

Advanced Hand & Foot Patterns for Disease Prevention



Course Outline

Venue – The Absolute Hotel Limerick

Date – Saturday the 26th September 2020

9:30am - 5:30pm

Cost Per Student - €180

Price Includes:

1 Day Tuition

1 Course Manual

**(21 Beautifully Illustrated Treatment
Charts in Full Colour and Laminated)**

**Internationally Recognised Qualification in
Acupressure Therapy**

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Module 1: Tapping into Source Energy Steps 1 - 8

- ✚ **Step 1:** Revitalizes deep body and mind energy circulation. Improves memory, helps to prevent senility and Alzheimer's disease. Regulates blood pressure and the sleep cycle. Acts as a diuretic. Harmonizes the Pituitary and Pineal glands, brain function, thoughts, sinuses and the eyes. Balances body fluids and hormones and helps with nervous conditions. Relieves fibromyalgia, headaches, insomnia, vertigo and dizziness.
- ✚ **Step 2:** Revitalizes superficial body energy circulation. Releases tension in the pelvic girdle and reproductive organs. Supports the Pituitary gland. Influences rejuvenation and reproduction of cells and life (both partners hold when having difficulty conceiving). Aids the urinary tract, reproductive organs and digestion. Relieves tension in the muscles of the face. Supports the sinuses and eyes. Rebalances the hormones. Helps with renewing cells and thoughts.
- ✚ **Step 3:** Harmonizes mental and emotional stress, the thyroid, metabolism, speech and hormones and clears tension in the jaw. Balances calcium and magnesium.
- ✚ **Step 4:** Revitalizes the immune system for the prevention of cancer, AIDS and other critical conditions. Assists in child growth and mental development. Governs reproductive, generative and regenerative functions. Relieves nausea and improves lung function. Supports the thyroid and parathyroid glands. Aids reproduction and digestion and helps all organs. Balances calcium and the nervous system and aids the larynx and speech problems. Defuses irritability. Strengthens our defence against environmental allergies. Supports the sinuses and ears. Relieves neck and shoulder tension. Helps to prevent stroke. Strengthens artistic expression and creativity and helps us to express our feelings. Harmonizes growth and balance on every level, the soul's pain and injuries, guilty feelings and mental stress.
- ✚ **Step 5:** Strengthens the circulatory system and revitalizes the lungs (breathing) and the pelvic girdle (hip energy). Assists in the secretion of digestive juices and hormones. Revitalizes the energy path of the heart, stomach, spleen, pancreas, kidneys and adrenals. Balances the nervous system. Supports the thymus gland which is the master gland of the immune system. Prevents diabetes. Strengthens and aligns the spine. Supports fertility, growing children and our 'inner child'. Balances the emotions and releases old traumas and hurts. Gateway to the solar plexus energy system and controller of human destiny.
- ✚ **Step 6:** Strengthens builders of the blood and harmonizes red blood cell/white blood cell ratio. Controls secretions of digestive enzymes and hormones. Strengthens the lymphatic and nervous system and improves circulation and muscle tone of the arms and legs. Harmonizes the spleen, adrenals, kidneys, liver, gallbladder, pancreas, small and large intestine. Supports physical digestion and assimilation and all bleeding problems. Strengthens the immune system. Promotes mental balance and helps to dispels violent emotions. Protects our deepest soul layers.
- ✚ **Step 7:** Revitalizes the descending source of life energy. Helps to strengthen the spine and discs. Helps influence growth, mental competence and the lymphatic system. Harmonizes the reproductive glands. Supports the stomach/digestion, deeper breathing, physical balance and helps the body and mind to rid itself of impurities.
- ✚ **Step 8:** Revitalizes the ascending source of life energy. Improves circulation in the legs and feet and helps to strengthen the spine, the reproductive system and white blood cells. Increases vitality, balances the emotions and improves self confidence.

Module 2: Rebalancing Issues on the Front or Back of the Body Steps 1 - 4

- ✚ **Steps 1 & 2:** help to release stagnations that occur above the waistline. These are useful therefore in preventing all types of headaches and respiratory problems. In addition, these steps help with all problems located on the front of the body.
- ✚ **Steps 3 & 4:** help to clear any tension below the waistline. Swollen ankles, stiff hips and bunions are but a few examples of issues that can be eliminated using these steps. In addition, steps 3 & 4 help with all problems located on the back of the body.

Module 3: The Dynamic Sequence that Helps to Reduce Fatigue, Tension & Stress Steps 1 - 3

- ✚ This module teaches students a set of 3 steps that can be used to help harmonize the energy flow in order to reduce fatigue, tension & stress. This works particularly well for issues located on either side of the body.

