



CENTER FOR TRUE HEALTH

Ming Men Technique

The Ming Men is the most powerful point in acupuncture in Chinese medicine. Ming Men means Life Gate or Soul's Gate. It is a key place in the body to access the greatest compassion.

This technique can help when you are overthinking or have too much energy in your head, as well as when you are feeling a negative emotion. Placing your mind on this point can bring you to a place of neutrality, helping you feel calm and peaceful.

How To Find It:

- Place one hand on the navel.
- Imagine drawing a straight line through the body to the spine, directly behind the navel.
- Place your other hand on this point on the back of the body.
- Close your eyes and imagine a golden ball or sphere of light on this point in front of the spine, inside the body.
- Bring your mind to rest on this point, imagining the sphere rotating, vibrating, balancing, harmonizing, and clearing this point.
- Notice what this feels like.

Do this for 3-5 minutes. You can combine this with a longer meditation practice if you like.

You can use this technique to get out of your head and embody more compassion for yourself and others. It's good for quieting negative self-talk, and can be used whenever you want to quiet the mind and feel more centered and peaceful. You can use this during meditation or as a way to interrupt any negative thought or emotion.

Additional Reading:

[Soul Healing Miracles by Dr. & Master Sha](#)