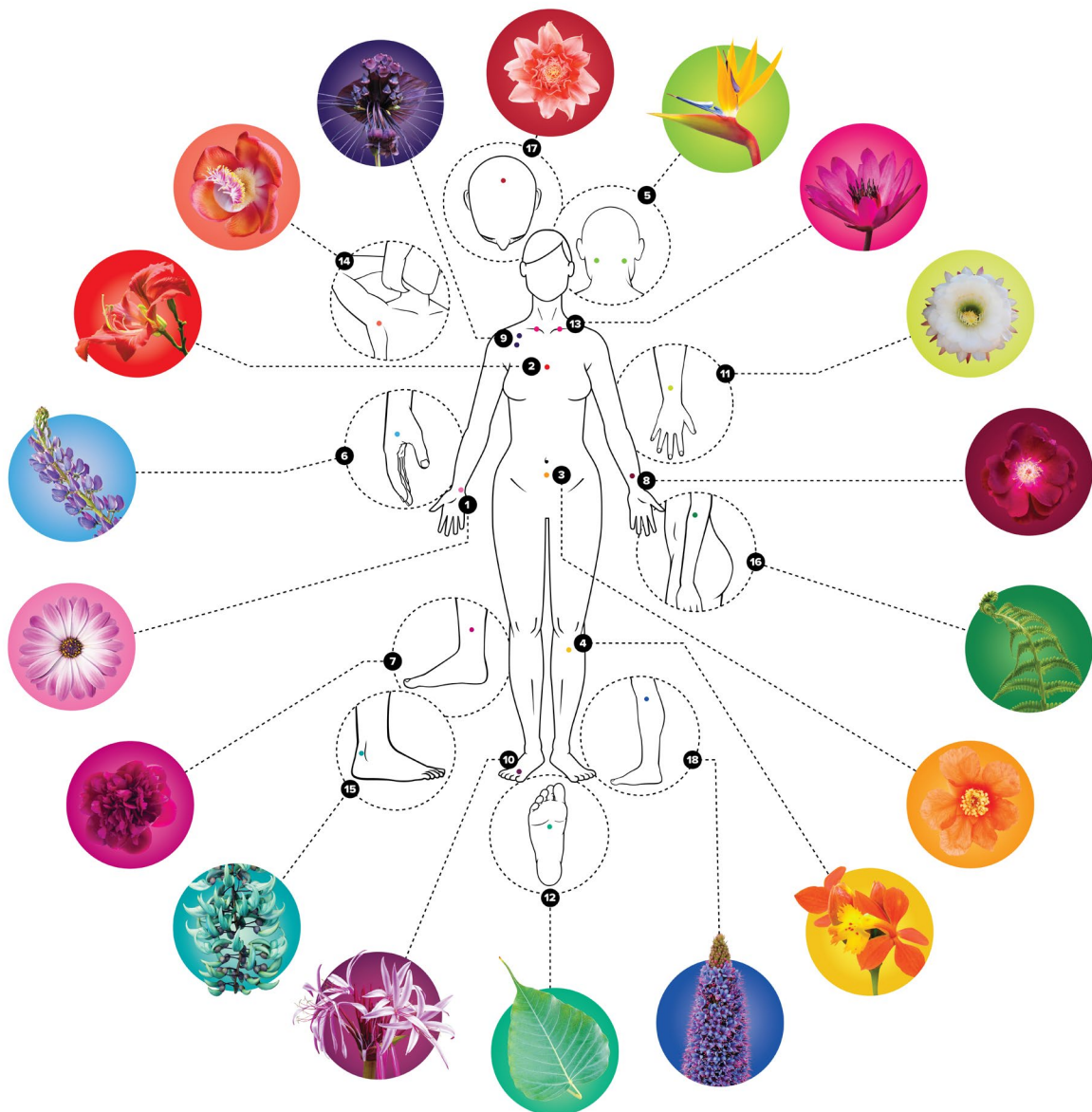
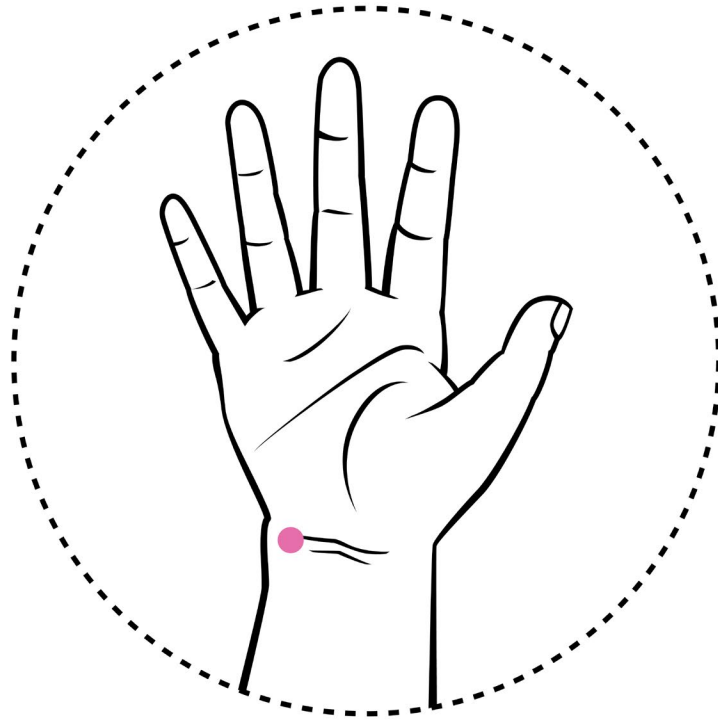


LOTUSWEI

FLOWER ESSENCE & TRADITIONAL CHINESE MEDICINE

ACUPRESSURE POINTS & FLOWER REMEDIES





1. JOY JUICE & SPIRIT GATE

Spirit Gate, also known as Heart 7 or Shen Men, is the source-point of the heart meridian, and balances both the heart organ and the spirit. It regulates the heartbeat, tonifies the heart muscles and calms the shen (spirit).

It is especially helpful for arrhythmia due to anxiety, insomnia due to excessive thoughts, mania & agitation. It is the quintessential point of the gently smiling Buddha—bringing a meditative state of joy and peace.

Location: on the inner forearm, in the depression just below the wrist-crease, below your pinkie finger.

Application: Massage 1 drop of Joy Juice Anointing Oil on this point to activate balanced joy, calm and inner peace.

PLAYFULNESS
African Daisy

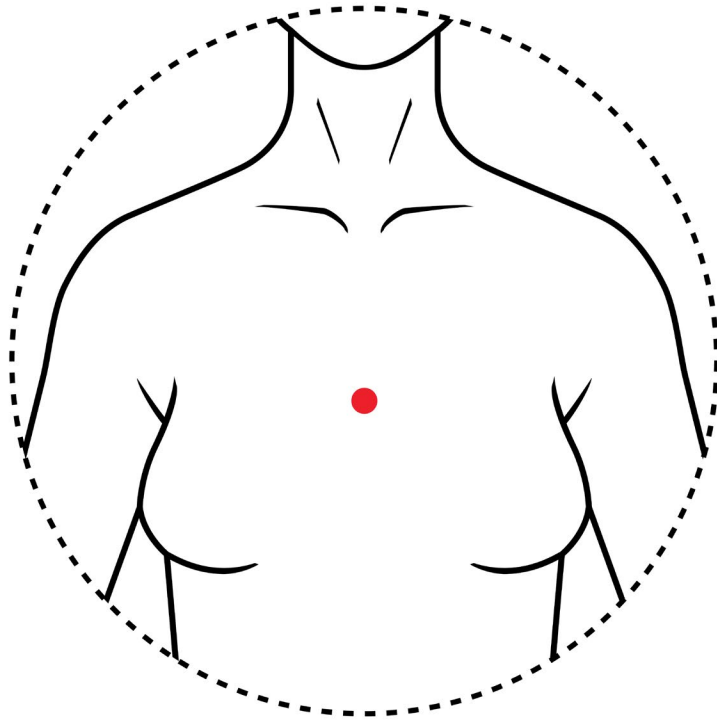
CHEERFULNESS
Chocolate Daisy

LIGHTHEARTEDNESS
Pink Spirea

JOYFUL STRENGTH
Red Garnet

CONTENTMENT
Birdsfoot Lotus





2. INFINITE LOVE & CHEST CENTER

The Ren Mai is one of the eight extraordinary meridians. It runs up the front of the midline of the body, and is said to be the first meridian created in utero. It has a strong affinity for reproductive health, and our ability to connect to our purpose.

