



In June 2013, shortly before the NADA conference in Austria, Tom Ots, founding member and president of NADA-Acupuncture Austria, wrote to Dr. Michael Smith seeking his advice on the lung point. Tom noted that “Different NADA groups describe point Lung at different locations. Lung fills almost all of the inferior concha. Where to place the needle? They all seem to work.” And so Tom asked Michael whether he had “any preferences in locating point Lung?”

Michael replied: *The problem is in technical language, i.e., point. The lung area is more appropriate for NADA. Over the years, Lincoln staff have used many locations with seemingly equal results. More locations are in the lower part, hence relating to the upper (bronchial) part of the lung, which is over-used by most “yang” Westerners. I prefer the area which relates to the distal diaphragmatic part of the lung.*

My intent was to treat the deficient area. That is the same logic as locating NADA in the sympathetic (yin, deficient, therefore painless) instead of the internal secretion. Old fashioned ear acupuncture emphasized sympathetic and shen men, needling to tonify (gently stimulate) yin areas. More modern acupuncture uses point finders and often electro-stim – therefore finding excess points which need sedation.

We see the “point,” we don't search for a point. It offers the chance of intuition.

The origin of NADA was the insight that gentle treatment of yin points is more appropriate for depleted, addicted, and traumatized persons. Contrary to our expectations, the non-electro points affected craving and had a more prolonged effect.

I teach primarily that the student should use the part of the lung area which their hand “naturally, intuitively” chooses. Different people choose different locations on the same patient. My first level rule is that helper people intuitively know how to touch clients. My second level rule is that therapy helps the helper’s energy, as well as the client’s energy. NADA and

acupuncture provide the area of action, and our natural subconscious wisdom embodies the precision. We are not machines, therefore the truth is from Qi, not from electrical phenomenon. Otherwise evolution does not make much sense – animals can't even use pressure, they must use intention and abilities that we may not fully understand. Teaching verbal therapy certainly involves different therapists using different words within similar general principles.

As often happens, a short answer wandered into complex territory. MIKE

When Ralph Raben saw Michael's reply to Tom, he forwarded it to his colleagues, saying: "Dear trainer colleagues, here is an interesting response to a frequently asked question: 'Where is the lung point?' I remember discussing this question in Hamburg in 1997. We were sitting together with Wolfgang, Heike, Josh v. Soer, and Helmut Rüdinger, and I finally called Michael at Lincoln Recovery. Michael always had a sympathetic ear, and he told me exactly what he wrote above:

"We see the 'point,' we don't search for a point. It offers the chance of intuition."

I have rarely heard such a bold statement at an acupuncture conference. Acupuncture still has to prove its - Western - scientific validity to be duly applauded by other acupuncturists. Isn't that right? We do more than we think – intuitively. A complex field. That's why we like the NADA work, too, isn't it? Thank you, Michael.



Ralph and Gabriel Stux recently collaborated on doing a NADA training in Weimar, Germany for all departments in the Hufeland Clinic hospital. Ralph and Gabriel have known each other for many years – at least since 1994 when Ralph was just starting with NADA Germany.

Gabriel Stux and Michael Smith are seen here in 1994 in Germany looking, as Ralph says, "So proud and so happy."

NADA Cafés in Denmark – and Now in Arizona



Lena Worsøe – NADA Denmark

In the last issue of this newsletter, we heard from Lars and Mette Wiinblad. They shared with us the work that they had started with their community clinics in Denmark which came to be known as NADA cafés. Then, recently, we heard from Chuck and Nobi Pyle about how they had been inspired by Lars and Mette's work – Nobi has had a poster of their NADA cafés on her wall for years.

Chuck and Nobi had been going to a federal halfway house in Arizona giving NADA treatments. They told us that they were inspired by Lars and Mette's NADA cafés to have a community-accessible, low-barrier place to provide this service. Knowing that it is important that people can count on someone being there every week at

the same day, time and place, they asked the YWCA if they could do the clinic on Sundays when there was no programming scheduled.



And so, in August 2023, they started their cafés. Since then they have missed only four Sundays, twice for holidays and twice because the YWCA was officially closed. When Chuck and Nobi are not available, they have past trainees, auricular acupuncture technicians do the treatments.

There are usually 12 to 20 people who come each week, mostly repeat attendees. And, almost every Sunday, they get about six women from a local intensive out-patient treatment program who are driven over by one of the therapists.

