

# Acupuncture for Emotional & Mental Wellness

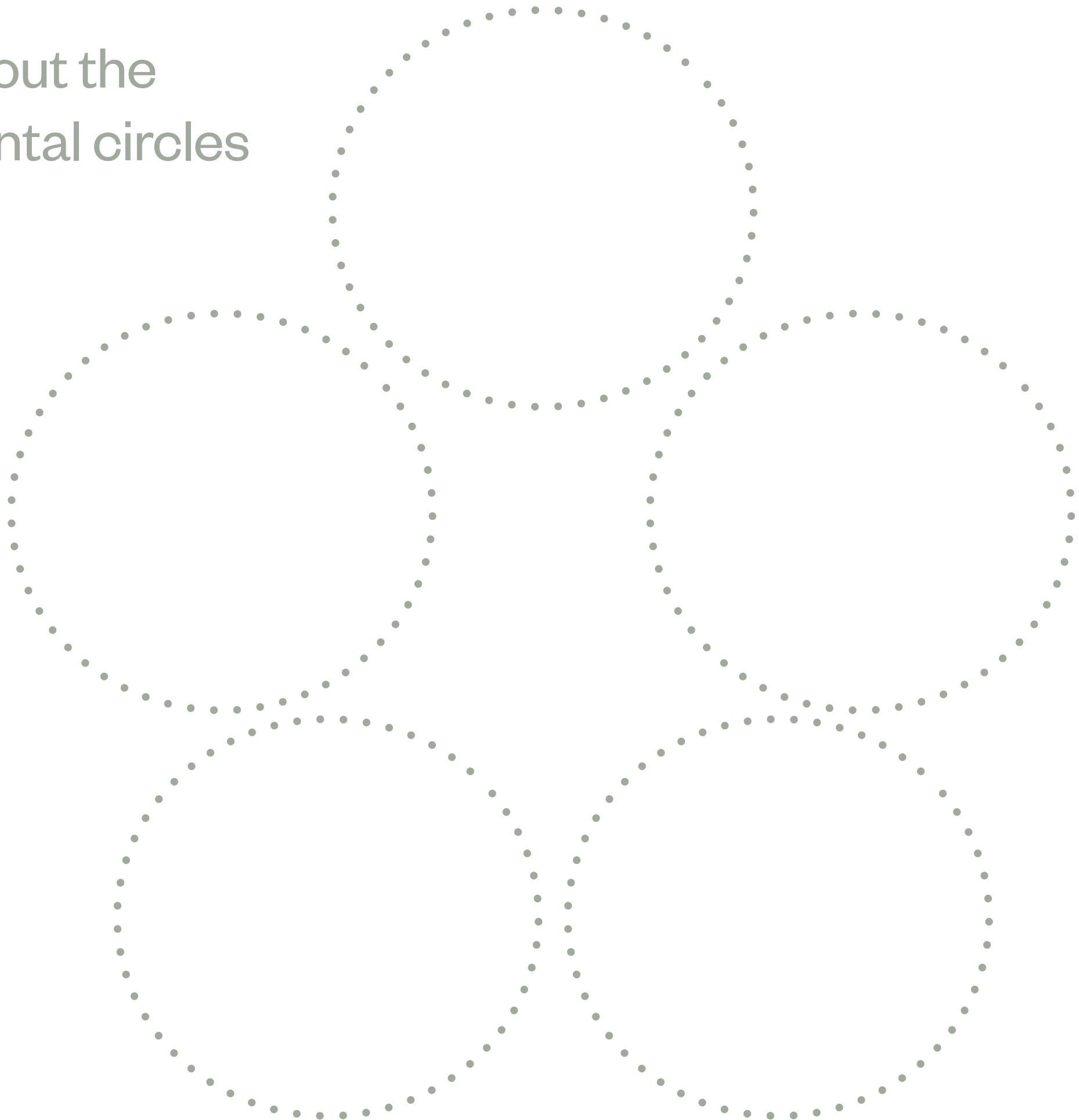
With Lance Isakov,  
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[www.VillageWellness.net](http://www.VillageWellness.net)



