

Mind Body and Sole

Regain Health, Remember Happiness, Recognize Your Gifts

Safety Energy Lock 1 - The Prime Mover

Location: On the inside of the knee, at the bulge where the thigh and the shinbone connect.

Depth: 1

Function/Harmonizes: Birthplace of Supervisors; Abdominal Distress; Breathing; Head Discomforts

Finger: Thumb

Quickies: Cross hands & hold SEL 1; L right 1 & R right 2; R left 1 & L left 2; SEL 1 & opposite 26

SEL 1 unifies the descending energy with the ascending energy and so it harmonizes us from head to toe. As the prime mover, it carries the power of unity into our being and allows life energy to descend in the front of the body. It thereby supports exhaling and clears the head.

SEL 1 sets us in motion when we are mentally or spiritually stuck or stalled in any given situation. At the same time, it brings stability and strengthens self-confidence as well as our basic sense of trust.

Physical Application

Headache; toothache; breathing problems; bronchial asthma; shock; knee pain; gastrointestinal problems; colic; hiccups; choking; brings movement into any stagnation of energy.

Mental/Emotional Application

Strengthens self-confidence, basic sense of trust, and empathy; calms nerves and relieves stress