Chest Center, also known as Ren 17 or Shan Zhong, has the ability to move Qi for the entire body. It opens the chest, soothes anxiety, alleviates wheezing and any pain in the upper torso.

Location: on the midline of the sternum bone, level with the 4th intercostal space, several inches above the nipple-line.

Application: Apply 1 drop of Infinite Love Anointing Oil to your fingertips and massage the center of your chest.

SELF-ACCEPTANCE
Hong Kong Orchid

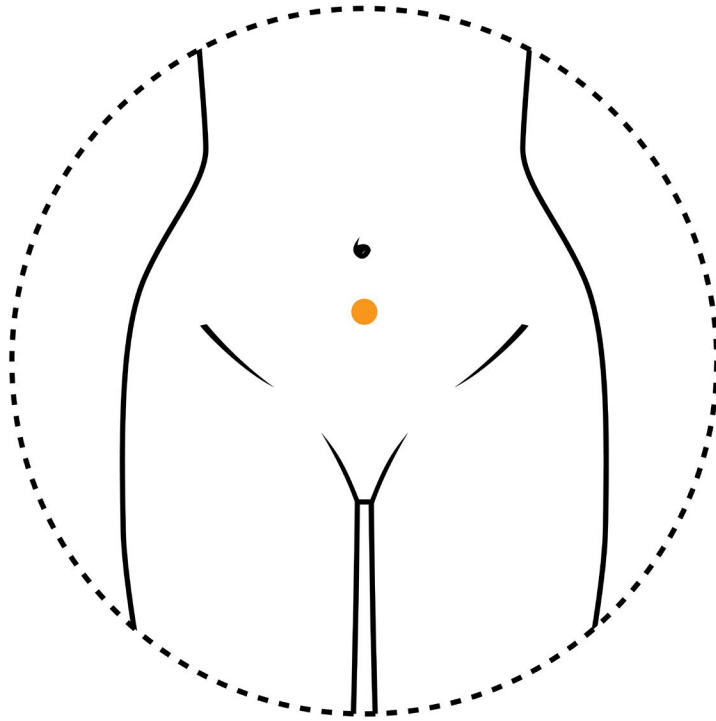
WHOLENESS
Wild Hawkweed

SELF-CARE
Pink Magnolia

FORGIVENESS
Fireweed

SELF-KINDNESS
Pink Tourmaline





3. RADIANT ENERGY & SEA OF QI

Sea of Qi, also known as Ren 6 or Qi Hai, nourishes our essential qi via its connection to MingMen—our eternal fire residing in the kidneys. It regulates qi, blood and yang, and has a strong affinity for nourishing the reproductive organs—regulating menstruation, resolving menopause discomfort and increasing libido.

Location: on the midline of the abdomen, about 2 finger-widths directly below the belly button.

Application: Massage 1 drop of Radiant Energy Anointing Oil on this point 2x a day for an entire moon cycle.

STRENGTH
Pomegranate

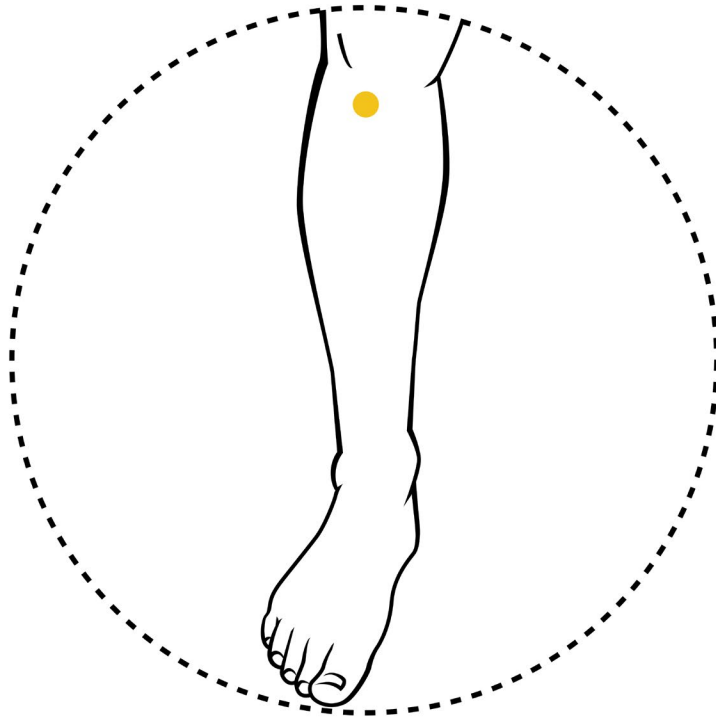
EMPATHY
Red Clover

WARMTH
Navel Orange Blossom

PROTECTION
Black
Tourmaline

PRESENCE
Jade Flower





4. INSPIRED ACTION & LEG THREE MILE

The origin of this point's name: when you feel at the end of your endurance, stimulating this point will give you the resources to go another 3 miles.

Leg Three Mile, also known as Stomach 36 or Zu San Li, is an extremely nourishing point to the entire system—qi, blood, yin, yang. It boosts the immune system and restores digestive balance. Historically, it was even used to restore consciousness lost from exhaustion.

Location: Below the knee, one finger-width to the outside of the anterior tibia bone, in the muscle belly of the tibialis anterior.

Application: Massage 1 drop of Inspired Action Anointing Oil on this point 3-4x daily.

