

Elemental Accessories^{the}

practical, sensitive tools
for energetic animal care



a resource from:
ElementalAcupressure.com

Welcome!

from your teacher



Hi and welcome!

My name is Susan Tenney. I've been sharing acupressure Classical East Asian Medicine (CEAM) for animals and their people for over thirty years. It's my mission to put the power of these powerful practices into the hands of ALL animal caregivers.

Lately some of my favorite tools to share with our community are the ***teishin and enshin*** - gentle yet powerful non-insertive “needles” used by CEAM practitioners with human patients for centuries. The Japanese acupuncture and shiatsu communities have been keeping the practice of these tools alive - especially in recent decades - and now it's time for the animal communities to benefit too!

The Elemental Accessories™ work so beautifully with E.A.Sy. Acupressure (**E.A.Sy.** = the **E**lemental **A**cupressure **Sy**stem) and we are so excited to share this practice with you! You and the animals in your care are going to LOVE these tools!



Susan Tenney, CMT

What is acupressure?

Acupressure (including **E.A.Sy. Acupressure**) is simply the gentle activation of **acupressure points** along the surface of the body. Over centuries, practitioners noticed that contact at these points causes repeatable wellness responses. ([learn more here](#))

Some acupoints activate relaxation, while others energize the body, support digestion, or aid the immune system etc. Practitioners select points to meet the needs of the recipient.

Acupoint work has been proved safe and effective in countless scientific studies. It is now recommended by the World Health Organization.

Acupressure is safe and effective and most animals love it when you find their favorite points.



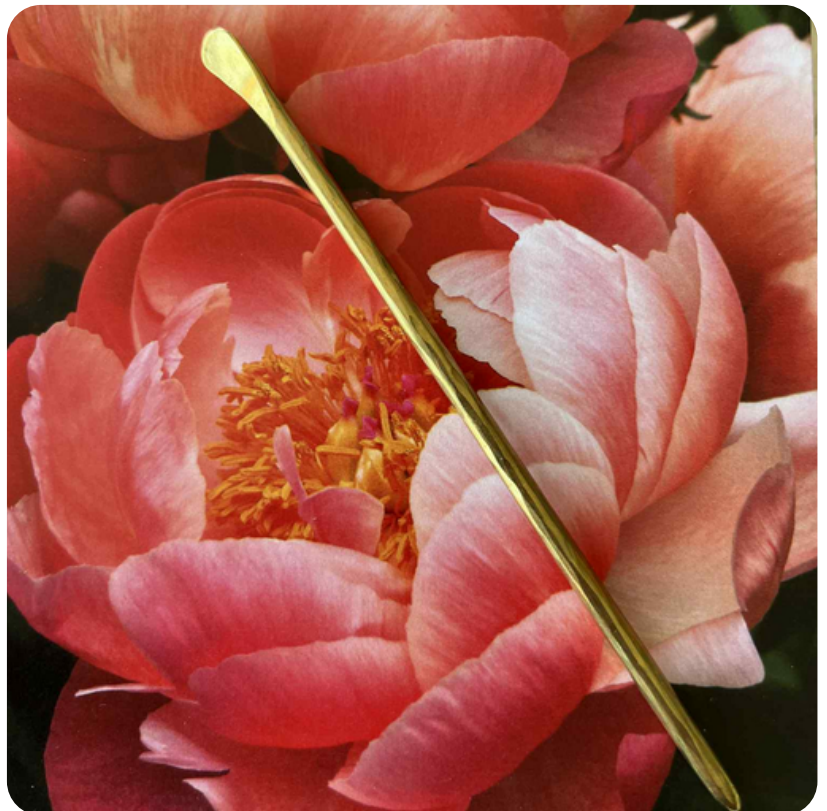
What are the teishin and enshin?

Centuries ago practitioners discovered that using gentle pressure or stroking with a blunt tipped tool at the acupoints would create similar results as using an acupuncture needle. Ideal for children and others who feared needles, “non-insertive” needles have been used for centuries.

Practitioners in the communities of Shiatsu and Japanese Meridian Style Acupuncture in particular have embraced the use of the non-insertive needles including two tools called the “teishin” and “enshin” in Japanese. The teishin is narrower and tend to be pointier while the enshin is a thicker, broader tipped too.

