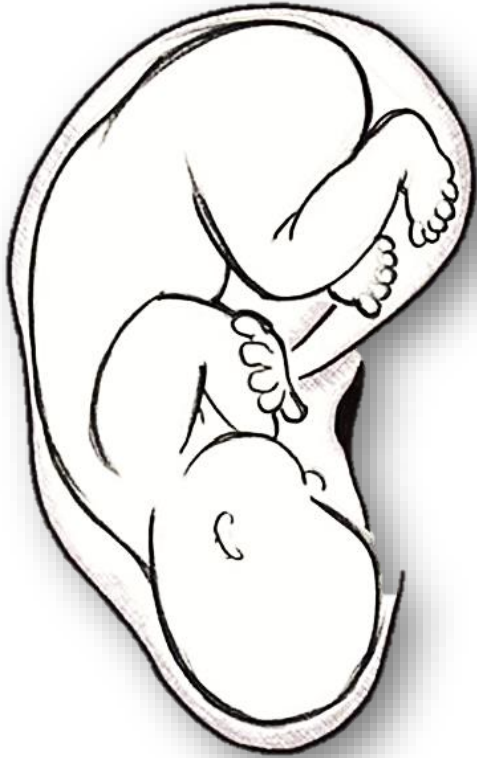


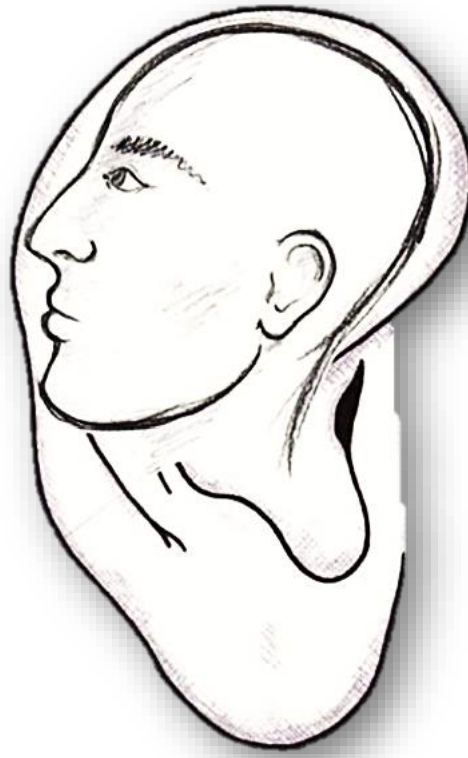
Shen Men Versus Ear Shen Men

PARADIGM SHIFT

Nogier Phases, Remember This, You'll See It Again Soon



Phase 1
Acute



Phase 2
Degenerate



Phase 3
Chronic

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What Conditions is Shenmen used for?



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<http://www.studioqi.com.au/blog/shen-men--the-ultimate-chill-out-point>

[Home](#) > [Blog](#) > Shen Men: The Ultimate Chill-out Point

Shen Men: The Ultimate Chill-out Point Pictured below

Posted by Tabitha Fennell on 17 June 2014



Green arrow is pointing to Shen Men above

What the Acupuncturist Says About Shenmen



Picture of Shen Men above

Shen Men is an amazing ear point that is used for when you **over-think** and are feeling **worried or anxious**. We can also put in an ear tack (which is a tiny 3 mm needle with a Band-Aid) that you keep in for up to 5 – 6 days. It's a take-away point so when you feel **anxious or stressed** you can just lightly press on it, stimulating its function for you. I always get amazing feedback from clients on how it helped them **feel calmer**.

What the Patient Says About Shen Men



My life is busy, and I can tend to worry and feel anxious at times, so I put an ear tack in on Shen Men. Wow, it's so true; it really does chill you out. I was amazed at my clear head and just generally my more centered and relaxed approach to life. In fact, Brad kept asking "was I ok?", he felt I was a bit detached (makes me smile) but I assured him I was feeling great and totally mellow. So next time you're having some acupuncture ask your practitioner for a take-away Shen Men tack, it's beautiful and truly does help you to relax when life gets busy.

Symptoms, Pre and Post Treatment

Symptoms Before

Anxious

Anxious

Anxious

Over-think

Stressed

Worry

Worried

Post Treatment

Centered

Clear head

Chill you out

Feel calmer

Feeling great

Makes me smile

Mellow

Relaxed

Relax

Relax

Correct Location of Shen Men?