CREATIVITY
Fire Star Orchid

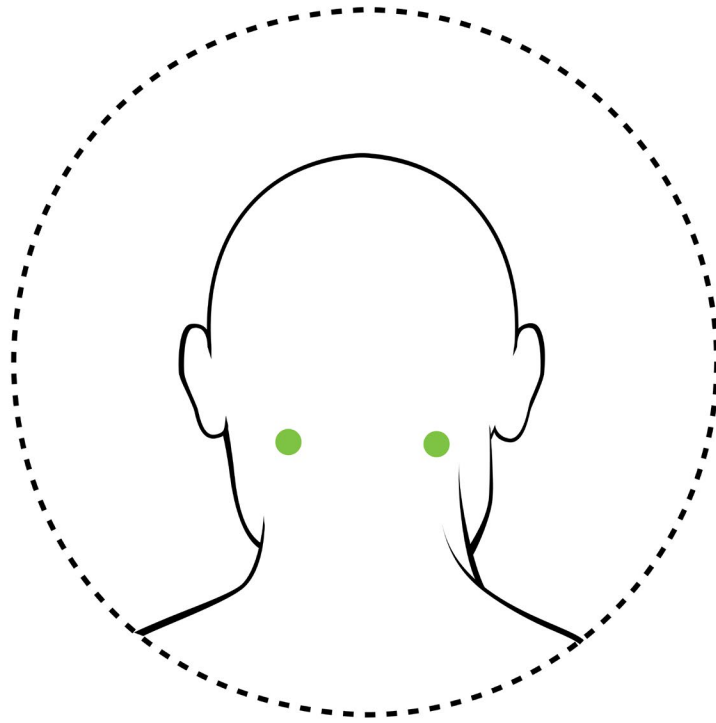
INTUITION
Euphrasia

MOMENTUM
Chandelier Succulent

FOCUS
Red Bird of Paradise

SIXTH SENSE
Fluorite





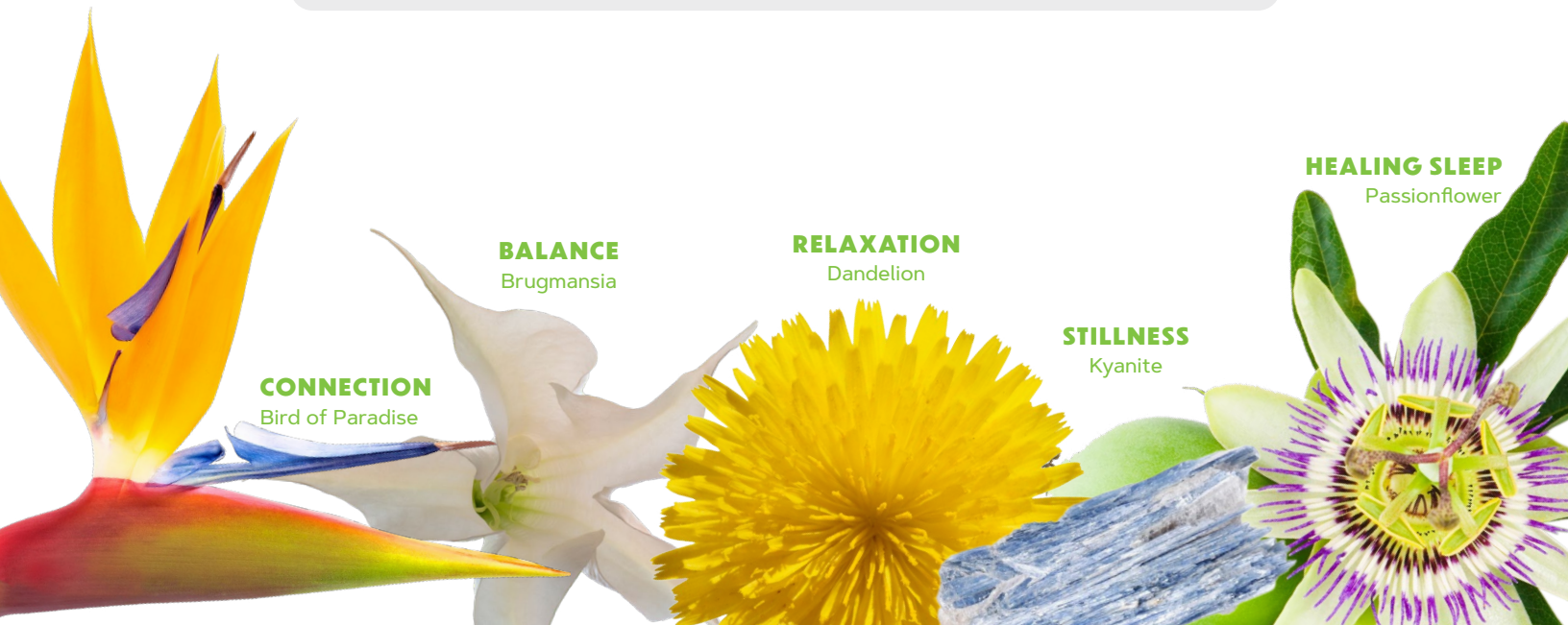
5. QUIET MIND & WIND POOL

In general, the Gallbladder meridian relaxes all of the sinews and muscles, helping to dissolve tension in the body.

Wind Pool, also known as Gallbladder 20 or Feng Chi, helps induce relaxation to the nervous system. It relieves tension headaches, stiff neck & shoulder pain, nasal obstruction and dizziness.

Location: at the base of the back of the skull, in the soft depressions just lateral to the thick tendons of the trapezius muscles.

Application: Apply 1 drop of **Quiet Mind Anointing Oil** to your fingertips and massage these points on the neck for full body muscle relaxation.



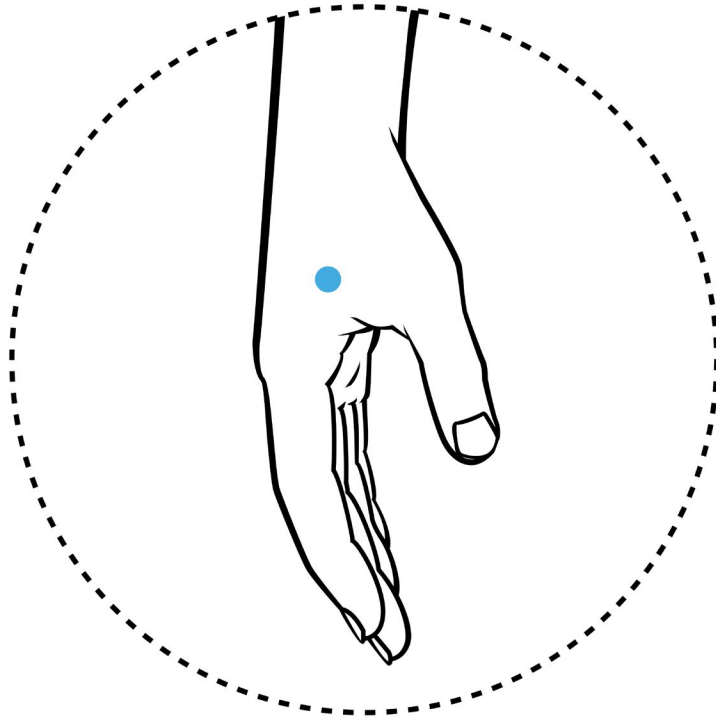
CONNECTION
Bird of Paradise

BALANCE
Brugmansia

RELAXATION
Dandelion

STILLNESS
Kyanite

HEALING SLEEP
Passionflower



6. INNER PEACE & JOINING VALLEY

Joining Valley, also known as Large Intestine 4 or He Gu, is one of the strongest points for moving Qi on the body, and renowned for its ability to relieve pain. It extinguishes wind and helps facilitate strong movement through healthy release—letting go of that which no longer serves you.

Joining Valley helps with headaches, menstrual cramps, and neck & shoulder tension. It can even open congested sinuses, alleviate sneezing and induce labor!

Location: on the outside of the hand, in the depression between the thumb and forefinger.

Application: This point responds excellently to acupressure and can be very tender. Gently massage 1 drop of Inner Peace Anointing Oil on this point in the evenings after a long day.