Surprisingly, once many acupuncturists TRY them, they prefer them to using needles!

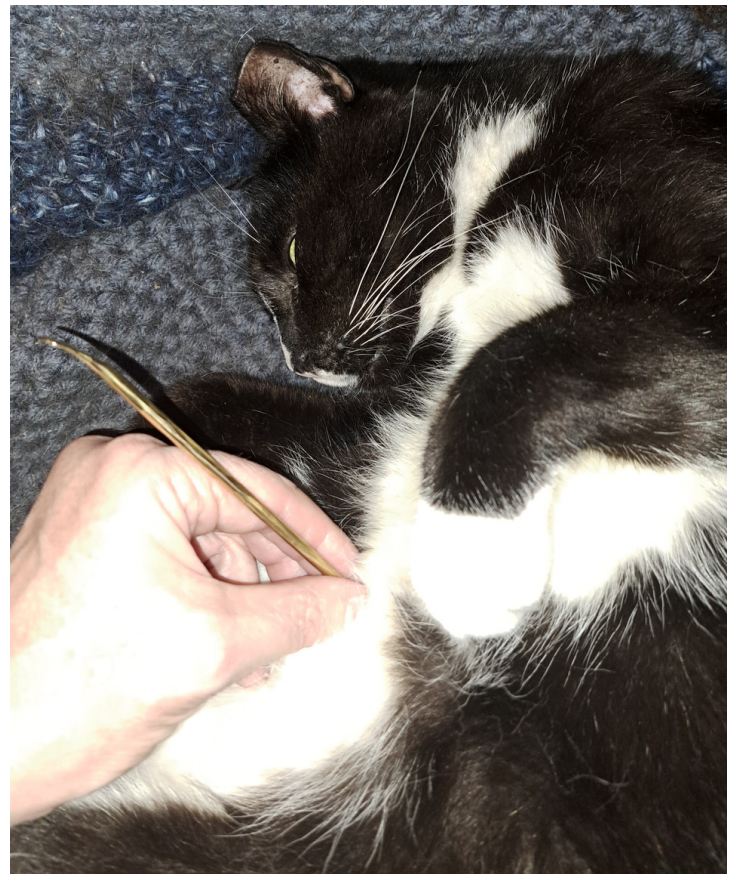
They are gentler, less invasive, more readily accepted by recipients, and every bit as effective.



What are Elemental Accessories™?

Here at Elemental Acupressure we LOVE using teishin and enshin. They enhance your feel for moving qi and animals usually love them! We set out to design a line of tools that meet the specific needs of the ANIMAL practitioner.

- Elemental Accessories™ are LONGER than many traditional tools designed to be used in a pristine human clinic. Our tools are easier to hold onto when an animal is shifting about.
- Elemental Accessories™ have textured surfaces designed to be easier to hold even if your hands are dirty, sweaty, or covered in fur.
- Elemental Accessories™ align beautifully with the Elements, allowing 5E practitioners to carry their Elemental Acupressure practice to a new level.



How do they work?

The Elemental Accessories™ are **NOT** pressure tools like the gua sha - which scrapes the skin - or hand-held massage tools - which work by pressing deeply into the muscle tissues. They are used with exquisitely gentle touch - only JUST contacting the skin delicately or even just HOVERING OVER the body.

Think of them as an ENERGY TOOLS that conduct subtle energy between yourself and the recipient. If you are heavy handed with them, you'll miss true subtle nature of your tool!

We encourage you to see HOW LIGHT you can use them - essentially only holding the tip of the tool to the animal's body with next to no pressure at all - as light as a feather - so the qi can do the work instead of force or pressure.



What materials are they made with?

While common metals like brass, bronze, copper, aluminum, and silver are the most common materials for teishin and enshin, these tools can also be made with precious metals like gold and even platinum.

Some use enshin made with crystals or special stones. It really can be ANYTHING that allows the practitioner to gently contact the animal's surface.

One EA student even uses a small horse-shaped brass figurine gifted to her from a friend!



