

## *The 5 Acudetox Points*

**Sympathetic** – calms the spirit and allows for serenity

**Shenmen** – opens the person's heart to possibilities and acceptance. Allows one to love self and others

**Kidney** – reminds the person of his/her own will power to overcome addiction, to have faith and courage in one's own ability and allows the person to hear the messages of recovery

**Liver** – helps one to see into his/her self to find direction for their life and to be who they are

**Lung** – reminds the client of his or her connection with the heavens and his or her surroundings; provides inspiration and acknowledgement of both past and present.

### *The Serenity Prayer*

*God Grant Me the Serenity to accept the things I cannot change,  
The courage to change the things that I can,  
And the wisdom to know the difference*

***All 5 acupuncture points can affect the client on a body, mind and spirit level and correlate with particular phrases of the Serenity Prayer:***

#### *God*

***The lung point*** works on the spirit level by 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*** turns off the adrenaline release by stimulating the parasympathetic nervous system. When the fight or flight response is turned off, serenity takes over on a physical and emotional level.

#### *To accept the things I cannot change*

***The Shen Men point*** opens one's heart to be able to give unconditional love to one's self and others. With this, the person is truly able to accept life however it appears.

#### *The courage to change the things that I can*

The kidneys point helps to stoke a person's power and wisdom. When these aspects of a person are present, then they are able to be courageous.

#### *And the wisdom to know the difference*

The Liver Point gives a person the ability to see his/her life clearly and therefore be differentiate between the many possible choices that are open to them.