

1. **SHEN MEN, 'SPIRIT GATE' POINT:** Promotes centering, introspection and connection to Authentic Self and Core Consciousness. Stimulates joy, serenity, love and honor of true self.
2. **SYMPATHETIC POINT:** Has a strong analgesic (pain relieving) effect. Increases calm, decreases stress and over reaction. Affects the Autonomic nervous system and reduces Sympathetic nervous system arousal. Stimulates the Parasympathetic nervous system; resulting in a reduction of perceived stress & anxiety as well as, relaxation of internal organs and dilation of blood vessels
3. **KIDNEY POINT:** Connects to the storehouse of Yin (nurturing/formative) and Yang (functional/protective) energies that flow throughout the body. Calms fears, removes insecurities, and strengthens nervous, reproductive, endocrine and immune systems. Enhances awareness and gentleness. Increases insight and enhances stamina, thus helping to prevent adrenal collapse and 'burnout'
4. **LIVER POINT:** Promotes emotional balance and rules the smooth flow of Qi. Promotes balance, relaxation and confidence. Stabilizes impulsive behavior and mood swings. Decreases angry outbursts and increases confidence and decision-making.
5. **LUNG POINT:** Alleviates toxicity in immune, respiratory, dermatological (skin) systems. Promotes expression of grief and 'letting go' of heavy feelings and former attachments. Promotes balance, courage, and inspiration instead of depression and sadness.

ADDITIONAL SERENITY POINTS

6. **SPLEEN POINT:** Supports the digestion of food as well as information and impressions. Aids integration and grounding of experience. Especially important for children who have immature digestive systems and are exposed to information overload in the computer age
7. **APPETITE POINT:** Supports weight management and appetite regulation through connection to Vagus nerve