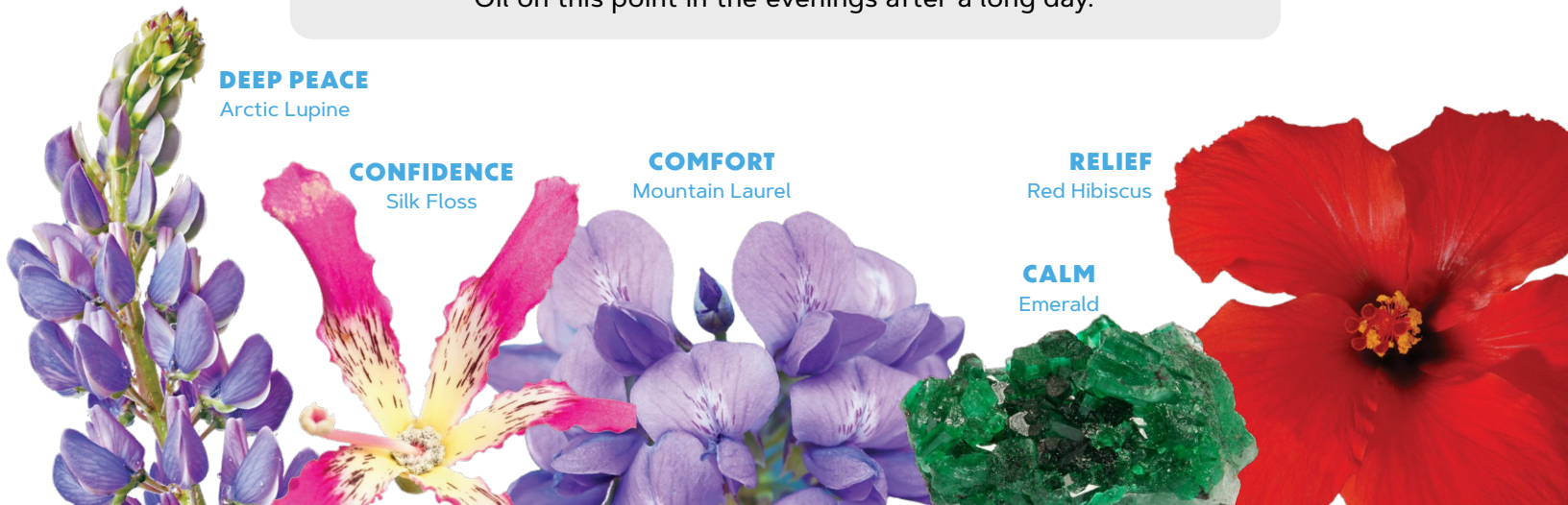
DEEP PEACE
Arctic Lupine

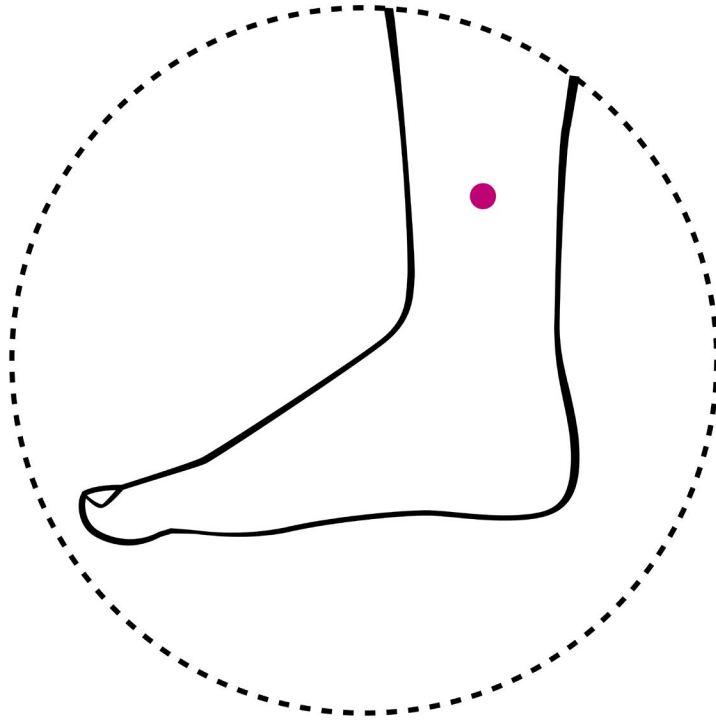
CONFIDENCE
Silk Floss

COMFORT
Mountain Laurel

RELIEF
Red Hibiscus

CALM
Emerald





7. WILD ABUNDANCE & THREE YIN INTERSECTION

Three Yin Intersection, also known as Spleen 6 or San Yin Jiao, is a point where the three yin meridians of the leg intersect (Liver, Kidney, Spleen) and is very tonifying to yin and blood. It regulates reproductive organs, alleviates menstrual cramps, balances hormones and supports healthy digestion.

Tying us to our femininity, it amplifies our embrace of this divine energy within ourselves. Within yin, there is ultimate abundance and expansion, and Three Yin Intersection reinforces this knowingness, especially in a world where 'doing' is much more comfortable than 'being' for most.

Location: on the inside of the lower leg, about 4 finger-widths directly up from the inner ankle bone.

Application: Massage 1 drop of Wild Abundance Anointing Oil on this point 3-4x per day.

MAGNETISM
Peony

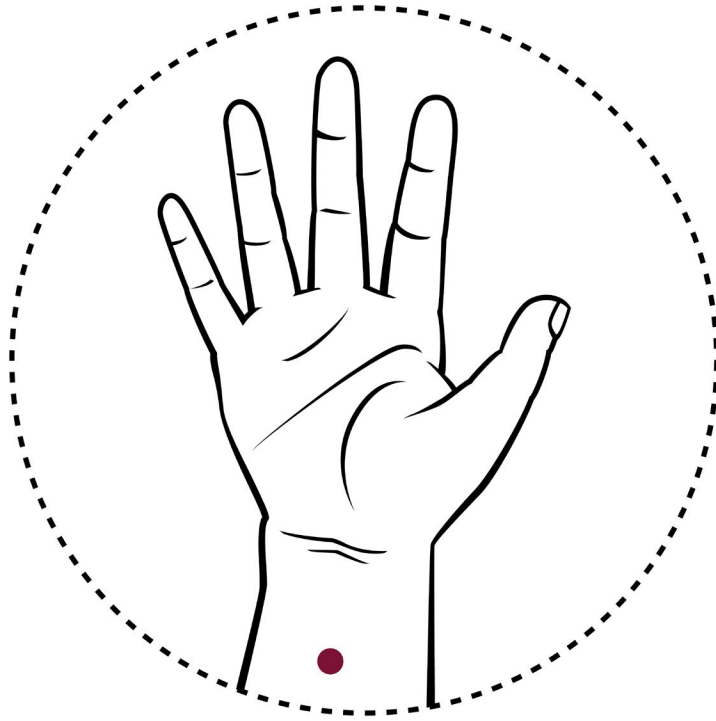
AWARENESS
White Water Lily

SHIFT IN PERCEPTION
Gardenia

FEELING BEAUTIFUL
Jasmine

ABUNDANCE
Diamond





8. FIERCE COMPASSION & INNER GATE

Inner Gate, also known as Pericardium 6 or Nei Guan, is the heart-protector. If the heart is the Queen in the castle, this point is the front door—discerning who & what is safe to be let in. A well-balanced Inner Gate maintains emotional boundaries. It's well-known for alleviating nausea & anxiousness. It calms the mind, opens the chest, and creates harmony in the stomach.

Location: On the inner forearm, 2 finger-widths from the wrist-crease toward the elbow, in the depression between the two tendons.

Application: Massage 1 drop of Fierce Compassion Anointing Oil on this point as needed.

TENDERNESS
Red Rose

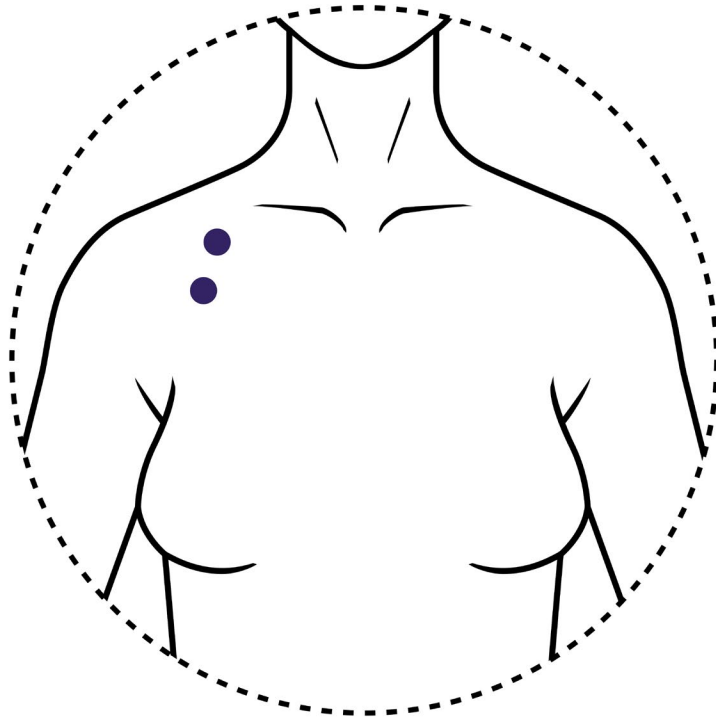
ACCEPTANCE
Mandevilla

SOFTNESS OF CHARACTER
Hollyhock

UNCONDITIONAL LOVE
Rose Quartz

COMPASSION
Rhododendron





9. TRUTHTELLER ON UPPER LUNG POINTS

The Lungs are responsible for our inspiration, reaching down to the depths of the Kidneys to bring forth our purpose. The Upper Lung points transform stagnation in Lung-energy and alleviate symptoms affecting the respiratory system and throat, which includes blocks to clear communication and self-expression.