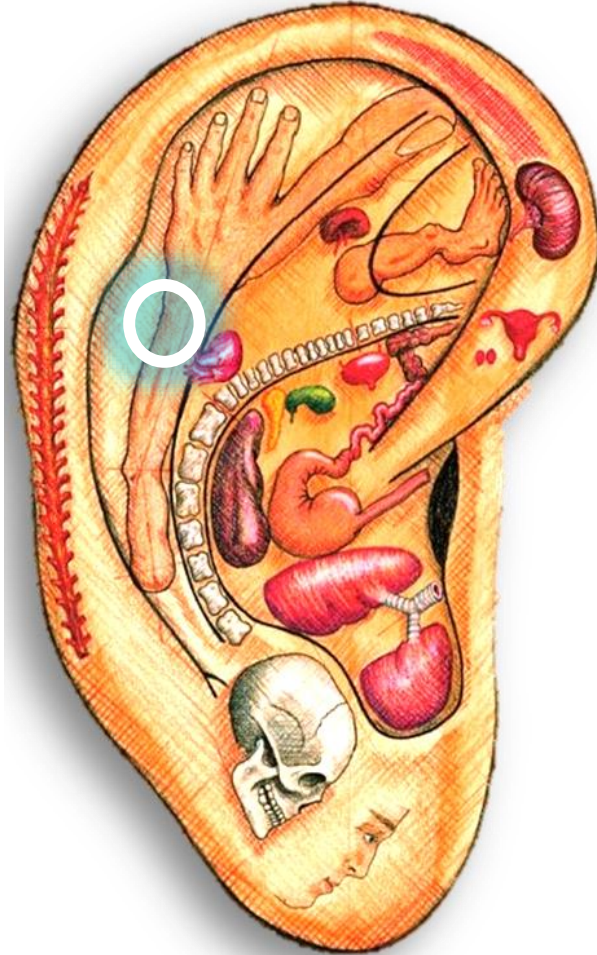
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Correct Location of Shen Men?

On the previous page that point was ear Shen Men, not Shen Men (heart 7). Is there a difference? Kind of, depending on how you look at the ear.

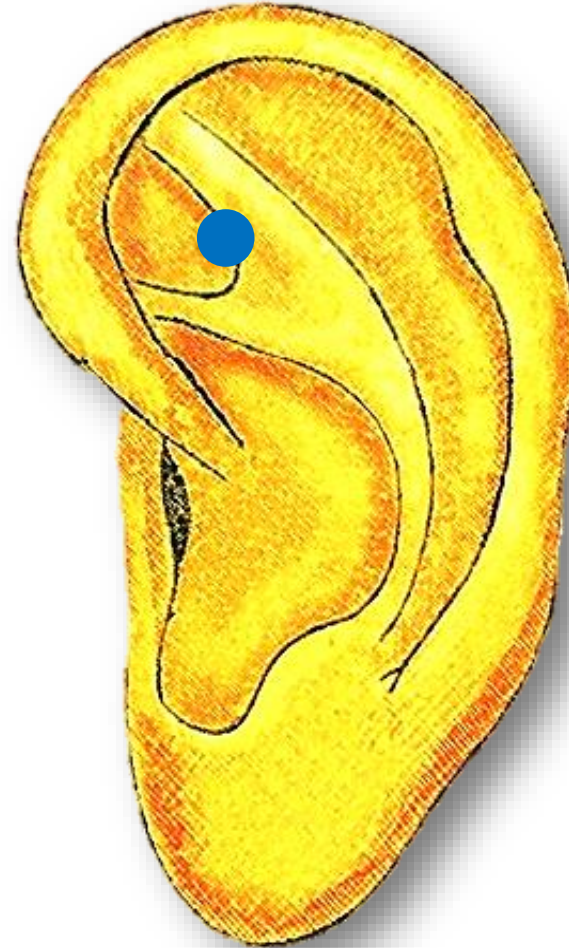
I will explain this to you on the following page.

