

Heart & Presence Protocol

For Public Speakers, Performers and Stage Artists

Whether you're stepping into the spotlight with a speech, a script or an instrument your presence matters more than perfection.

In Traditional Chinese Medicine it's a calm mind, an open heart and balanced energy that let your true voice shine - not just your skill, but your sincerity.

This acupressure routine supports those moments of vulnerability and power. It helps you ground any nerves, sharpen your focus and fully inhabit your performance - not just for the audience, but for Yourself.

This isn't about fixing anything - it's a return to what's already within you: your presence, your voice, your truth.

Many performers spend hours preparing their sound, their look, their lines - yet overlook the space where it all begins: the heart, the breath, the still centre of confidence.

These few quiet moments with yourself can shift everything. They help you settle into your body, calm the noise in your mind, and allow your natural brilliance to rise.

It's not about trying harder; it's about opening more gently.

Try it once, and notice how the energy around you shifts.

This protocol is ideal for: Public Speakers, Musicians, Actors & Theatre Performers, Dancers, Poets & Spoken Word Artists, Comedians, TV Hosts / Presenters, Teachers & Lecturers, Spiritual Speakers or Ceremony Leaders, Trial Lawyers (Courtroom presence), Influencers or Streamers (before going live) and Anyone who needs to project with clarity, connect emotionally and stay grounded under pressure will benefit.

The Points

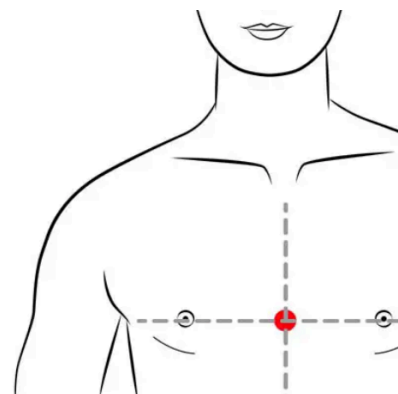
CV17 - Chest Centre

Location: Centre of the chest, at the level of the nipples.

Function: Opens the chest, regulates Heart Qi, eases emotional tension.

Why it helps: This is the emotional heart-opening point. It softens internal resistance, enhances breath and vocal flow, and allows you to connect genuinely with yourself and others. Perfect for singers, speakers, and anyone needing to feel "open" before performing.

How to use: Place your palm or fingertips gently on the centre of your chest. Breathe into the space beneath your hand. Massage in small circles for 1–2 minutes.



HT7 - Spirit Gate

Location: On the inner wrist crease, in line with the little finger, at the hollow beside the tendon.

Function: Calms the spirit, nourishes the Heart, eases anxiety.

Why it helps: Especially good for emotional steadiness and quieting internal tension. If your nerves shake your hands or voice, this point helps bring a grounded calm.

How to use: Use the thumb of the opposite hand to apply gentle pressure. Breathe deeply and hold or massage in a circular motion for 1–2 minutes.



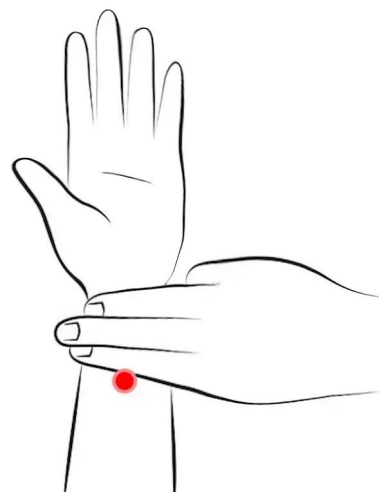
PC6 - Inner Gate

Location: Two finger-widths above the inner wrist crease, between the two tendons.

Function: Harmonises Heart and Liver, calms the mind, clears emotional blockages.

Why it helps: This point settles anxiety and helps emotional energy move in a healthy, expressive way - perfect for nervous performers who need to stay composed and passionate.

How to use: Press gently but firmly with the opposite thumb. Breathe slowly. Use a circular motion for 1–2 minutes. Repeat on both sides if you have time.



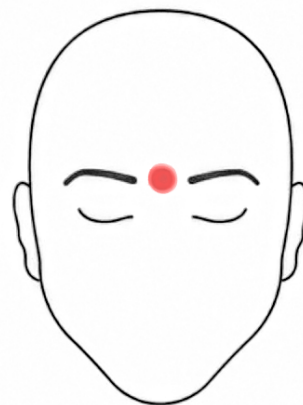
YINTANG - Third Eye Point

Location: Midway between the inner ends of the eyebrows.

Function: Calms the mind, clears the head, eases anxiety and restlessness.

Why it helps: Great for quieting racing thoughts and enhancing focus. It also helps soften the inner critic so your creativity can flow freely.

How to use: Use your middle or index finger to press lightly in a circular motion. You can also tap it gently or simply rest your finger here while breathing deeply.



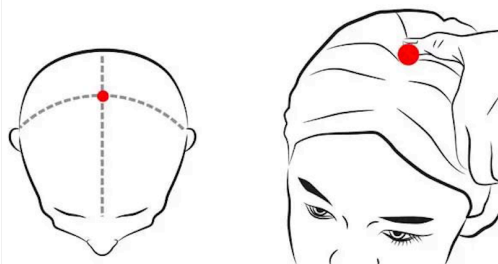
DU20 - Hundred Meetings

Location: At the crown of the head — draw a line up from the top of the ears and find the centre point.

Function: Raises Yang Qi, clears the senses, lifts mental fog.

Why it helps: Adds a final lift to your alertness and awareness. Helps you feel present, clear, and subtly energised without overstimulation - especially helpful right before stepping into the spotlight.

How to use: Tap lightly with your fingertips or apply gentle pressure. Finish with a few deep breaths and a feeling of uplift.



Optional Breath Cue

Inhale gently for 4 seconds, pause, exhale for 6 seconds.

Do this while pressing each point to deepen the calming and focusing effects.

Disclaimer: This self-help guide is intended for informational purposes only and does not constitute medical advice. It is not a substitute for professional diagnosis, treatment or care. Always consult your doctor before starting any new health practice, especially if you have an existing medical condition or are experiencing persistent symptoms.