Middle Palace (Lung 1 or Zhongfu) and Cloud Gate (Lung 2 or YunMen) are both associated with the breath. These Lung points help with coughing, wheezing, asthma and fullness in the chest. They are also indicated for shoulder, back & chest pain.

Location of Middle Palace: in the first intercostal space 6 finger-widths lateral to midline.

Location of Cloud Gate: below the lateral end of the clavicle, 6 finger-widths from the midline, in the center of the hollow made by the delto-pectoral muscular triangle (one finger-width above Middle Palace).

Application: Apply 1 drop of Truthteller Anointing Oil to your fingertips & massage these points.

FIERCE COMPASSION

Black Bat Flower

EFFORTLESS SPEECH

Trumpet Vine

CONVICTION

Royal Poinciana

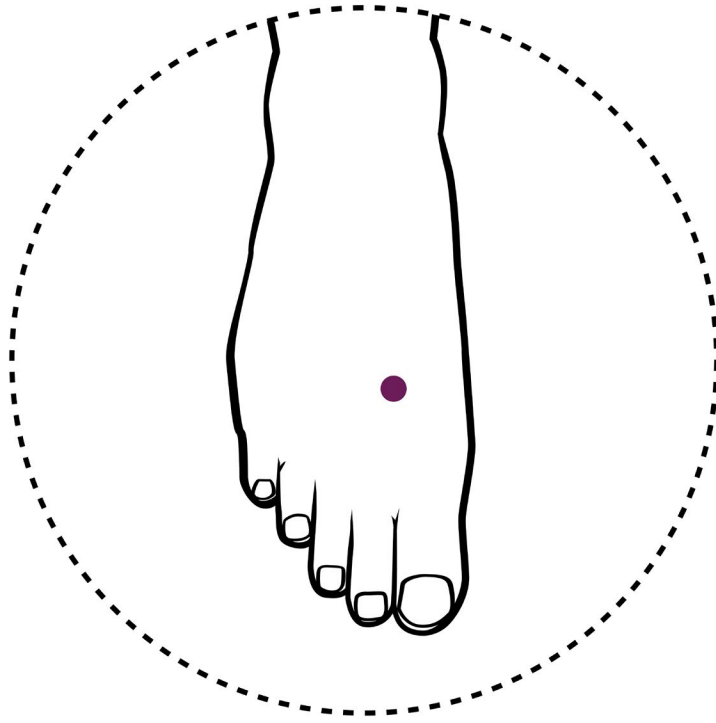
FEARLESS EXPRESSION

Grevillea

COURAGE

Aquamarine





10. GAMECHANGER & GREAT RUSHING

Great Rushing, also known as Liver 3 or Tai Chong, is the source-point on the liver meridian and helps move Liver Qi & nourish the blood.

Activating this point is especially useful when Liver Qi is constrained, resulting in a tight ribcage, difficulty taking a deep inhale, frustration or irritation, PMS symptoms, tight neck/shoulders or general muscle pain. It's also an excellent point for women around their cycles.

Location: between the first and second toes, about two-finger-widths from the webbing on the top of the foot.

Application: Massage 1 drop of Gamechanger Anointing Oil on this point in the morning and at night.

LIGHTHEARTEDNESS + LIGHTNESS

Giant Spider Lily

SPACIOUS MIND

Banana Blossom

FREEDOM FROM EXTREMES

Date Palm Flower

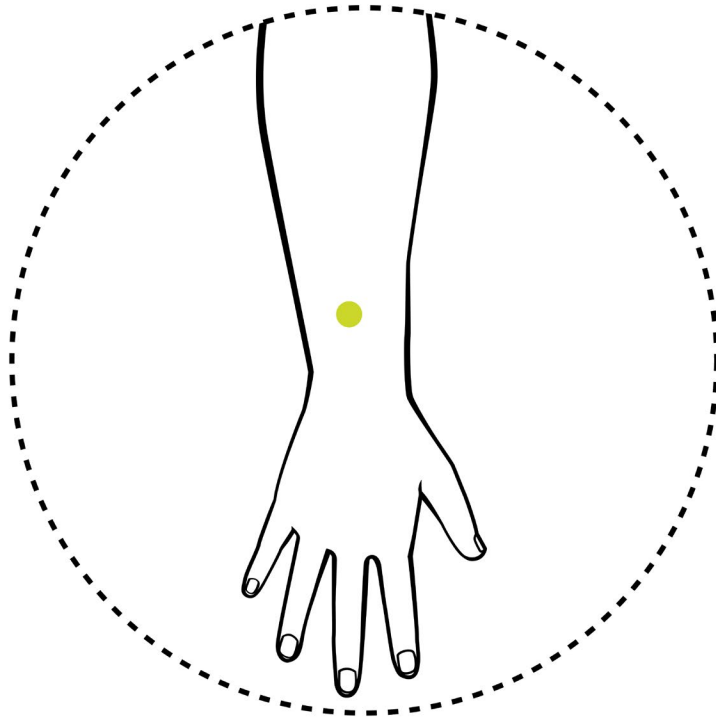
CONSCIOUS CHANGE

Sulphur

RAPID GROWTH

Pink Primrose





11. FULL BLOOM & OUTER GATE

The San Jiao meridian translates to “Triple Burner” and is responsible for temperature regulation in the entire torso, as well as regulating water metabolism and circulation. Outer Gate, also known as San Jiao 5 or Wai Guan, supports the immune system and can alleviate tension headaches.

If the heart is the Queen inside the castle, Outer Gate is the moat or drawbridge or front gate—its job is to protect the heart. It helps us maintain healthy boundaries with the external world.

Location: on the outside of the arm, two finger-widths up from the wrist crease toward the elbow.

Application: Massage 1 drop of Full Bloom Anointing Oil on this point as needed.