fill out the  
elemental circles



# Notes

# Water Element

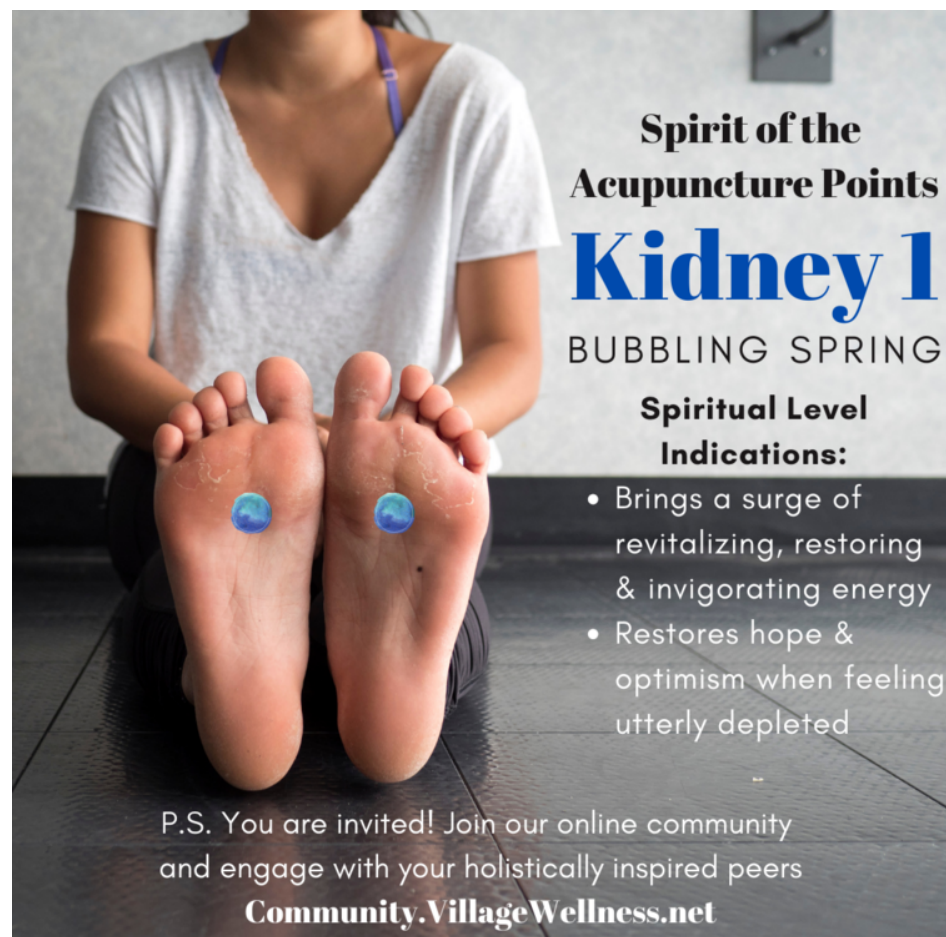
## Primary emotions:

Fear & Courage

## Helpful Acupressure Point

### Kidney 1 - Bubbling Spring

Bottom of the foot, 1/3 down from the base of the toes



## Helpful Practice

Remember Fear + Breath = Courage

## Box Breathing

Box breathing, also known as four-square breathing, involves exhaling to a count of four, holding your lungs empty for a four-count, inhaling at the same pace, and holding air in your lungs for a count of four before exhaling and beginning the pattern anew.