Shen Men Heart 7



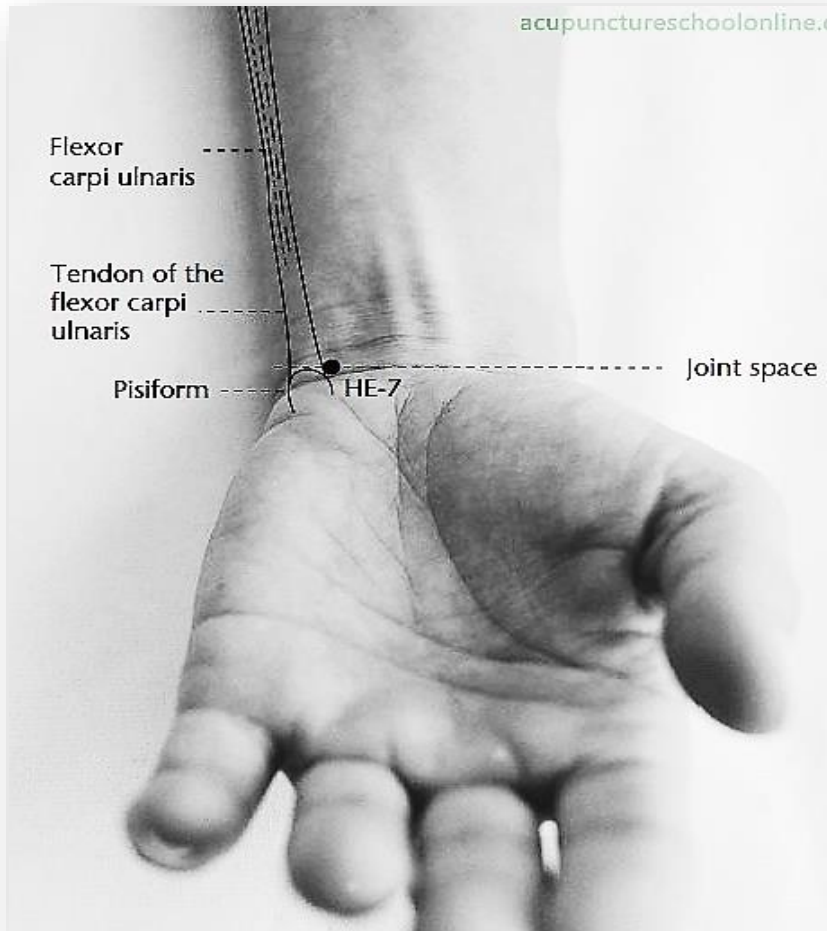
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Ear Shen Men



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Heart 7 (Shen Men)