FEARLESSNESS

Night-Blooming Cereus

RECEPTIVITY

Papaya Flower

HIDDEN POTENTIAL

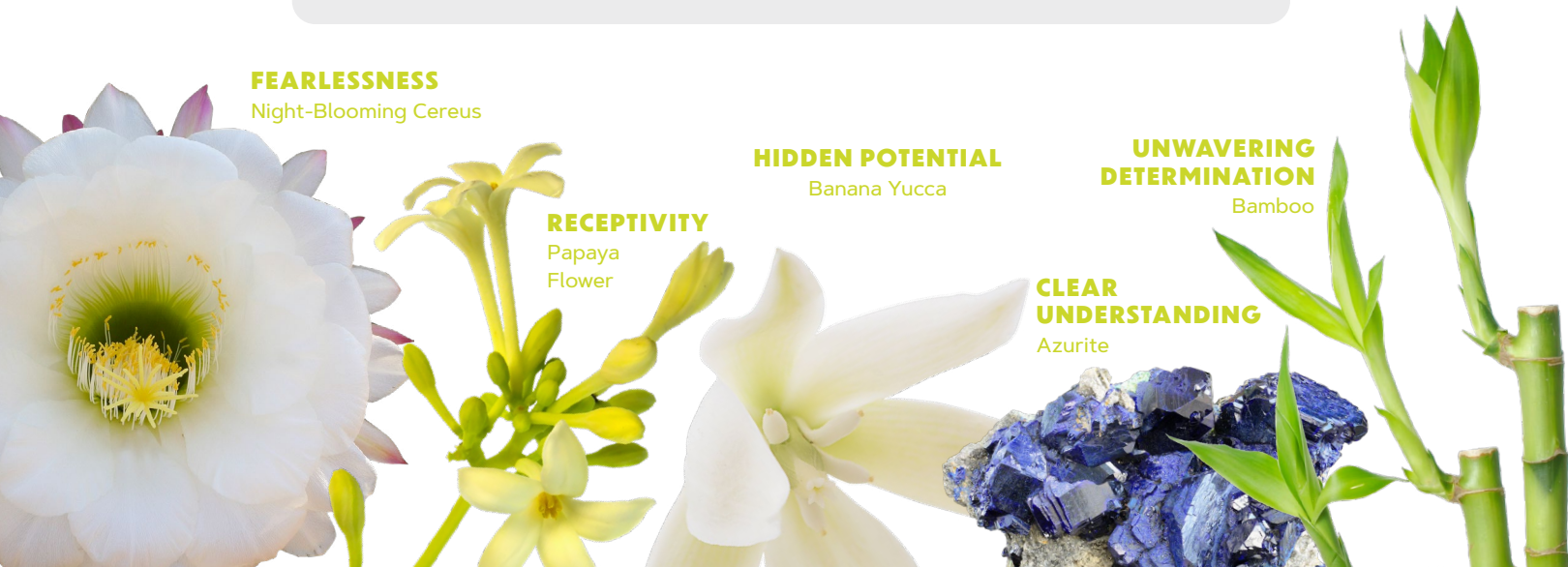
Banana Yucca

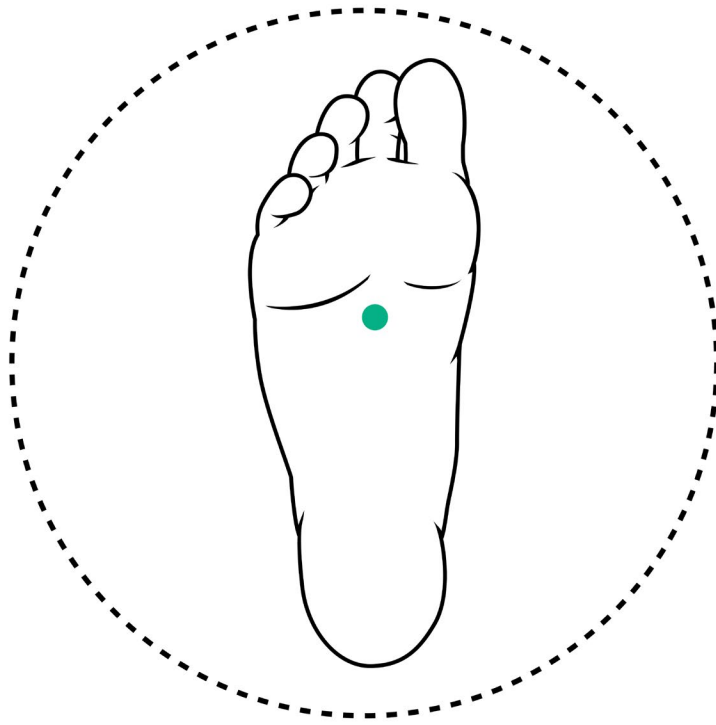
UNWAVERING DETERMINATION

Bamboo

CLEAR UNDERSTANDING

Azurite





12. BOUNDLESS WISDOM & GUSHING SPRING

The Kidney Channel starts at the bottom of the foot with Kidney 1 and travels up the inner leg, through the reproductive organs & pelvic floor, through the kidney organs, and ends just below the clavicle on both sides of the sternum. When this channel is balanced, we experience a sense of knowingness, heightened intuition and a meditative state of mind. When it is out of balance, we experience fear or trauma.

As the lowest point on the body, Gushing Spring, also known as Kidney 1 or Yong Quan, calms anxiety, sedates fear and eases agitation. It contains Lung Qi, which can help with shortness of breath or excessive coughing. It can also mitigate vertex headaches, dizziness, flushing of the face, heart palpitations and hypertension.

Location: the sole of the foot between the second and third metatarsal bones, one-third of the way down from the base of the toes (toward the heel).

Application: Gently massage a single drop of Boundless Wisdom Anointing Oil on this point as needed.

BOUNDLESS LOVE

Bodhi Tree

ACCEPTANCE

Lilac

SOOTHING CALM

Spotted Bee Balm

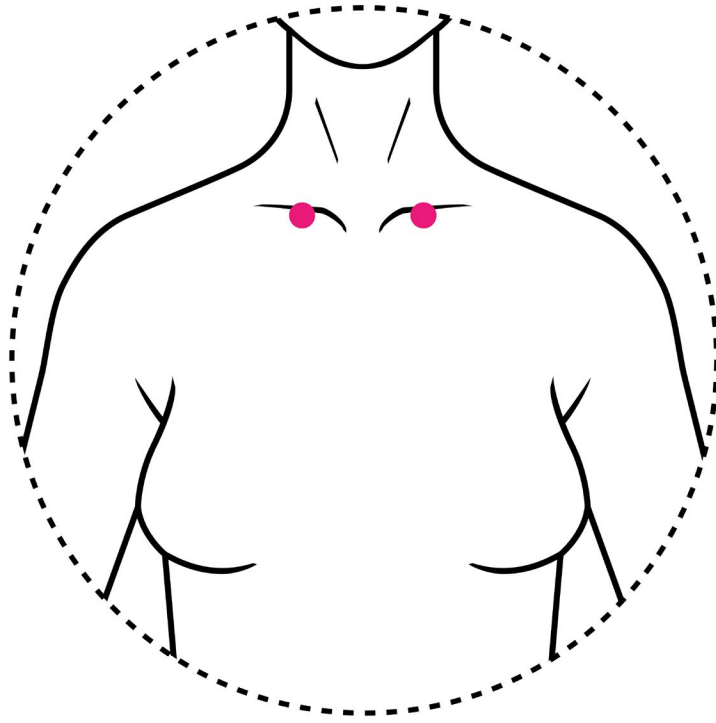
EXPERIENCING THE DIVINE IN EVERY MOMENT

White Magnolia

SPIRITUAL AWARENESS

Amethyst





13. EXPANSIVE PRESENCE & SPIRIT STOREHOUSE

The upper Kidney points are empirically used to treat the Shen (spirit) and help to resurrect, strengthen and support the spiritual levels of health. Treating the spirit level is analogous to creating a shift in perception by removing dark clouds obstructing the clarity of light.

Spirit Storehouse, also known as Kidney 27 or Shufu, is indicated for relieving physical symptoms that affect the chest—coughing, shortness of breath, asthma and heart palpitations.

Location: in the depression on the lower border of the clavicle.

Application: This point is often tender, and responds well to gentle pressure. Apply 1 drop of Expansive Presence Anointing Oil onto your fingertips and massage into this point.

