

The Chong vessel runs in the interior of the body along the midline. The points below are all on the abdomen – wear a comfortable shirt and pants that can be adjusted to expose the abdomen. Situate yourself in a comfortable supine position. \*\*\* Please refer to the “How to Moxa” hand-out if familiarizing yourself with using moxa.\*\*\*

Starting with the highest points and working your way down, do pecking moxa at each point for one minute. You will do each of the six points for one minute – this equals one cycle. You will do 1 to 4 cycles.

Pecking Moxa directions: Hold the moxa just above point, close enough to generate heat on the skin. When skin becomes hot, lift up momentarily and then return the moxa back down above the point, til the sensation of heat is generated again. Repeat. The motion is lifting up and down, but focus on the heat.

### **Kidney 16 . Huang Shu, Vitals**

Located one body inch (thumb width) to each side of navel.

### **Ren 6, Qihai, Sea of Qi**

: Located 1 1/2 body inches (2 finger widths below navel)

### **Ren 4, Guan Yuan, Origin Pass**

Located 3 body inches (4 finger widths below navel)

### **Stomach 30 (alternative location), Qi Chong, Surging Qi**

From hipbones, fall in and down into a depression where a pulse can be felt.

Approximately 2 body inches either side of the midline.

