

Shen Men

Overview: Shen Men translates roughly as *spirit gate*. Needling this point generally helps to alleviate anxiety and nervousness and produces a calming, relaxing effect. It helps the process of going within, supporting the internal journey of recovery by balancing kidney fire which results in appropriate heart fire for the Shen (spirit) to settle.



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Point Location: The point is in the superior-posterior section of the triangular fossa

Needle Technique: The needle should be inserted either perpendicular or at a slight angle into the point

Indications:

- Body Level
 - Alleviates pain, tension, excessive sensitivity; reduces hypertension
- Mind Level
 - Tranquilizes the mind and relieves anxiety, depression, insomnia and restlessness (balances ming-men)
- Spirit Level
 - Opens connection to spirit (opens one's heart); ability to love self and others