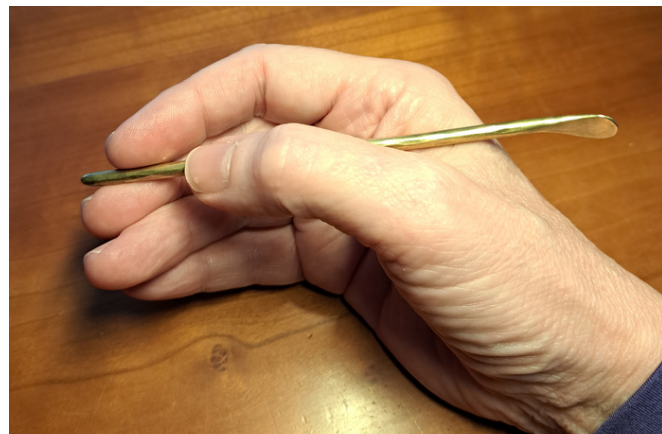
The Elemental Accessories™ above are made with brass, bronze, stainless steel, aluminum, and copper respectively

How do I hold it?

1: Pick up your Elemental Accessory™ like a pencil. Hold it with a totally relaxed hand.

2: Find the balance of your tool by cradling it on the last segment of your middle finger and the base knuckle of your index finger (or on the curve of your hand slightly toward your thumb). It should rest there nicely and feel like it belongs there. Your thumb and index finger stabilize its position but they don't ever grip or grasp the tool hard.

3: Adjust the position of the tool so that the tool's working tip (the end near your fingertips) is positioned at the end of your fingertips - not extending past the finger tip.



How do I use it?

1: Holding the teishin as described on the last page, rest the pinky side of your hand on the table, or your thigh, or even a stuffed animal, so that the palm is facing to the side.

2: Rotate your hand over your pinky side of your hand so that the palm is now facing your work and the teishin tip approaches the contact spot.

3: Make delicate contact with the tool's tip. Your goal is simply to support the tool so that it can make contact - NOT to press it into the skin.

4: When you make contact, hold it still for a few seconds and rock your hand back away from contact. THAT'S IT!



What about the other tool ends?

The broad flat ends of the Sunshine, Midnight, and Sparkle Teishin™ are perfect for gently and lightly sliding along a meridian pathway or a fascia line. You can also trace along a tense muscle or around scar tissue. It can also be held on a point for a broader and softer point of contact.



The thicker rounded ends of the Unicorn and Moonglow Enshin™ are also nice for a broader contact with the body or at points.

How do I learn more techniques?

The technique described on the previous pages is the most basic way to use your tool. And it can be enough for you to use with your **Elemental Accessories™** indefinitely!

However, there are so many more moves and techniques you can apply with your teishin!

For a much more detailed description of techniques, check out our complete online **Teishin Course**. In the course you will learn a long list of additional techniques for teishin and enshin use, the proven science of the efficacy of these tools, the history of this amazing tools and so much more. If you plan to use them, and especially if you plan to use it in your professional practice, we highly recommend that you join this course!

Introduction to the Teishin Online Course:

<https://elementalacupressure.com/shop/teishin/>

Are there any contraindications?

If you are new to the teishin and enshin tools you should observe these common sense cautions:

- Never work with an animal that needs medical attention. Like acupressure, **tool work is never intended as a substitute for proper veterinary care.** If an animal in your care needs medical attention, call the vet FIRST and consult with them to see if teishin work can be a part of their care.
- As you build your skills, avoid delicate zones of the body until you are more steady handed. **We especially suggest that you avoid work on the face** until you are more skilled.
- Always remember that animals MOVE when we work with them, whether you are ready for that or not. So **work safely at all times.**
- Let the animal guide your session. If they are gently resisting, you can proceed with care. **If they are showing strong resistance, stop for the day and try again another time.**

Which points should you activate first?

If you are new to point work we have loads of resources that can introduce you to the acupoints and meridians that respond so well to your teishin too.

FREE RESOURCES

Basic Acupressure and Relaxation Points:

<https://elementalacupressure.com/easyacu>

Five Element Quiz for Animals:

Pets:

<https://elementalacupressure.com/quiz-5e-pet/>

Horses:

<https://elementalacupressure.com/quiz-5e-horse/>

ONLINE COURSES

[**AcuBasics**](#) - an acupressure starter course

[**Introduction to Acupressure for Animals**](#) - a thorough introduction to animal acupressure

[**Certification Program**](#) - our complete professional training program for animal pros and folks who want to become one