Chuck and Nobi tell us that this has been one of the most gratifying parts of their NADA experience – and they continue to be inspired by the NADA café poster in Nobi's Office. Thanks again, Lars and Mette – and, thank you, Chuck and Nobi.

NADA Acupuncture, Meditation and Tai Chi for Our Farmers in the Philippines

NADA Philippines held a 2-day wellness mission this April 2025 at the Bagnos Learning Center (BLC) in Tiaong, Quezon. The event was organized by Janet Paredes, NADA Philippines board chair and founder, and Evelyn Dulay, NADA secretary and ADS, Fil Borja, ADS, and Jose “Wowie” Linga, ADS.



Evelyn Dulay



Jose “Wowie” Linga

The Bagnos Learning Center is a certified learning site for agriculture which practices a natural farming system. It is a place of art and healing where you can experience nature and learn about farming. BLC was founded by Sr. Emma M. Alday and Sr. Ishang.

During the two-day health mission, ADSes gave NADA acupuncture to more than 80 farmers and their families. This was followed by Sheng Zhen meditation and Tai Chi exercises led by Elena Villacorta Cortez. Elena is from the International Sheng Zhen Society, and she introduced NADA Philippines to the BLC.

NADA Philippines is grateful to Glenda dela Cruz, past president of Rotary Club Tiaong-Hiyas for helping in this mission. The Rotary Club of the Philippines is an organization where generous people unite and take action to create lasting change — “across the globe, in our communities, and in ourselves.”



Pictured here are farmers and their families receiving NADA acupuncture. After the first treatment, their response was “Guminhawa ang pakiramdam,” –”Feeling relieved.”



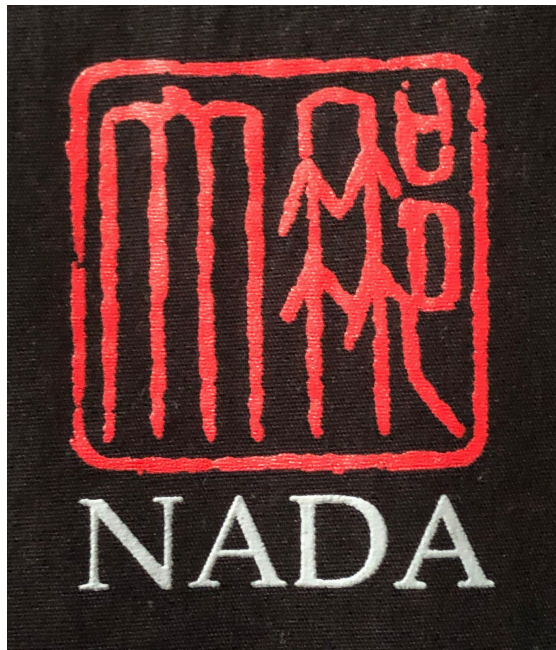
From left: Cyn Obmerga, ADS, Madette, Sr. Ishang, Sr. Emma Alday, Wowie Linga, Elena Cortez, Evelyn Dulay, Fil Borja, and Janet Paredes. Seated is Glenda, staff cook at BLC



From left: Glenda dela Cruz, Wowie Linga, Evelyn Dulay, Madette from BLC, Janet Paredes, Sr. Emma Alday, Elena Cortez, and seated is Sr. Ishang

“We thank everyone involved for this invitation to help our farmers.”

Happy 25th Anniversary to NADA Suomi/Finland



NADA Suomi/Finland is celebrating its 25th anniversary this year. Pekka Aarninsalo visited Lincoln Recovery Center in the South Bronx in 1991 where he met Dr. Michael Smith. Dr. Smith then visited Pekka, Elisa Alakahri and others many times in Finland. After one of his visits, he wrote:

“Today I did what I have done many times: survey various NADA people about how they use acudetox in their job. I heard about many different addiction and mental health programs. All the protocols were different, all involved widely different staff doing NADA and working with people in very flexible ways – some worked with family groups, staff groups, domestic violence groups, and more.

“Finland has a range of process-oriented, socially creative psychotherapy programs that is the best host setting for NADA that I have ever seen. They take advantage of many of these opportunities. Training is easily shared among many job categories in many settings.