Module 4: The Placement of Hands (3 Ways to Work)

- ✚ The first hand placement, if used immediately after a burn can actually help to prevent the formation of unpleasant blisters or scars from forming.
- ✚ The second hand placement is ideal for use in the case of bleeding wounds or hernias, that is when something would like to flow or push out from inside the body. This positioning helps to direct energy into the body.
- ✚ The third hand placement can be used to pull something out of the body such as a splinter or a tick.

Module 5: Advanced Finger Patterns Steps 1 - 5 (Plus Extended Sequences)

Step 1 Benefits:

- ✚ Total Body Harmonizer.
- ✚ Governs the Skin Surface.
- ✚ Helps us to move forward and let go of the past.
- ✚ Defuses feelings of depression, guilt, hate, obsession and anxiety.
- ✚ Aids all types of respiratory and digestive disorders.
- ✚ Helps to clear stagnant energy from the head, back & legs.
- ✚ Balances sugar cravings.
- ✚ Revitalizes physical energy.
- ✚ Useful for self protection.
- ✚ Helps money to flow easily.
- ✚ Helps with clear thinking, transforms the mind.
- ✚ Helps boost our self-esteem.
- ✚ Balances weight issues (over and under).
- ✚ Allows us to feel more secure and grounded.
- ✚ Brings the acid/alkaline into balance.
- ✚ Helps to eliminate bad breath.
- ✚ Relieves nervousness, sleep disorders, lumps in the breasts & puffy cheeks.
- ✚ Harmonizes red blood cell/white blood cell ratio.
- ✚ Beneficial for problems associated with the tongue, tonsils or lips.
- ✚ Reduces bloating.
- ✚ Helps with knee problems, talkative people, thinking in circles, reflux, central nervous system, transforming food into energy, bleeding, yawning, drug addicts, detoxification, shingles, vitamin D absorption, hiccups, impaired Immune System, allergies and coccyx problems.

Step 2 Benefits:

- ✚ Helps everything to flow easily.
- ✚ Governs the Muscular System.
- ✚ Helps us to feel safe.
- ✚ Relieves Depression.
- ✚ Rebalances perfectionist tendencies.
- ✚ Helps us to overcome criticism.
- ✚ Supports the Adrenals/Useful in cases of addiction.
- ✚ Relieve Arthritis.
- ✚ Defuses all types of muscle aches and pains.
- ✚ Aids all types of digestive problems.
- ✚ Benefits all types of wrist, elbow and upper arm issues.
- ✚ Useful in times of mental confusion.
- ✚ Can help with eating disorders.
- ✚ Balances emotions.
- ✚ Assists with thyroid & parathyroid functions.
- ✚ Clears past karmic patterns and destiny.
- ✚ Relieves neck & shoulder pain.
- ✚ Balances cholesterol & blood pressure.
- ✚ Strengthens the Immune System.
- ✚ Helps in the assimilation of vitamins.
- ✚ Useful for kidney stones, prostate problems, hot feet, fever, sneezing & ear problems.
- ✚ Defuses frustration.
- ✚ Helpful in cases of timidity.
- ✚ Benefits metabolism.
- ✚ Balances water in the body.
- ✚ Useful for nose bleeds, sneezing, itching, teeth grinding, jaw problems, teeth/gums (baby teething).
- ✚ Aids all types of Reproductive problems.
- ✚ Balances body chemistry/hormones.
- ✚ Assists with the removal of toxins.

Step 3 Benefits:

- ✚ General Harmonizer.
- ✚ Governs the blood so aids with all types of blood disorders/circulatory problems.
- ✚ Relieves migraines/frontal headaches.
- ✚ A natural antibiotic/boosts the Immune System.
- ✚ For feeling indecisive, cowardly, unstable, overly emotional, not alert.
- ✚ Helps with all types of Reproductive problems/menstruation, infertility, impotence etc.
- ✚ Benefits all types of eye problems.
- ✚ Boosts the Lymphatic System.
- ✚ Regenerates the body.
- ✚ Reduces fatigue.
- ✚ Energises the mind.
- ✚ Relieves bloating/gas.
- ✚ Defuses stubbornness, rage, anger, frustration & irritability.
- ✚ Helps with all types of speech problems/yawning/TMD.
- ✚ Helps to eliminate gout.
- ✚ Beneficial for chronic neck/hip problems.
- ✚ Relieves allergies.
- ✚ Brings the acid/alkaline into balance.
- ✚ Aids the Respiratory system/breathing problems.
- ✚ Reduces varicose veins.
- ✚ Use when you have difficulty bending.
- ✚ For people who bruise easily.
- ✚ Helps to eliminate gallstones.
- ✚ Reduces skin pigmentation.

