

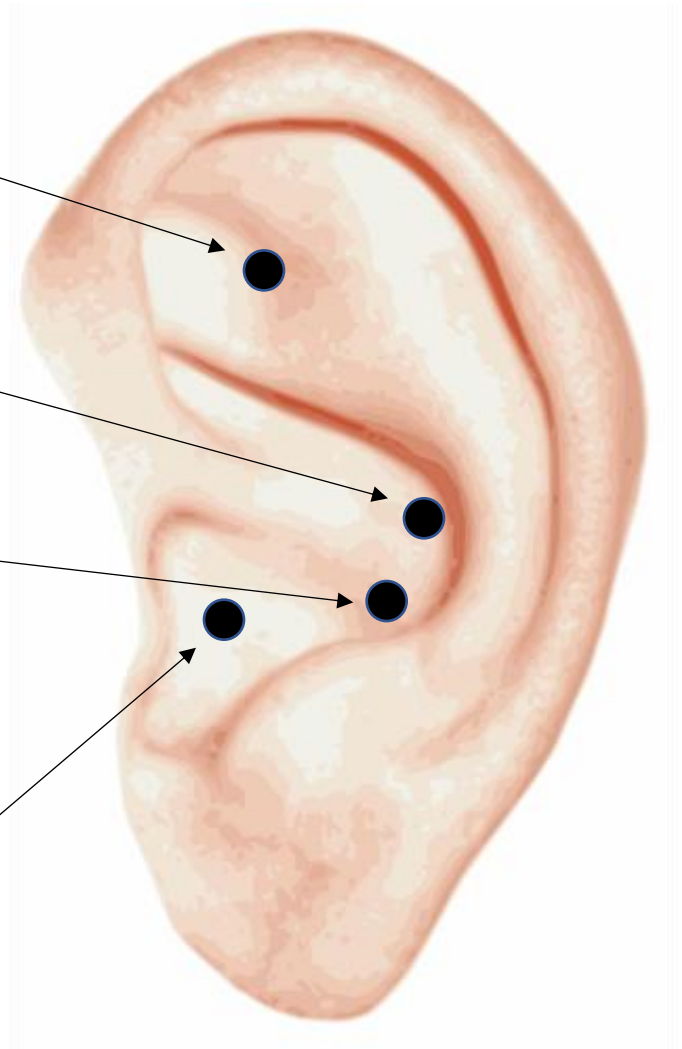
# Ear Seeds for Anxiety

**Shenmen:** known as “Spirit Gate,” this point calms the mind and is used for stress, anxiety and depression. It lies in the valley called the triangular fossa, at the lateral 1/3 edge.

**Liver:** In Chinese Medicine, the Liver plays a major role in managing our emotions and stress. This point reduces stress as well as increases circulation in the body. It is located in the superior concha of the ear.

**Spleen:** The Spleen is associated with worry and over-thinking in Chinese Medicine. Pressing this point strengthens the Spleen to reduce anxiety and worry, and also boosts the digestive and immune systems. This point is located directly below the Liver point.

**Lung:** This point stimulates the healthy energy of the Lungs, and also can release grief. It is located in the depression of the ear called the cavum concha. If you put the seed just slightly above the exact center of the cavum concha, you will stimulate your upper lungs.



## Directions

- With your fingers or a pair of tweezers, press an ear seed sticker onto each of the points on one ear.
- The seeds are much larger than the actual point itself, so don't worry about perfect point location. *You can do an online search for more diagrams (type “Lung ear acupuncture point,” for example).*
- To use, press each point gently and take a deep, long breath. Press the points as many times as you like throughout the day. *You do not need to press hard for them to work!*
- After about a week, the ear seeds will come loose. Remove from your ear, gently clean the areas where the seeds were located, and apply new seeds to the other ear. (Alternating ears will prevent your skin from becoming irritated.)
- If your skin becomes irritated, discontinue use.