

MORE ESR POINTS

LIFE BEYOND THE FRONTAL EMINENCES

by Frank Mahony

Several years ago, a student in a basic TFH class asked me if there were other ESR points besides the frontal eminences. I said I wasn't aware of any, but I would look into it. After doing a bit of experimenting I discovered another eminence point - the thenar eminence, located on the meaty part of the palm where it joins the wrist near the thumb, which I introduced at the TFH Conference in 1984. I jokingly refer to this point as lung 9 1/3. The very next week I had a learning deficit client, a boy age 13, who could not stand to be touched on the head, so this discovery was quite timely and effective. These points can be touched together as in prayer, or touched separately by any finger, and even with fingers of the same hand, as if you were holding onto the cuff of your shirt when putting on a top coat. One of the benefits of these points is that you can hold them with out anyone else knowing, whereas the head points are quite obvious, or where there is a head injury making those points inaccessible.

As time went on, I discovered additional ESR points located on the nipples, the top of the tibia bone just below the knee, and on the soles of the feet where the front and side contact surfaces meet. This would be Kidney 1 east, or west, or north, or south, depending on which direction one is facing. It could even be K1 SSE, ESE, NNE, or NNW, or any point on the compass. (Just joking again. Sorry!) Anyway, the point is just lateral of K1, so you don't have to be a boy scout to figure out where it is. As for the discovery of the nipple points, that was a dirty thankless job, but somebody had to do it. These points are usually held by the client by crossing the arms and placing the palms on the nipples. One can combine nipples with the hand points, which can be placed on any of the other stress points, which sometimes seem to produce noticeable additional benefits.

There doesn't seem to be any particular benefit of one point over the other, except for the convenience for the situation, such as the head injury making it impossible to touch the

head, or vice versa. But it gives us some options we didn't have before.

Why certain points of the body are specialized in dealing with stress is no more apparent than why one point in the ear affects the ankle, or why foot areas are related to organs, etc. Observing what people do when under stress offers important clues about the efficacy of these particular points. For example:

- People often clasp their hands to their foreheads under stress, particularly in response to shock.
- Wringing the hands together is another classic maneuver.
- Novice singers often clasp their hands together in a near death grip, which now appears to be an unconscious anti-stress gesture more than just not knowing what to do with one's hands.
- tagged as a classic defense posture by body language proponents.

If true, this would be another clue as to its function more as an anti-stress point we unconsciously resort to when feeling under attack, rather than protecting our vital organs, or reaching for an imaginary concealed weapon. Alan Pease, in his book, "Body Language," equates the thumbs pointing up, in this posture, as showing self confidence, and being "cool," which I suspect he means a person who doesn't get flustered. To me it just represents the most natural and comfortable position for the thumbs to be in with the palms flat to the breast.

It can often be observed that the hands are folded in various ways just below the knee when sitting, either with legs crossed, or not. Although I can't recall observing anyone grabbing the soles of their feet when subjected to shock or stress, I have been surprised at the number of people who have stated that they often massage their own feet for relaxation, and particularly the area noted

herein (junction of the front and side contact surfaces in the soft tissue).

Benefits

The benefits of the additional ESR points are obvious to the experienced, but for the sake of review, hand points are handier than most (pun not intended, but why not). Additional ESR points allow for several points to be held simultaneously, by the person being worked on, and by those in attendance. So, for instance, a team of balancers could hold the head, knee, and foot ESR points while the person being balanced crossed the arms across the breasts, making contact with the hand and nipple points, or any combination of the above. And just imagine what benefits a contortionist would realize by being able to contact all of these points at the same time.

At this point, let's get some hands on experience with some of these new points and we'll bring it back in fifteen minutes and get some feedback as to your results and any innovations, or things that you feel should be shared. Team up any way you would like. One-on-one equates to seven and one half minutes each. That would give each a chance to work on three or four stresses using one of the additional points for each stress. So do it in what ever number you feel practical, so that everyone gets a chance to unload some stress as well as have experience as both the facilitator and stresse. If you want to gang

up on somebody where everybody grabs a point, go for it. If you use "Asking The Body Questions," then you might ask the body if it has a preference as to which points should be used for each stress. You might even discover some new ones, or that the body has its own preference.

Locations of ESR Points

Frontal Eminences. Approximately three finger widths above each eyebrow directly above the eyes.

Source - Touch For Health

Hands. Thenar eminence, on the meaty part of the palm near the thumb, adjacent to the crease of the wrist. Mythical Lung 9 1/3.

Source - Frank Mahony

Nipples. Self explanatory.

Source - Mahony.

Tibia Approximately two finger widths below top of tibia on the flat inside surface.

Source - Mahony

Foot. Sole of the foot approximately one finger width lateral of Kidney 1, at the junction of the contact surfaces of the ball and side of the foot.

Source - Mahony