Step 4 Benefits:

- ✚ Brings joy.
- ✚ Governs Deep Skin.
- ✚ Useful for lost relationships.
- ✚ Aligns the back, legs and spine.
- ✚ For all types of head, neck & shoulder problems.
- ✚ Relieves nausea.
- ✚ Helps to promote lifestyle changes.
- ✚ Useful for people who are immature.
- ✚ Benefits the CNS (Central Nervous System).
- ✚ For all types of teeth and jaw problems.
- ✚ Relieves tinnitus and all types of ear problems.
- ✚ Defuses negative thoughts/feelings.
- ✚ Helps with all types of vision problems.
- ✚ Reduces lumps in the breasts.
- ✚ Relieves tennis elbow.
- ✚ Reduces excess mucous.
- ✚ Helps to promote common sense.
- ✚ Benefits all types of throat and lip problems.
- ✚ Relieves all types of Respiratory & Digestive Disorders.
- ✚ Helps to raise consciousness.
- ✚ Eliminates night sweats.
- ✚ Clears skin pores.
- ✚ Relieves coughing, dizziness and confusion.
- ✚ Strengthens intuition.

Step 5 Benefits:

- ✚ Brings laughter.
- ✚ Governs Skeletal System.
- ✚ For “Crying On The Inside And Laughing On The Outside”.
- ✚ Helps when you’re feeling insecure, nervous, anxious or confused.
- ✚ For issues of ‘Why Am I Here?’.
- ✚ Reduces bloating and heartburn.
- ✚ Boosts confidence & self esteem.
- ✚ Helps us to feel joy and happiness.
- ✚ Aids all types of bone problems.
- ✚ Balances blood pressure/blood circulation.
- ✚ Aids all types of sleep disorders.
- ✚ Helps us to feel grounded and at peace.
- ✚ Use for hair loss or graying hair.
- ✚ Calms the mind and Nervous System.
- ✚ Use in times of adrenal stress/deep fatigue.
- ✚ For all types of heart conditions.
- ✚ Eliminates judgemental attitudes.
- ✚ Clear destiny.
- ✚ Use in times of stress/shock/overwork.
- ✚ Relieves a stiff neck.
- ✚ Reduces hot flushes.
- ✚ Helps with Parkinson’s Disease/Forgetfulness/Deafness.
- ✚ Defuses jealousy and vengeful feelings.
- ✚ Useful for stuttering or when applied after a stroke.
- ✚ Brings the acid/alkaline into balance.
- ✚ Vitamin B12 producer.
- ✚ Improves brain function.

Module 6: Linking the Hands & Feet Steps 1 - 7

Steps 1 & 2: Can be used to alleviate exhaustion, mental confusion, eye strain and abdominal cramping. They also help to improve circulation in the hands and feet.

Step 3: Can be used whenever you find yourself thinking any of the following:

- ✚ I'm out of balance.
- ✚ I have a hard time breathing.
- ✚ My heartbeat is irregular.
- ✚ I have a fever.
- ✚ My digestive system is out of balance.
- ✚ I feel nervous.
- ✚ I have muscle spasms.
- ✚ I tire easily.
- ✚ I'm a worrier.
- ✚ I'm insecure and unsure of myself.
- ✚ I can't seem to lose weight.
- ✚ I feel bloated.

Step 4: Can be used whenever you find yourself thinking any of the following:

- ✚ I'm insecure and afraid.
- ✚ I feel negative.
- ✚ I feel lonely and unloved.
- ✚ I can't seem to get ahead. I'm always in need.
- ✚ I'm bored.
- ✚ I'm constipated.
- ✚ I have chronic ear problems.
- ✚ I have bursitis, tennis elbow and wrist and or finger pains.
- ✚ My nails look terrible.

Step 5: Can be used when you are experiencing any of the following:

- ✚ I'm feeling angry.
- ✚ I'm tired. I look haggard.
- ✚ I bruise easily.
- ✚ I suffer from migraines.
- ✚ My eyes are giving me problems.
- ✚ I can't breathe.
- ✚ My digestion is giving me problems.
- ✚ I have speech problems.
- ✚ I have hearing problems.
- ✚ I'm always hyper - I can't relax.

