



5 Powerful Ancient Acupressure Points for Modern Confidence

Dr. Lilly Partha

Welcome!



Dr. Lilly Partha

For over 30 years, I've worked as a holistic doctor, author, teacher, and counselor, helping people find balance and well-being in their lives. I've seen firsthand how impostor syndrome can overwhelm even the strongest women, and I've helped many successfully manage that stress with practical, holistic approaches. My hope is that this workbook brings you a boost of calm and confidence whenever you need it.

In this guide, I'll share five acupressure points that are simple to access and incredibly effective at boosting self-belief. These techniques, rooted in the ancient practice of acupuncture, can help you overcome self-doubt and unlock your inner confidence, all with just the touch of your fingertips.

No needles are required—just your hands, a few moments, and an open mind.

Let's get started!

Acupressure Basics

How Acupressure Works

Acupressure is an ancient practice that uses gentle pressure on specific points along your body's energy meridians.

By stimulating these points, you can release blockages, restore balance, and enhance your physical and emotional well-being.

How to Apply Acupressure

- Locate the point using the description and diagram provided.
- Use your thumb or index finger to apply gentle, firm pressure.
- Massage the area in small circles or hold steady pressure for 1-2 minutes.
- Take deep breaths and relax as you stimulate the point.

The 5 Acupressure Points

Point 1. CV17 (Sea of Tranquility)

Location: In the center of your chest, at the level of the nipples.

Purpose: Releases tension in the chest, promotes emotional resilience, and enhances self-worth.

Affirmation to Use: “I am enough, just as I am.”



The 5 Acupressure Points

Point 2. LI4 (Joining Valley)

Location: In the webbing between your thumb and index finger.

Purpose: Clears mental blockages and promotes clarity and confidence.

Affirmation to Use: “I trust my unique perspective and abilities.”



The 5 Acupressure Points

Point 3. KD1 (Bubbling Spring)

Location: On the sole of the foot, about one-third of the way down from the base of the toes.

Purpose: Grounds your energy and calms fears and insecurities.

Affirmation to Use: “I am steady, grounded, and ready to shine.”



The 5 Acupressure Points

Point 4. SP6 (Three Yin Intersection)

Location: About three finger-widths above the inner ankle bone, along the back of the shinbone.

Purpose: Balances emotional energy, reduces overthinking, and restores self-belief.

Affirmation to Use: “My thoughts are calm, and my confidence grows stronger every day.”



The 5 Acupressure Points

Point 5. HT7 (Spirit Gate)

Location: On the wrist crease, in line with the little finger.

Purpose: Soothes the heart and mind, reducing anxiety and self-doubt.

Affirmation to Use: “I am calm, confident, and capable.”



Daily Confidence Ritual

Try This Confidence-Boosting Routine

1. Choose one or two points to work on daily.
2. Spend 5 minutes in a quiet space.
3. Apply acupressure to the point(s) while repeating the affirmation aloud or silently.
4. Breathe deeply and visualize yourself stepping into your full potential.
5. Give yourself a big hug and smile happily!



Thank You!

Confidence isn't about perfection—it's about showing up authentically and embracing your unique gifts. These acupressure techniques are just the beginning.

For more tools and insights to overcome self-doubt and build your dream business, visit passiveincomeprime.com.

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