

MASSAGING M-HN-9 (*tai yang*)

Massage with the tips of the fingers about 50 times (Fig. 6.4).

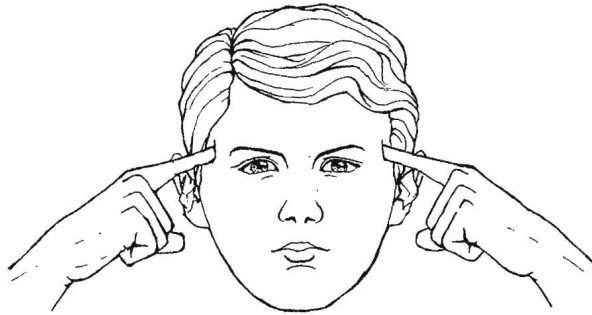


Fig. 6.4 Massaging M-HN-9 (*tai yang*)

MASSAGING GB-20 (*feng chi*)

Both thumbs should be pressed in firmly and rotated about 50 times. This point is often sore but should be massaged until the soreness goes away (Fig. 6.5).



Fig. 6.5 Massaging GB-20 (*feng chi*)

MASSAGING LI-4 (*he gu*)

The thumb of the opposite hand is pressed in and vibrated or rotated about 50 times. Repeat on the other hand (Fig. 6.6).

TREATMENT PRINCIPLES AND TECHNIQUES



Fig. 6.1 How to hold the thumbs



Fig. 6.2 Massaging the eyebrows

PINCHING AND PRESSING BL-1 (*jing ming*)

The pinching should be done with a vibrating movement, about 50 times (Fig. 6.3).



Fig. 6.3 Pinching and pressing BL-1 (*jing ming*)

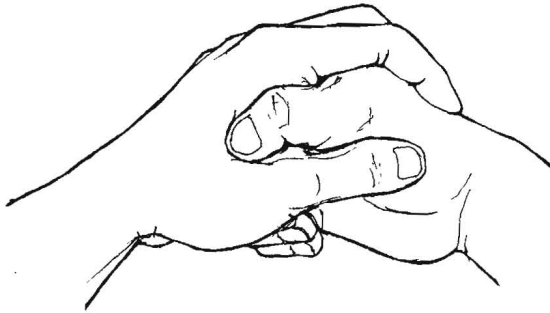


Fig. 6.6 Massaging LI-4 (*he gu*)

The Bates' method

This is not the place to give a full description of the Bates' method. It has been done well in many other publications. However, this is a wonderful method that has saved thousands of people's eyesight. Put very simply, the goal of this method is to train the eyes to look properly. The basis of the method is that all eye problems derive from faulty habits of using the eyes, so that by developing good habits, the eyes will be self-nourishing and self-invigorating.

Bates himself trained a number of people in his technique. Now, there are many teachers of the Bates' method.

Walnut shell spectacles

These are spectacles where each lens has been replaced by a half walnut shell (Fig. 6.7). The method is to soak the shells in a strong decoction of chrysanthemum flowers overnight before placing them in the frames. Then place a short length of moxibustion stick one inch (2.5cm) or so in front of the shells, which warms them up. The combination of the warmth from the shells and the vapor from the chrysanthemum extract is very soothing to the eyes.

This technique is effective for bringing qi to the eyes and is of special use in treating tired eyes and chronic red eyes. It can also be used as a supplemental treatment technique in all eye conditions. At the time of writing, there are very few suppliers of these spectacles, and the practitioner would be advised to make them out of stout low-conductivity wire.