SELF-ACTUALIZATION
Red Cup Water Lily

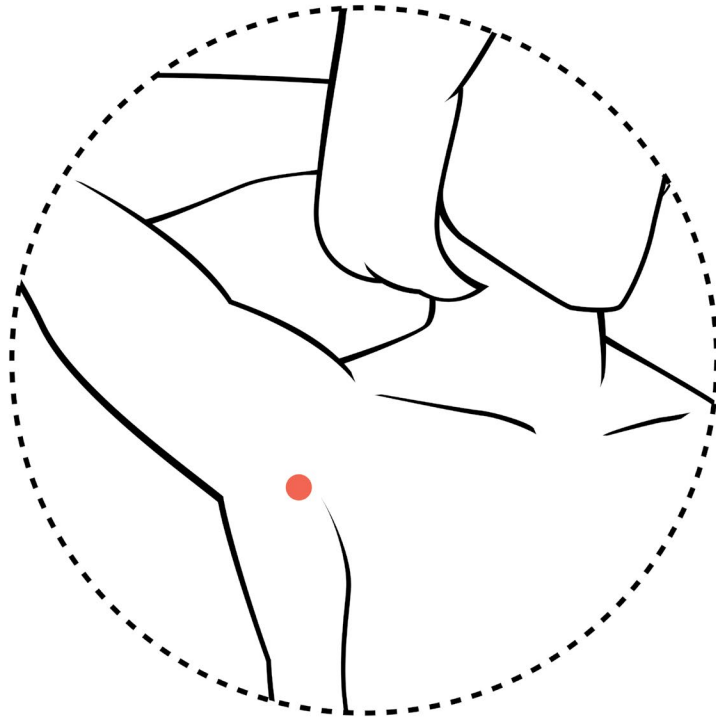
NOURISHMENT
Meadow Cabbage

POSSIBILITY
Sweet Pea Flower

LUMINESCENCE
Star Flower

WEALTH
Citrine





14. OPEN HEART & UTMOST SOURCE

Utmost Source, also known as Heart 1 or Ji Quan, is the first point on the heart meridian and connects us to the root of the spirit and the source of the fire element. These refer to the love that innately and divinely bathes every part of our lives—every cell in our body, our relationships, and everything in the world around us. When we are connected to this source, we feel the presence of all-encompassing and unconditional love.

Activating Utmost Source is helpful in times of panic, worry, melancholy, uncertainty or isolation.

Location: in the depression of the center of the axilla (armpit).

Application: Apply one drop of Open Heart Anointing Oil onto your fingertips and gentle massage into this point.

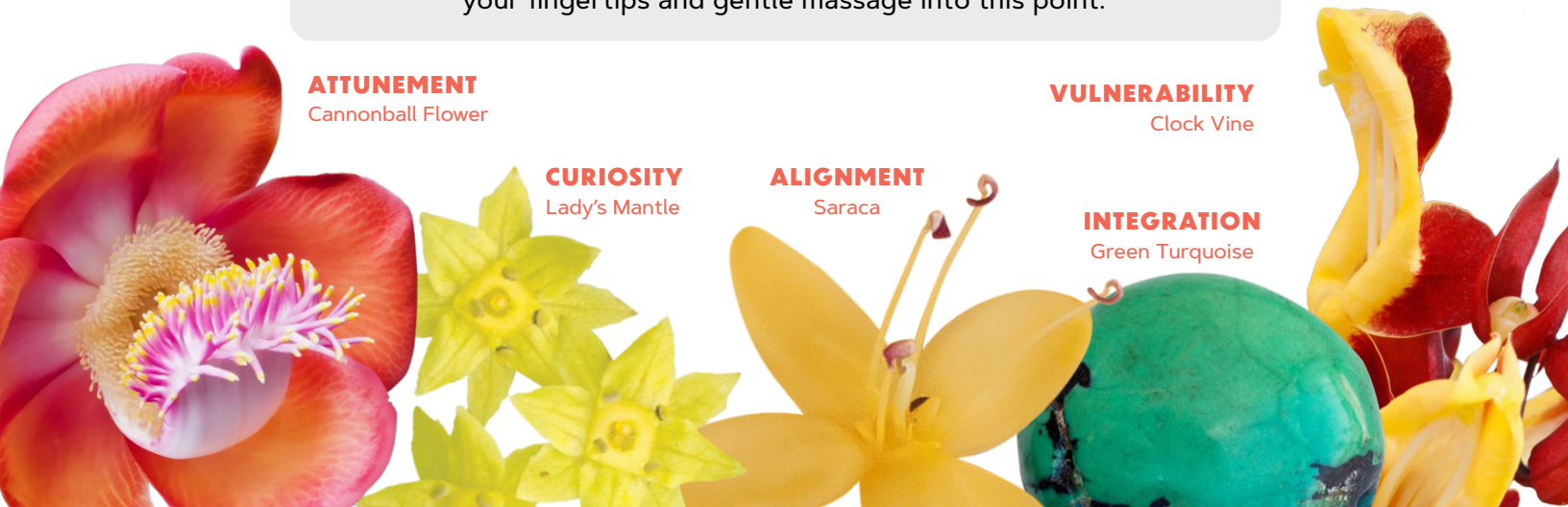
ATTUNEMENT
Cannonball Flower

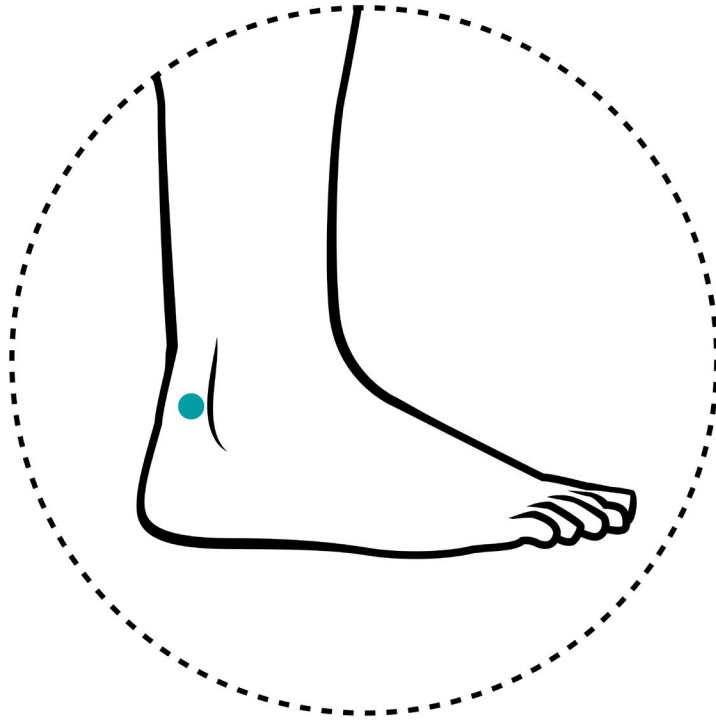
CURIOSITY
Lady's Mantle

ALIGNMENT
Saraca

VULNERABILITY
Clock Vine

INTEGRATION
Green Turquoise





15. LUMINOUS CHI & KUNLUN MOUNTAIN

Named after the mythical Kunlun Mountain—which in Taoist tradition is considered as the center pole of the universe—this point is the great stabilizer. Also known as Bladder 60, it offers both grounding and centering as well as activation, warmth and movement to the body system.

As the fire point on the Bladder Meridian, it warms Kidney Yang to reinvigorate the Zhi (our will), thaw fear that has us frozen, elevate a sense of lethargy or lack of drive and infuse us with a joyful spark of life.

The Bladder Meridian is known for its close relationship to our nervous system regulation. The channel travels up both sides of the spine, and this point in particular helps to strengthen our physical back, as well as our metaphorical “back bone.”

Location: outer ankle, in the depression between the ankle bone and achilles tendon.

Application: Massage 1 drop of Luminous Chi Anointing Oil on this point as needed.

