

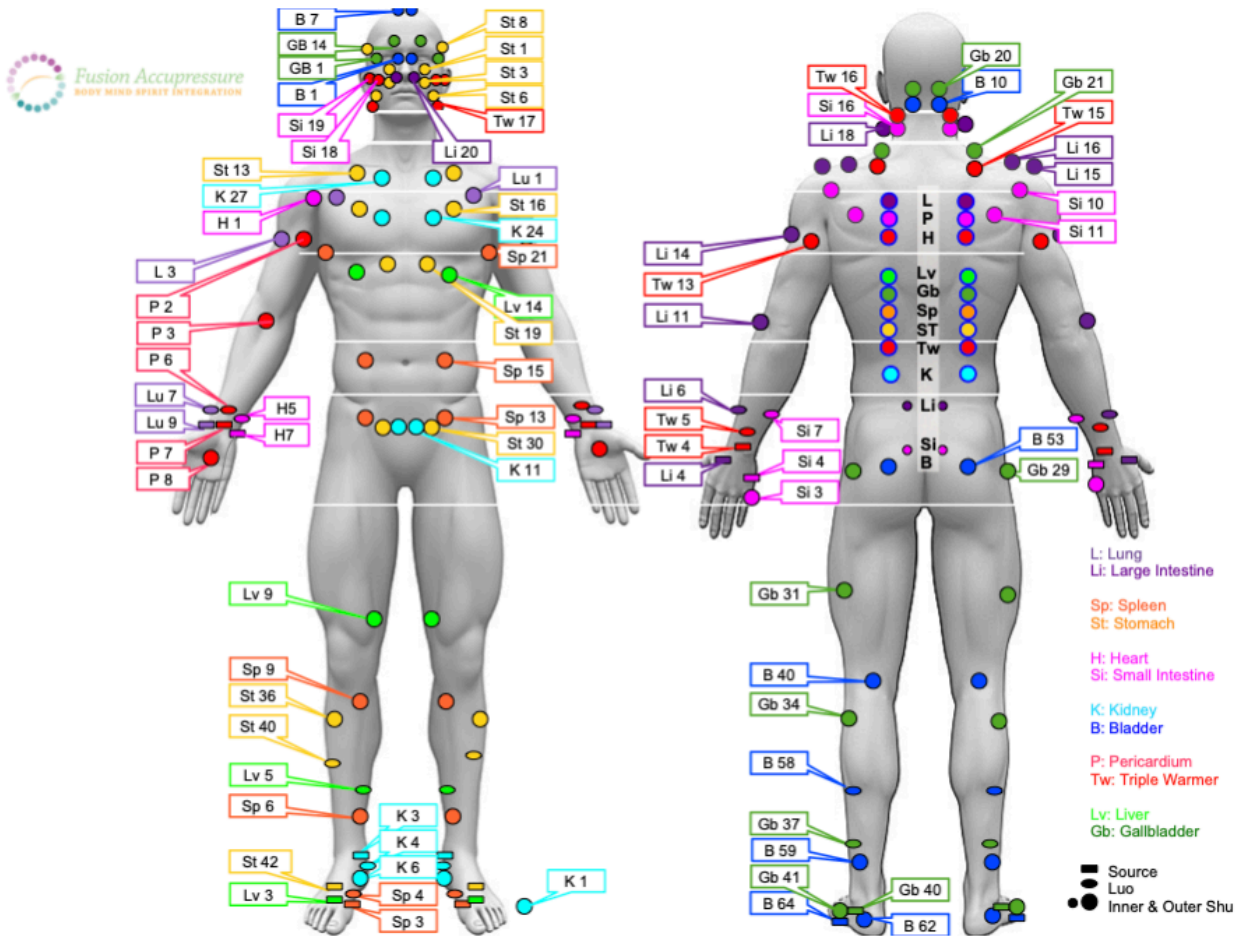


Adria Ellis



Fusion Acupressure

*Body . Mind . Spirit*



Adria Ellis  
 BsSc, Dip Trans Psych, RTC, MQP, Psych-K,  
 SBD, Director of Fusion Acupressure Method

[www.adriaellis.com](http://www.adriaellis.com)  
[www.fusionacupressure.com](http://www.fusionacupressure.com)  
[www.counsellingwithadria.com](http://www.counsellingwithadria.com)

**Acknowledgment:**

I would like to acknowledge the following teachers and Authors: Noel Taylor, Tolling Jennings, "The Manual of Acupuncture" by Peter Deadman, Mazin Al-Khafaji, Kevin Baker, and "Medical Qi Gong" by Jerry Allen Johnson, Psych-K by Rob Williams, Iona Marsa Teeguarden "Acupressure Way of Health, and Lonny Jarret "Clinical Practice of Chinese Medicine"

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This book is the result of my students asking me to share more. It is sectioned into a few categories to facilitate your learning and understanding of Fusion Acupressure.