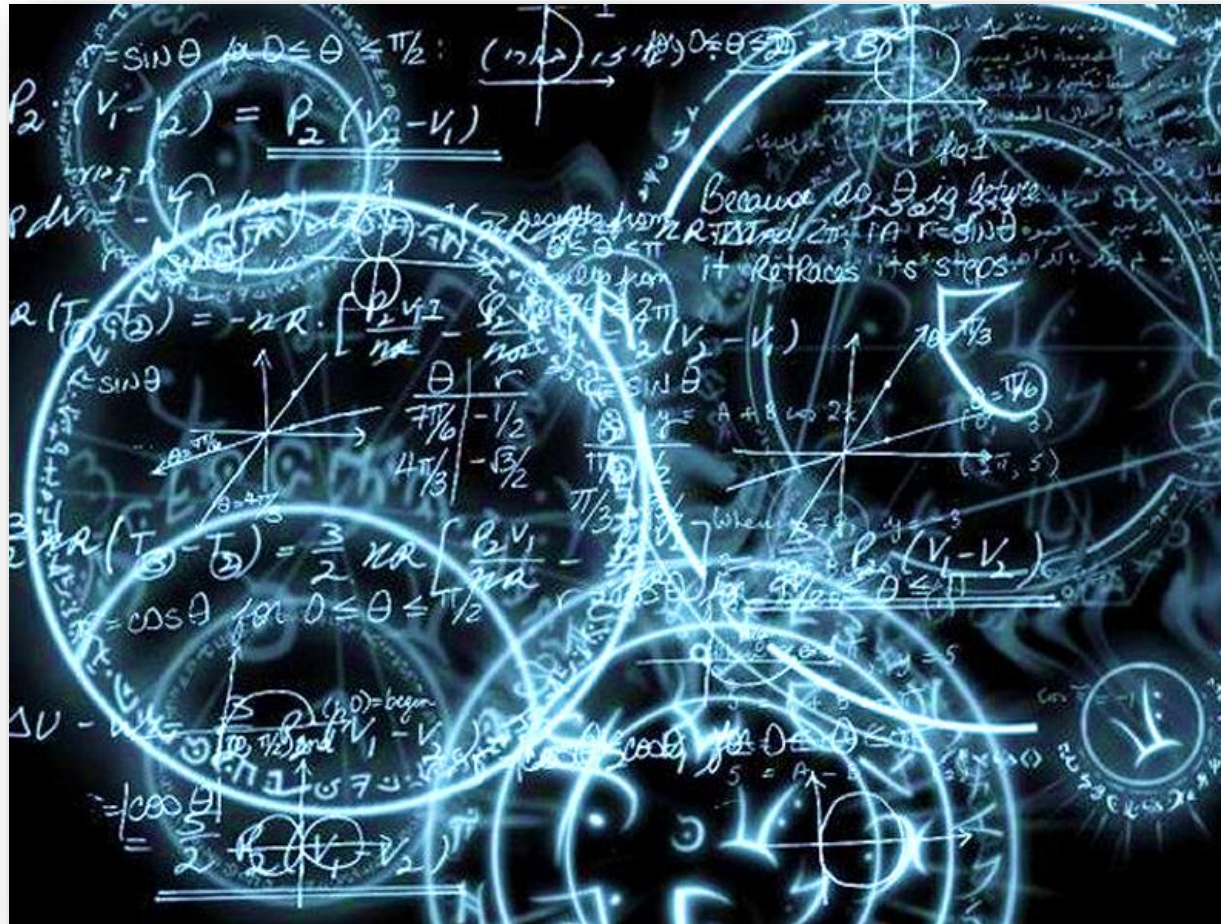


Ear Shen Men



Two Shen Men Points in the ear

Synonyms Points



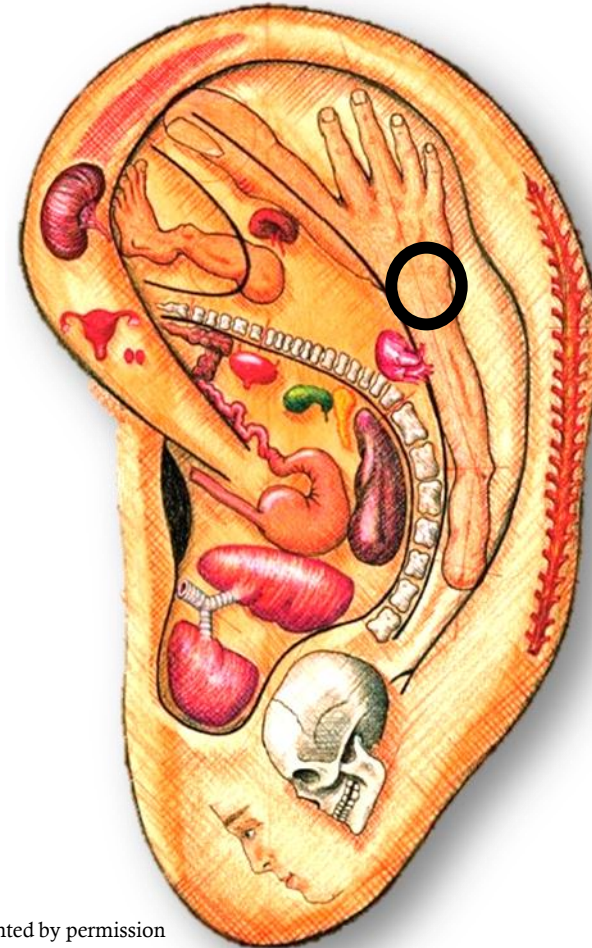
Question? Can one point be located at two or more places at once?

The Synonyms Shen Men

Shen Men

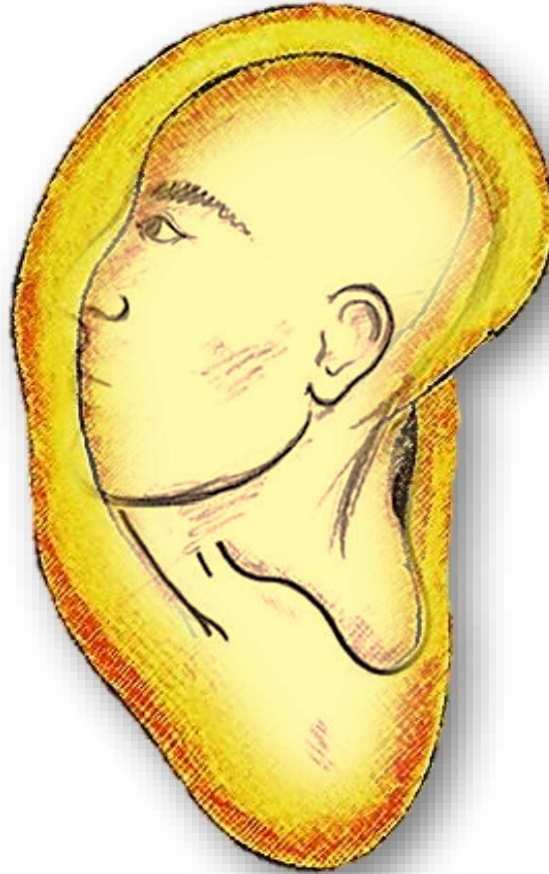


Shen Men and?



