

Self-Applied Massage of the Ears

Self-applied massage is one of the most powerful aspects of what the Chinese call "cultivation" - cultivation of healing, cultivation of Qi, cultivation of consciousness, wellness, longevity and even awareness of spirit.

One of the most important aspects of Qigong and Medical Qigong is -- **"direct healing resources to the parts that need it the most."** One of the easiest ways to do this is to massage the ears, hands and feet. Ear massage is the historic precursor to auricular acupuncture, acupuncture of points in the ears.

Ear Massage Instruction

Each of the points in the ear is related — reflex — to parts of the body — organs, glands, joints and functional interactions. When you do a longer practice, your ears will heat up.

According to Medical Theory both the pressure and the heat trigger effects that influence pain relief, ability to sleep, functional coordination. You are giving yourself a full body massage by just massaging your ears!

Ear Reflexes

