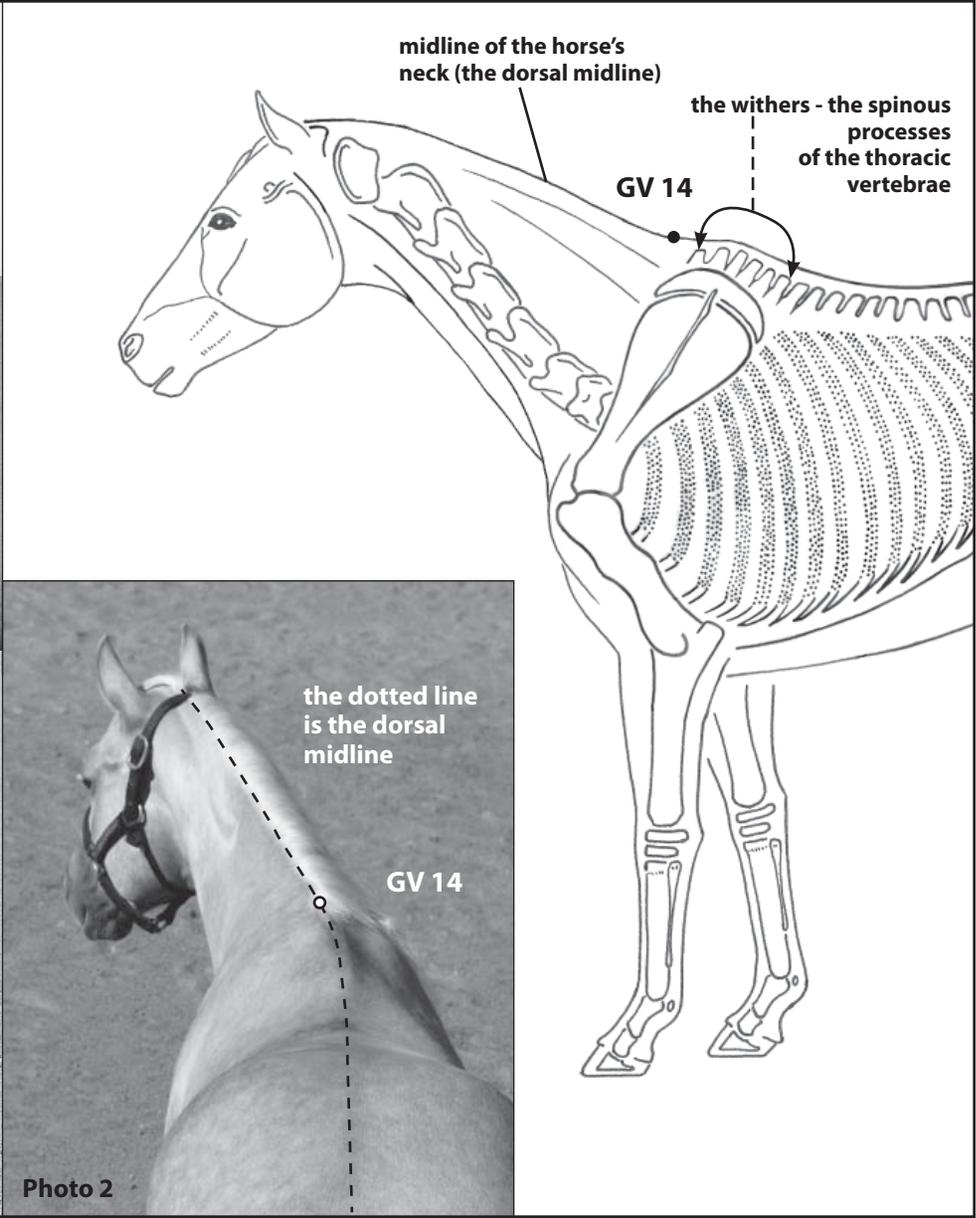
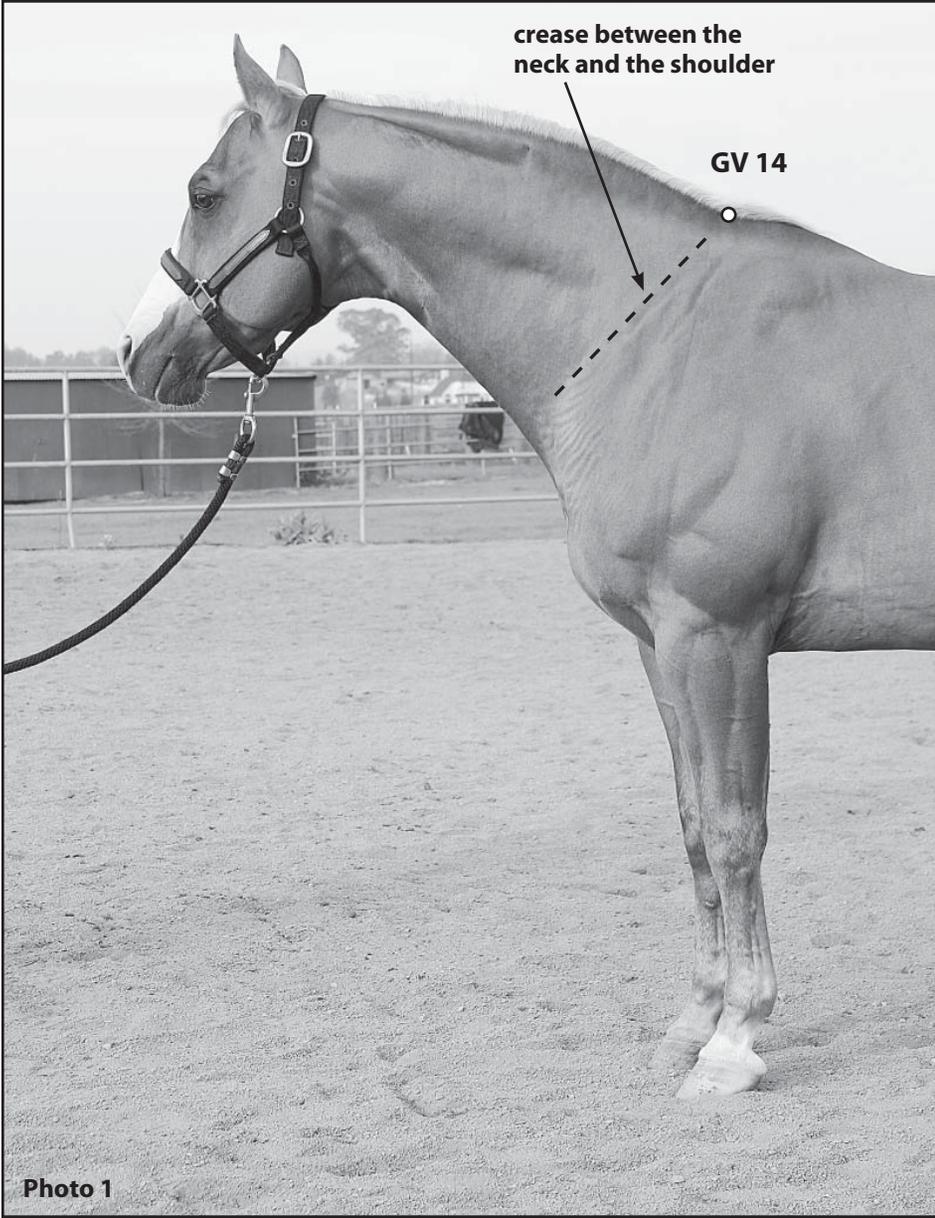


Governing Vessel 14 (GV 14)



How to find Governing Vessel 14



Governing Vessel 14 is located on *the midline of the horse's neck (the dorsal midline)* in a soft spot in front of (cranial to) the *withers*. The withers are formed by the bony *spinous processes of the thoracic vertebrae*. For these anatomical details see the photos and illustration on page 253, above.

To find Governing Vessel 14, lower your horse's neck until it's level with his back. Then, place the palm of your hand on top of the neck and slide it down the mane toward the withers. The point is in a hollow a few inches in front of the withers. This location is at the end of a line formed by the crease at the base of the horse's neck and shoulder.

In Photo 1 and Photo 2, Diana demonstrates how to do acupressure on Governing Vessel 14. She places the fingers of her right hand on the point. To keep her right shoulder and arm relaxed, Diana rests her right forearm and elbow on Max's body. Depending on your height and the height of the horse, you can place your fingers or the palm of your hand on this point.

Safety Tip: In Photo 1, Diana stands next to Max in a position that supports her ability to do acupressure and remain safe. She places her feet apart and puts both hands on Max's body. She relaxes her shoulders, arms, and hands. In this posture, it's easy for her to breathe correctly and focus on the point.