

The Chi Farm



Acupuncture and Nutritional Counseling Centre

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A mainstay at most 12-step meetings is the saying of the *Serenity Prayer*:

*God, grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.*

Acupuncture points affect the client on the body, mind and spirit levels.

Each Auricular Detoxification point correlates with particular phrases of the Serenity Prayer:

God

The **lung** point is noted on its spirit level as opening the person's connection with the heavens, or the person's knowledge of his or her higher power.

Grant me the serenity

The **sympathetic** point is mostly responsible for turning off adrenaline release by stimulating the parasympathetic nervous system. No longer being in a "fight or flight" mode is serenity at its deepest physical and emotional levels.

To accept the things I cannot change

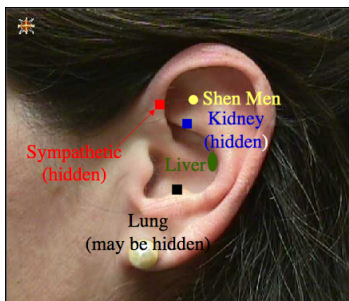
The **Shen men** point is about opening one's heart to be able to give unconditional love to one's self and others. Being able to do so means the person is truly able to accept life however it appears.

The courage to change the things I can

In Chinese medicine, the **kidneys** are the seat of the person's power and wisdom. When an individual has unfettered access to these aspects of his or her self, then he or she is able to be truly courageous.

And the wisdom to know the difference

While wisdom is generally associated with the kidneys, what is really being spoken in this phrase is the person's ability to discern the difference. An aspect of the **liver** in Chinese philosophy is that it gives the person the ability to see his or her life and to make plans accordingly; to be able to differentiate among many possible choices.



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