The first section, "Introducing Philosophy," provides an overview of the philosophy behind Fusion Acupressure, including the principles of yin yang theory and the significance of meridians in the context of fusion healing.



The next section, "5 Elements & Acupressure," delves into the five elements and their connection to the meridians. It explores how these elements influence us physically, emotionally, and psycho-spiritually. Additionally, this section covers the location of over 100 pressure points along the meridians, enabling you to effectively apply acupressure.

In the "Coaching Techniques" section, you will discover talk therapy techniques aimed at deepening rapport and enhancing the quality of your sessions. These techniques are designed to encourage clients to open up and heal their emotions. This section caters to both practitioners and those seeking advanced skills in Fusion Acupressure.

The "Self Care & Practice" sections provide guidance on how to give a Fusion Acupressure session. It is particularly beneficial for individuals who have already studied Fusion Acupressure and wish to refine their skills. This section also incorporates coaching questions specific to the meridians, allowing you to deepen your personal exploration and develop coaching techniques directly related to the meridians.

Overall, this book offers a comprehensive approach to Fusion Acupressure, combining philosophy, meridian theory, acupressure techniques, coaching strategies, and self-care practices. It aims to support your learning journey and empower you to apply Fusion Acupressure effectively in your practice.

# **A** n introduction to **Fusion Acupressure**

The Fusion Acupressure Method is a holistic healing approach that integrates traditional Chinese acupressure with a range of therapeutic techniques. This comprehensive method combines the principles of acupressure, the meridian system, energy healing, Qi Gong, and life coaching to effectively release tension, restore energy, and address limiting beliefs. By utilizing a diverse set of techniques, the Fusion Acupressure Method offers a unique and multifaceted approach to healing by promoting overall physical well-being and facilitating personal growth.

The Fusion Acupressure Method involves the application of targeted pressure to specific acu-points on the body, stimulating the body's innate healing abilities. Each pressure point serves as a bridge, connecting the body, mind, and heart.

During sessions, clients remain fully clothed, and the practitioner applies deliberate finger pressure to specific pressure points while encouraging



the client to be present with their experience. This intentional touch aims to facilitate the movement of energy along the meridian system, balance physical and emotional blocks, and support the healing process.



The Fusion Acupressure Method combines acupressure with Energy Healing, and Life Coaching Techniques to enhance the clients' awareness of stored tension in their body and mind. Through gentle talk therapy, there is an opportunity for clients to deepen their awareness and regain a sense of personal empowerment.

Whether it's relieving physical discomfort, enhancing energy flow, or addressing emotional and mental blocks, The Fusion Acupressure Method provides a comprehensive toolkit for individuals seeking holistic healing and transformation.

## History of Acupressure

Acupressure is an ancient healing technique that originated in China over 5,000 years ago. It involves applying pressure to specific points on the body, known as acupoints, to stimulate the body's natural healing abilities.

Acupuncture and the use of needles is said to have originated over 2,500 years ago. Its roots can be traced back to the ancient Chinese and Taoist philosophy based on balancing the Yin and Yang energies and the flow of Qi (vital energy) through the meridians in the body.



The earliest written records of acupuncture dates back to the Huangdi Neijing (Yellow Emperor's Inner Canon), a medical text from the 2nd century BCE. This text describes the theory and practice of acupuncture, including the use of thin needles to stimulate specific points to restore the balance of Qi.

Over the centuries, acupuncture & acupressure evolved and became an integral part of traditional Chinese medicine. It was used to treat various ailments and promote overall health and well-being.

In the 20th century, acupuncture & acupressure have gained recognition and popularity outside of China. It spread to other parts of Asia and eventually to the Western world as both a complimentary therapy and increasingly recognized in Western medicine.

*“Today, we can see the influence of this ancient modality in Shiatsu, Reflexology, Kinesiology and the Fusion Acupressure Method.”*

The core principles of these modalities are used for a wide range of conditions, such as pain management, stress reduction, fertility support, and overall wellness.

## Healing & the Fusion Lens

What Does healing mean to you?

Often we associate healing as the absence of dis-ease. In Fusion Acupressure we begin to look at the discomfort as a symptom not the problem. In this modality we shift the lens from making the discomfort go away, to what would be different if this was no longer here. We use the dis-ease to help us identify what meridian we will work with, but the intention

is about remaining curious with what the client truly wants, and the promise of how life could feel different if they were no longer in their struggle/ disease. The reason why this reframe is important is that healing chronic and terminal illness is not always possible, the ques