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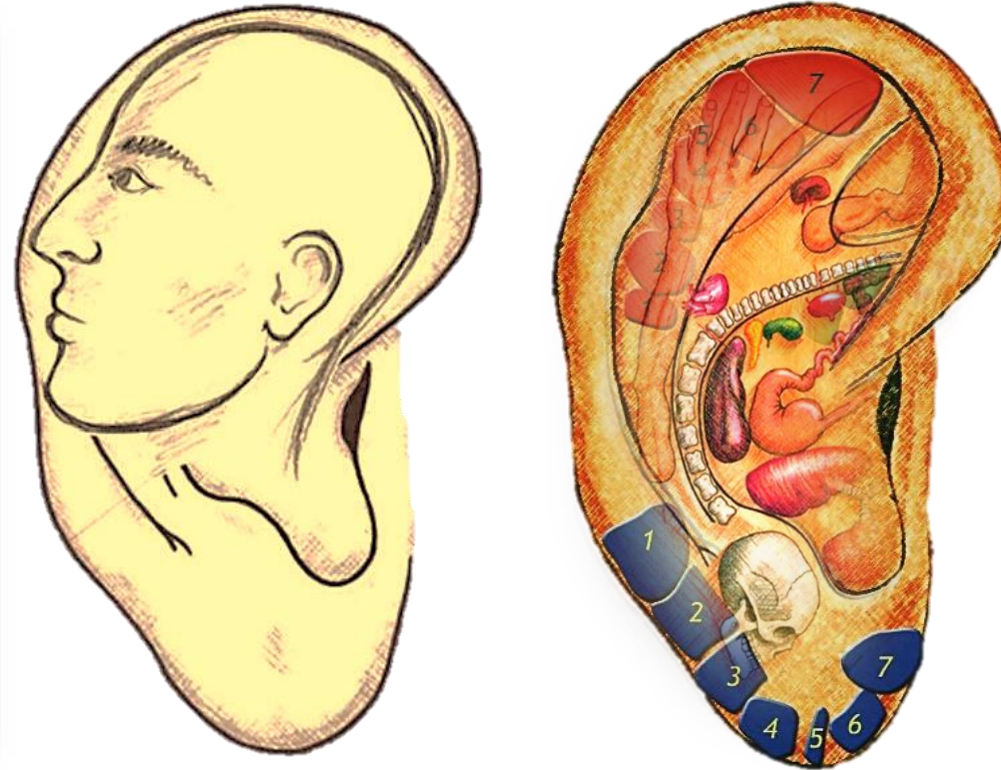
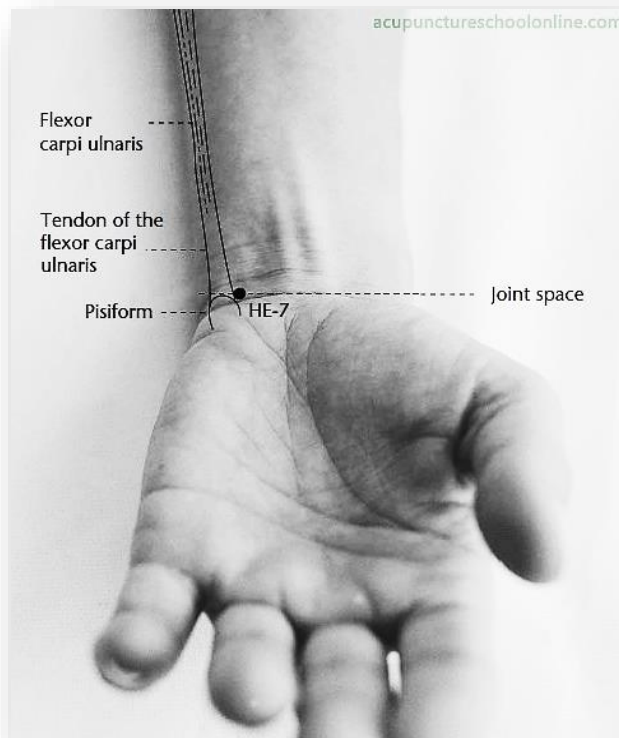
Did You Remember This Illustration?



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Shen Men, Yintang, it's the same point location

Three Points in One Location



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$1 + 1 + 1 = \text{all the same}$