Step 6: Can be used whenever you're feeling:

- ✚ I'm out of harmony.
- ✚ My emotions are shot.
- ✚ I'm unhappy and can't seem to get myself out of it.
- ✚ I'm a victim of my thoughts, my feelings, my desires. I can't even breathe, my chest is so tight. I'm full of mucus.
- ✚ I sound weepy even when I'm not sad.
- ✚ I'm just a sorry mess. I have skin problems, rashes and excess body hair.
- ✚ My eyes are bothering me.
- ✚ I have digestive problems.
- ✚ I have no energy, but the more I lie around, the worse I feel.

Step 7: Can be used whenever you're feeling

- ✚ I'm so embarrassed when I start stuttering, I panic and that doesn't help matters.
- ✚ I perspire so much, it's embarrassing.
- ✚ I'm thirsty all the time.
- ✚ I try so hard, but I can't seem to make much headway and I get discouraged.
- ✚ How can I be happy anyway?
- ✚ I'm getting varicose veins and they're beginning to hurt and look ugly.
- ✚ I have digestive problems and heartburn which worries me.
- ✚ My hearing is getting bad.
- ✚ I have ringing in my ears.
- ✚ My skin is dry.
- ✚ I don't seem to have any enthusiasm or joy.
- ✚ I guess I'll never succeed. I am a failure.
- ✚ I try walking to build up my strength, but I feel worse after my walks.
- ✚ My baby has trouble sleeping.
- ✚ I broke my leg.
- ✚ I sprained my ankle.
- ✚ I'm accident prone.
- ✚ I have urinary problems.
- ✚ I have no energy.
- ✚ I have a sweet tooth.

Module 7: Finger Power Points 1 - 8

Finger Power Point 1: aids in releasing generalized tension and stress from head to toe. It facilitates our exhalation, which in turn allows us to empty ourselves of the causes of harmful stagnation and blockages of energy.

In addition, this Finger Power Point can be used whenever you find yourself beset with any of these particular concerns:

- ✚ I can't see too well.
- ✚ I have a hard time exhaling.
- ✚ I get frustrated.
- ✚ I'm tired all the time.
- ✚ I have trouble making up my mind - I'm a procrastinator.

Finger Power Point 2: promotes easier inhaling of the Breath of Life - our source of abundance. It can be used to alleviate the following mental or physical concerns:

- ✚ I can't 'take' a deep breath.
- ✚ I'm getting hard of hearing.
- ✚ My feet are bothering me.
- ✚ I'm not as alert as I used to be.
- ✚ My eyes are really bothering me.

Finger Power Point 3: aids in calming the body, releasing nervous tension and stress and revitalizing all of the organ functions. It can be used whenever you feel any of the following states of mind or physical symptoms:

- ✚ I get so nervous.
- ✚ I worry about my heart.
- ✚ I can't walk too much without getting out of breath.
- ✚ I'm always 'trying to'.
- ✚ I get so depressed, I have no fun.

Finger Power Point 4: aids in releasing the fatigue, tension and stress that can build up during the course of daily life. It assists in the release of worries, fears and anger. It can be used to ease any of the following mental or physical difficulties:

- ✚ I get so tired.
- ✚ I feel insecure about everything - my health, my wealth, my happiness.
- ✚ I'm beginning to feel old and look old.
- ✚ I get irritated and angry over nothing.
- ✚ I worry about everything.

Finger Power Point 5: aids in the revitalization of all bodily functions and releases those blockages that are responsible for daily fatigue. It also assists in overcoming any of the following conditions:

- ✚ I always have an uneasy feeling.
- ✚ Nothing seems to be wrong with me, but I get tired all the time.
- ✚ My complexion is terrible.
- ✚ I'm temperamental - I just can't help it.
- ✚ I have an uncontrollable craving for sweets.

Finger Power Point 6: strengthens the respiratory function and helps to balance all ear-related problems. When used while walking, jogging, running or exercising, this Finger Power Point helps us to breathe more easily. It can also be utilized when flying or driving in high altitudes. Use this Finger Power Point whenever any of the following physical or emotional conditions are predominant:

- ✚ My skin condition is terrible.
- ✚ I feel rejected and unloved and get teary easily.
- ✚ I'm all thumbs. I'm just plain clumsy.
- ✚ I've lost all of my common sense.
- ✚ My ears are bothering me.

Finger Power Point 7: aids in releasing general daily tension and stress from the head, lungs, digestive functions, abdomen and legs. It also strengthens our ability to exhale and unloads any accumulated dirt, dust and greasy grime.

Finger Power Point 8: helps to release any tension in the back and promotes an overall feeling of wellbeing. It also strengthens our ability to inhale and receive the purified breath of life.

(Finger Power Points 7 & 8 Help Us Bring Harmony To Our Entire Being)