

Moxibustion is the burning of the herb moxa or mugwort (*Artemisia Vulagaris*). Its use predates acupuncture by thousands of years. It is now used throughout the world including China, Asia, Europe, and North America.

There are two types of moxa that we utilize in NSEV Healing: stick-on moxa and pole moxa.

Stick-on Moxa are small, tightly wound cones on a base, that stick directly onto the skin.

Pole moxa are cigar sized, tightly wound tubes that are held above the skin.

## **Preparing to Moxa the Chong**

Choose an area in your home that is comfortable and well-ventilated. Moxa smoke may leave a lingering odor in the room and on clothes.

### **Pole Moxa**

- Have a cup or bowl to tap the ashes in when necessary.
- When finished with your treatment extinguish moxa pole either by wrapping the end of the pole in tinfoil or by placing the burning end in a bowl of sand. Do not wet moxa stick.
- If necessary, you may mark the points on your body.
- Light the moxa pole (peel off the outer layer of paper).
- Starting with the highest points and working your way down, do pecking moxa\* at each point for one minute. You will do each of the six points for one minute which is one cycle. You will do 1 to 4 cycles.

\*Pecking Moxa; Hold the moxa just above the skin, close enough to generate heat. When hot, lift up and quickly place back down above the point.

### **Stick-On Moxa**

- Light individual moxa cones and put on points. Let them burn through.
- If cones become too hot, remove them.
- Repeat 1-4 cycles.

## **Point Locations**

**Ren 4:** Located 3 body inches (4 finger widths below navel)

**Ren 6:** Located 1 1/2 body inches (2 finger widths below navel)

**K 16:** Located one body inch (thumb width) to each side of navel.

**St 30 (Chong)\*:** From hipbones, fall in and down into a depression where a pulse can be felt. Approximately 2 body inches either side of the midline.

\*This is an alternative location for this point.