# Wood Element

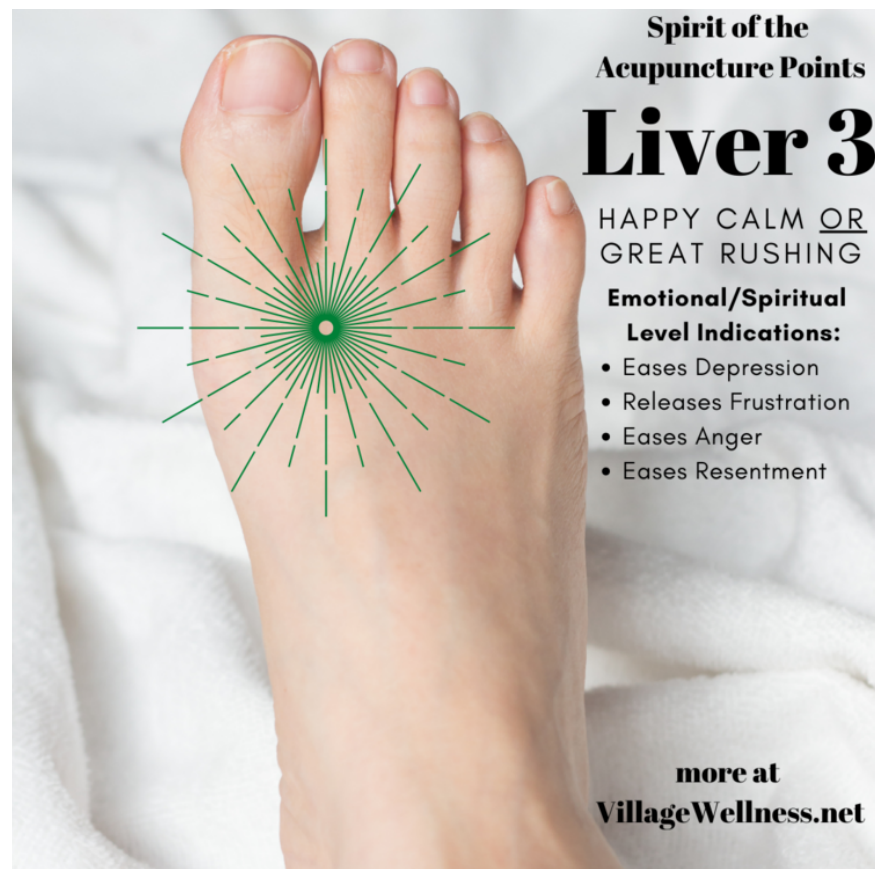
## Primary emotions:

Anger & Benevolence

## Helpful Acupressure Point

### Liver 3 - Happy Calm

On top of the foot, in line with the space between big toe and next toe



## Helpful Practice

### Shouting from your belly - Har

Find a safe and private space (like your car) Take a deep breath in as you allow your belly to relax. Exhale, pulling your navel center in & up to create the sound “Har.”

Make sure you are not shouting from your throat.



# Fire Element

## Primary emotions:

Sadness & Joy

## Helpful Acupressure Point

### Heart 6 - Yin Mound

On the pinky side of the wrist crease 2 inches from the wrist

## Helpful Practice

### Sigh

Take a deep breath in as you relax your belly. Exhale with a deep sigh. Imagine all your heat, energy, and feelings, releasing on the breath.



# Earth Element

## Primary emotions:

Worry & Empathy

## Helpful Acupressure Point

### Stomach 36 - Leg 3 miles

Below the knee, one finger-breadth lateral to the anterior crest of the tibia.



## Helpful Practice

### Gratitude Practice

When you are feeling worry, take some time to write a list of everything you are grateful for (at least 10 things)

As you write try to feel the gratitude.

# Metal Element

## Primary emotions:

Greif & Awe

## Helpful Acupressure Point

### Lung 1 - Middle Palace

On the chest, level with the space between the first and second ribs, approximately 1.5-2 inches in the depression below the acromial end of the clavicle. Point is typically slightly tender to the touch.



## Helpful Practice

### Grief Letter Ritual

Take some time to write all of your feelings down on a piece of paper.

Perhaps it is in the form of letter to the person, place, or thing that you have lost. Put your feelings onto the paper.

On the next New Moon, ritually burn the paper in a fire-safe container. Take the cooled ashes and mix with equal parts baking soda and cover with water. Freeze.

On the next Full moon release into running water.



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# Thank You!

I am so grateful to share this powerful medicine with you!

I am here for any questions!

Wishing you well,

Lance Isakov, L.Ac.

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