CIRCULATION · YOUR HAND ON THE CUP

Five fingers, five elements

Rest your right hand over the cup with one fingertip on each pad. Each pad lights its own colour. In Korean hand acupuncture (수지침) the whole body is mapped on the hand. The order from thumb to little finger follows the generating cycle: each element feeds the next.

Wood · thumb · growth	LIVER
Fire · index · activation	HEART
Earth · middle · grounding	STOMACH
Metal · ring · release	LUNG
Water · little · stillness	KIDNEY

cut

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CIRCULATION · KEEP THIS FOR LATER

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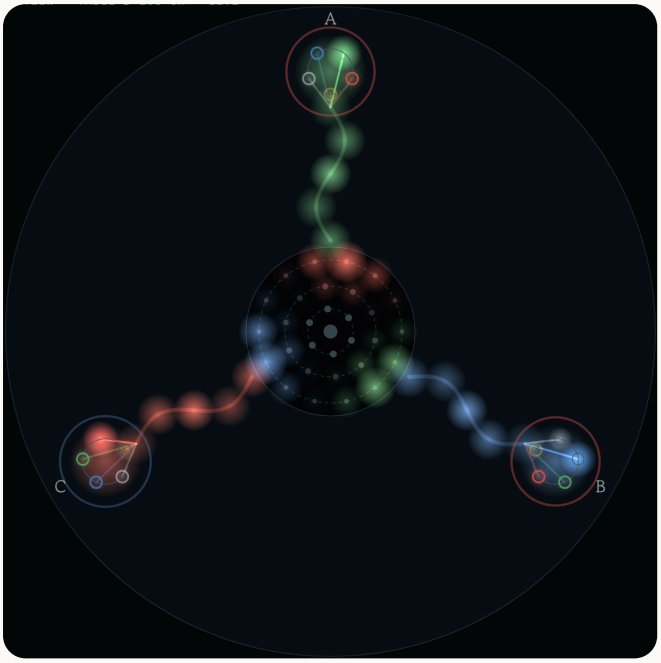
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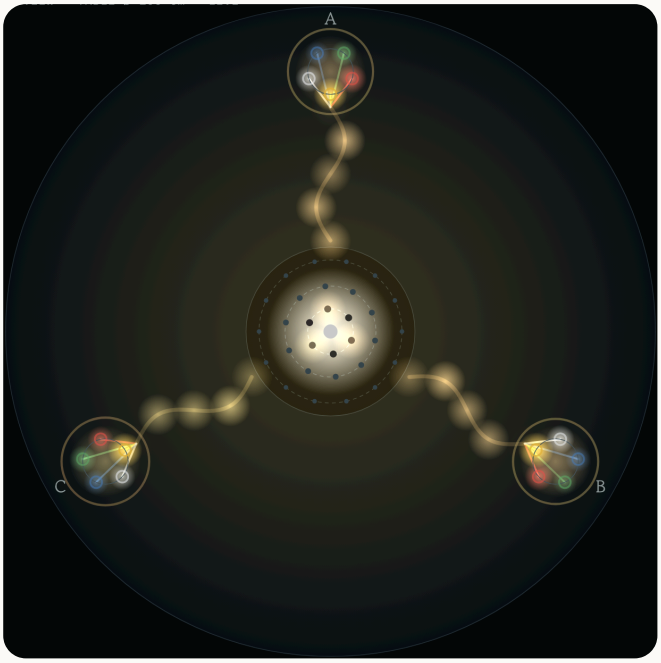
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Circulation

Cupping, colour and collective sensing. Three cups, one shared centre.



APART: THREE HANDS, THREE COLOURS



TOGETHER: THE CENTRE BLOOMS

01

Alone

Press with five fingers. Your light travels inward and waits at the edge of the centre. The centre opens only when someone else holds too.

02

Together, in silence

All three hold. The closer your hands' patterns, the tighter the colours circle, until they fuse into one at the core.

03

Same finger, same moment

Without speaking, find the same finger. That element washes the whole table.

04

Let go together

Release at the same time. Watch what stays, like the mark a cup leaves.

This cup reads pressure only. It does not diagnose. No suction on skin.

Bin Youn · RMIT Vietnam · SCD Seed Funding 2026