ENGAGEMENT
Jade Vine

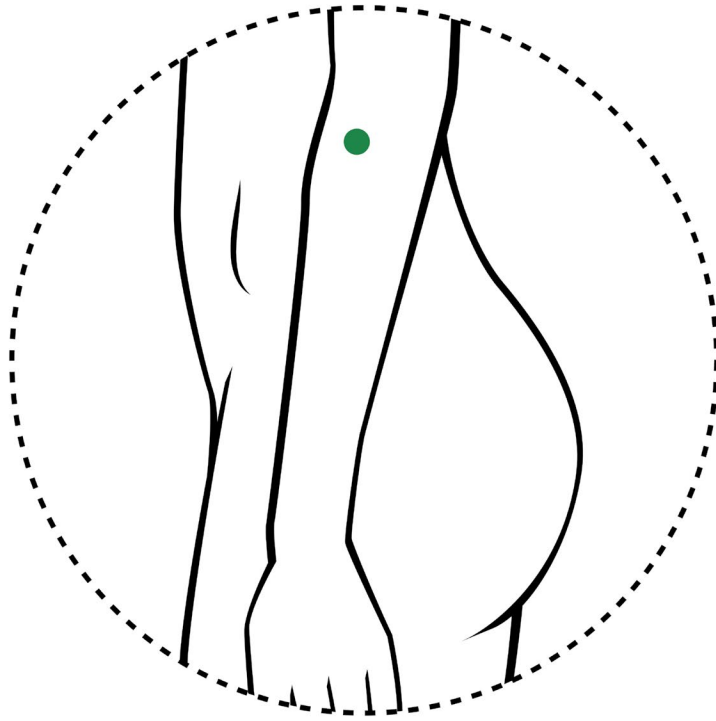
BENEVOLENCE
Desert Milkweed

CAMARADERIE
Nectarine Blossom

BOUNDARIES
Skyrocket

PROTECTION
Obsidian





16. INNER KNOWING & ARM THREE MILE

In Chinese medicine, the Large Intestine Meridian is part of the Yang Ming channel system, which is abundant in Qi and blood, and a great source of nourishment.

Arm Three Mile, also known as Large Intestine 10 or Shou San Li, is a reservoir for accessing our nourishment and self-prioritization from within. It is a gathering point of our energy, resources, and innate wisdom—and from this pool, it bubbles up to come out and allows us to be of service to our community and the world. It is also a very peaceful and patient point.

Location: on the arm right about 2 finger-widths down from the elbow crease, right in the belly of that muscle

Application: Massage 1 drop of Inner Knowing Anointing Oil on this point as needed.

INTERNAL RESOURCING

Eagle Fern

WILD BREAKTHROUGHS

Rose of Venezuela

EMBODIMENT OF VISION

Shell Ginger

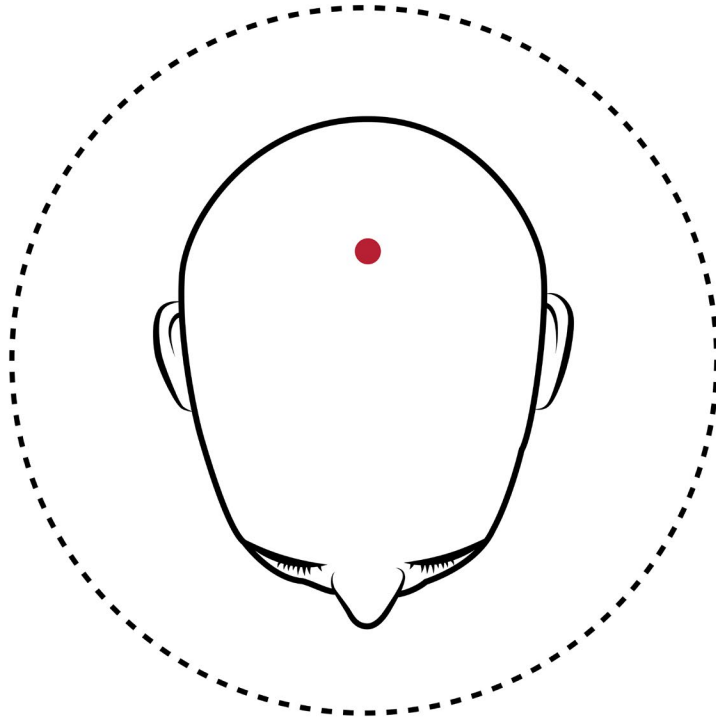
WAYFINDING

Indian Paintbrush

LUCID CLARITY

Green Flash Moonstone





17. TRUE STRENGTH & HUNDRED MEETINGS

Hundred Meetings, also known as Du20 or Bai Hui, is a profound meeting point for many of the meridians. The Du Channel runs up the backline of the body, and Hundred Meetings has a lifting quality that straightens our spine upright, prevents prolapse or collapse of the body and gives us a deep line of strength.

It is the second channel to form in utero, connecting us to our ancestral lineage. It benefits the brain, promotes clarity of thought, uplifts our energy & mood, and raises the clear yang.

Location: on the top of the head, directly above the midpoint of the anterior hairline

Application: Massage 1 drop of True Strength Anointing Oil on this point as needed. Alternatively, mist the True Strength Aura Mist above your crown.

INTERCONNECTEDNESS

Pink Torch Ginger

OPTIMISM

Strawberry Blossom

DIVINE MASCULINE

Redwood

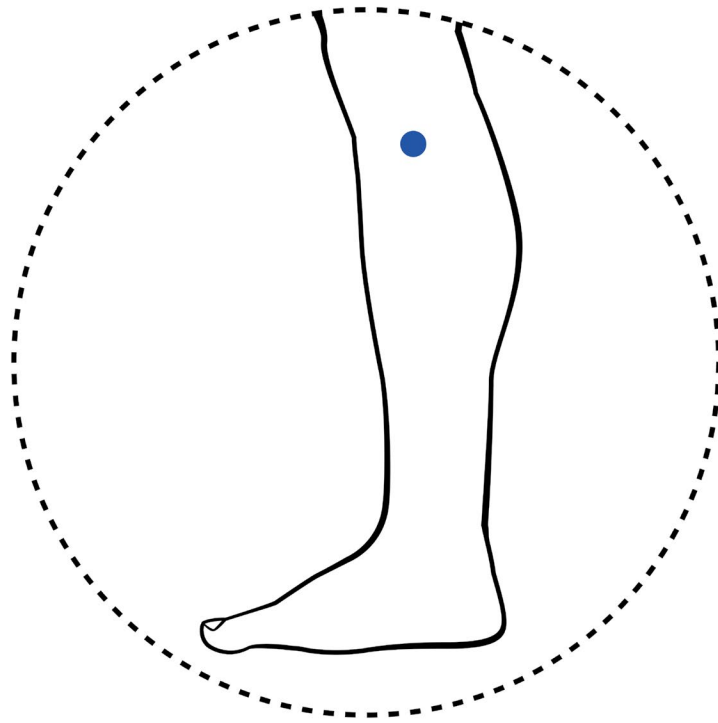
FOUNDATION

Horsetail

HEALING

Malaya Garnet





18. LUSCIOUS EMBODIMENT & YIN MOUND SPRING

Yin Mound Spring, also known as Spleen 9 or Yinlingquan, is the quintessential damp draining point in Chinese medicine. It clears dampness from the body and rebalances conditions that have become 'water-logged'—fluid retention, inflammation, foggy mind, lethargy & fatigue.

From a spiritual perspective, dampness arises when intense emotions or experiences come up that we don't want to face or confront.

Location: in the depression below the inside of the knee in the angle formed by the medial condyle of the tibia and the posterior border of the tibia.

Application: Massage 1 drop of Luscious Embodiment Anointing Oil into this point as needed.

SELF-CELEBRATION

Pride of Madeira

LIBERATED SENSUALITY

Squash Blossom

EMBODIED PLEASURE

Icelandic Vicia

WILD EXPRESSION

Wild Delphinium

RELEASE

Sapphire

