

How to Use Moxa



What is moxa?

Moxa is the burning of herb moxa or mugwort (*artemisia vulgaris*). Its use predates acupuncture by thousands of years. It is now used throughout the world including China, Asia, Europe, and North America. Moxa can be used in many forms. Pole moxa – moxa rolled into a stick, almost cigar-like – is most commonly used in NSEV healing.

Preparing to use...



Choose an area that is well-ventilated. Moxa produces smoke and the odor lingers. Some find the scent

enjoyable, others do not, so do it privately in a comfortable setting. Depending on the points you are moxaing either a chair or couch to be supine will do. The treatment is intended to be therapeutic and relaxing. Wear loose clothing, refer to the treatment points and assure the points are accessible on your body.

Near where you will sit or lay, have a lighter, and prepare one empty bowl or jar to ash in, as well as a 2"x2" piece of tin foil OR another bowl filled with some sand or uncooked rice (about an inch will do) – this will be used to extinguish. If you are still familiarizing yourself with locating the points, have your treatments handout with the points easily accessible. Essentially you want to remain stationary once you begin applying the moxa and treatment times vary so create a relaxing environment where you will not be disturbed.

How to light...

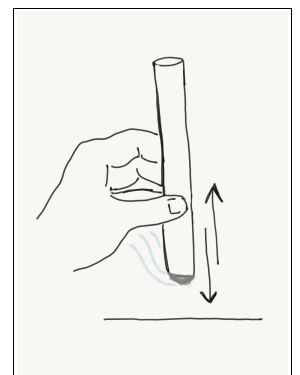
In one hand hold the moxa stick on one end (almost like a baton). In the other hand use your lighter to light the tip of the moxa stick. Some moxa sticks have a tip with the mugwort herb exposed – light this end; if your stick looks the same on both ends, either end will do just remove some of the paper first. Light the stick and then blow on it, the moxa should glow (like you're burning incense).

Application...

For NSEV treatments, methods are usually pecking method. Your treatment will specify and for how long. You will be hovering the moxa stick above the points on your skin, it should generate heat, but not burn your skin (DO NOT press the stick to the skin)

*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. You will be pecking each point for about a minute.

*Circular moxa: At each point you will circle the moxa around the point, hovering above the point, but not pulling away.



Pecking Moxa

Extinguishing When you have finished your moxa treatment make sure to completely extinguish the stick and store safely. You can wrap the tip in tinfoil, or submerge the burning end in the filled bowl. The smoke should subside. Let it sit for at least an hour to guarantee it is completely extinguished.