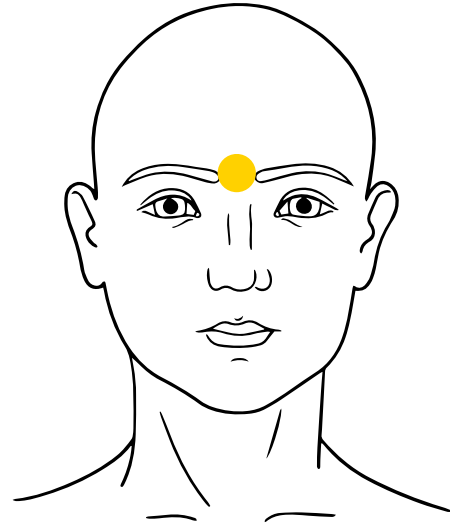


Serenity Points: April 2024

Yin Tang

Location: It is at the midpoint (the center) between your eyebrows



The Yin Tang acupressure point is located between the eyebrows, often referred to as the "third eye" point in some traditions. Stimulating this point is believed to calm the mind, reduce stress, and promote relaxation. In the context of addiction recovery, applying gentle pressure to the Yin Tang point may help alleviate cravings, anxiety, and restlessness, supporting a more balanced state of mind during the recovery process.

Point Benefits

Activates Intuition

Provides Mental Clarity

Calms the Spirit

Helps to reduce Stress and Anxiety

Technique: Place yourself in a comfortable position. You can sit, stand, or lie down.

1. Using either hand, place your thumb at the midpoint (the center) between your eyebrows. If you have trouble finding it, make sure your thumb is on your forehead. Do not put your thumb on the bridge of your nose.
2. Press down on this point with your thumb. Move your thumb in a circle while applying pressure. You can move it in clockwise (to the right) or counterclockwise (to the left) circles. Do this for 30 seconds to 2 minutes, as often as you feel necessary.