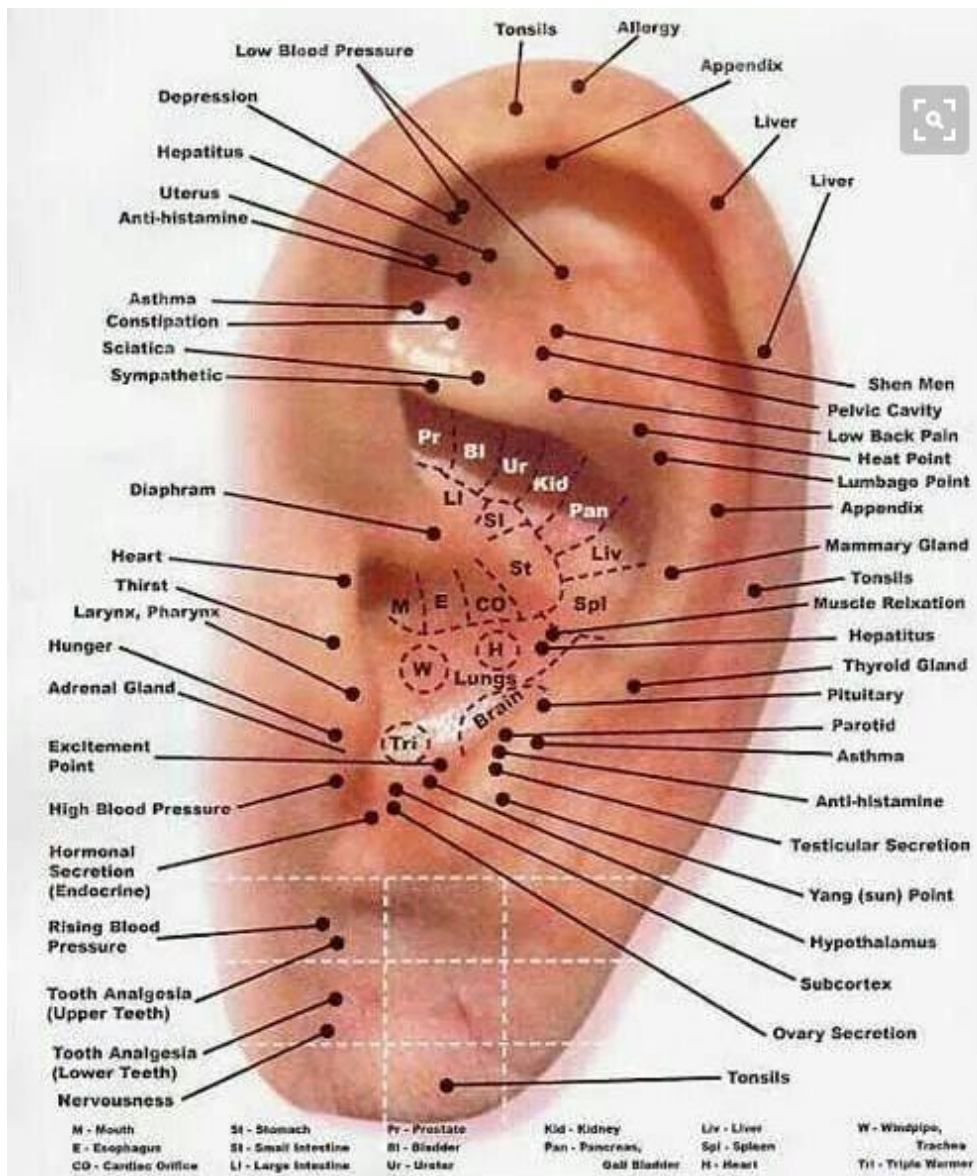


Ear acupuncture or ear seeds is a form of Chinese medicine based on the idea that the ear is a micro system which reflects the entire body, represented on the auricle, the outer portion of the ear. All diseases that can be traced back to a disturbed, but not destroyed, organ function can be treated by ear Needles and vaccaria plant seeds are used. Ear acupuncture has a long history of use in China.

If you think of the ear as an upside down baby in the fetal position. Areas of the head and neck correspond to the lower part of the ear (the ear lobes) and the center of the ear corresponds to internal organs. Then, the upper part of the ear corresponds to the lower parts such as the anus, legs, and feet.



Ear points for emotions



Identify the points associated with sympathy, guilt, and self-pity. Sympathy, guilt, and self-pity are on the outer part of the ear. This area is roughly in the center of your ear.

Locate the points associated with depression and being overwhelmed. Feelings of depression and being overwhelmed are located on the upper part of the outer ridge of the ear. Consider massaging this area if you have been feeling sad lately or if you have a lot on your plate right now.



Ear points for emotions



Look for the points associated with feelings of anger, fear, and self-expression. Feelings of anger and fear, as well as problems with self-expression are located behind the ear canal in the center of the ear. Consider massaging this area if you have been feeling angry, fearful, or have been having a hard time expressing your thoughts and feelings.

Find the center of love and openness in the earlobes. The earlobe is the point on your ear that is concerned with love and openness. This is the easiest point to find and perhaps the easiest to stimulate as well. Consider massaging this point if you want to feel more loving and open.