“They understand that learning NADA mainly relates to how you affect the social context, not just how you stick in pins. Their appreciation of the value of intention and helping others was very encouraging. Their skill relates to group process, valid intention and grounded long-term benefit – not to doctorish data in isolated, artificial, temporary situations. MIKE”



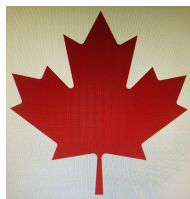
In a postscript, Dr. Smith wrote to fellow-bovine lover, Elisa:

“Any psychotherapist that loves and respects people —and also feels the same about cows—should be a leadership model for all of us. Very good luck for your new location.”

Nada in Sanskrit means a crystalizing drop of metabolic energy — Helsinki 2007

Notes From Around Town

NADA in Canada



Daksha Patel, former NADA RT in Canada, and her trainee, Dr. Carlos Yu, send their regards to their NADA friends worldwide. More will be heard from them in subsequent newsletters – meanwhile, check out Daksha’s non-NADA needlework.

Greetings From Vanessa Top in New Caledonia



Vanessa is seen here with her latest group of trainees – doctors, nurses, a psychologist, a physiotherapist and a naturopath.



Winter is coming in in Nouméa

Dia Dhuit From Jackie McKenna in Co. Cavan, Ireland

Jackie is project coordinator with the Family Addiction Support Network [FASN], a dedicated support service for family members and concerned persons who are impacted by a relative's substance misuse. FASN hosted a national conference on Trauma in the Community in September 2024.



As a result of this conference, FASN was invited to the Addiction and the Family International Network conference being held this May 2025 in Quebec City, Canada. FASN will speak about the lack of services for affected family members, about the evidence to support this, and about the call to government and the health research board to properly resource family support in addiction.

As part of the plans for this support, a NADA training is in the works, hopefully for some time this year. But this will depend on whether they can get core funding for the project. When Jackie does the training, she will be getting support from NADA friends in Ballymena, NI, from friends in NADA GB, and from friends even further afield – some helpers will be crossing the waters to get to Cavan.



NADA Emerging in the Balkans, *Vildana Habibić's Experience*

-- Sara Bursać



In 2015, I started doing NADA trainings in Croatia. Since then, there have been a variety of applications of the NADA protocol in Croatia, from disaster-response settings after an earthquake, to a harm reduction program, to sharing beads with teachers at an elementary school. A community of providers has emerged – oriented toward sharing these teachings with their neighbors.

Vildana's flyer for the clinics

Last year, I was able to introduce NADA acupuncture to other Balkan countries – in March of 2024 in Serbia and then, seven months later, in Sarajevo, Bosnia. After completing the NADA training, Vildana Habibić, one of the Sarajevo trainees, launched a twice-weekly NADA clinic in her communities of Travnik and Vitez.

Vildana told us that though *“it will take some time for people to become more familiar with NADA, we have established the base. Step by step. From the idea to the realization, the NADA clinic has been alive since the beginning of February, twice per week. And you should know that it was active. I didn't force anything, and somehow everything worked out.*

“After the NADA training, my intention was to do the first 100 treatments for free. To me, it is something like a personal tax on the knowledge I gained. I'm close to that number, and my heart is beating big ❤️. And it makes me happy. All in all, I believe that I am doing something good for the community - and for myself”.

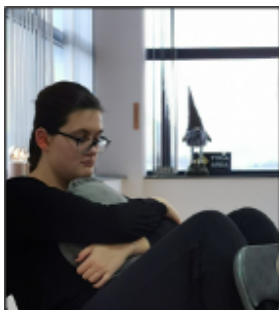


The people from the Sarajevo training created a Viber group to keep in touch, to give each other encouragement, send pictures, to share experiences and ask questions. When Vildana passed her goal of 100 free treatments, she sent the following message to the group:

"I did the first 100-130 treatments free of charge in order to promote this approach as a support for our health, and, at the same time, to pay back my knowledge tax with socially useful work. I continue to study and to work and, with each treatment, I learn from our clients and from their testimonials of positive feedback and experiences. I am richer for the vast experience and the many new acquaintances that NADA has brought into my life."

Treatment recipient in Vildana's clinic

"I didn't know where this journey would take me, but somehow it started to develop naturally and logically. I just followed my intuition, as Sara often mentioned, and I am grateful to Sara for her support at every step. Now, with my story, I want to support the work of this group, and build our success and motivation – there aren't many of us, but there are some of us."



There will be many more trainings to come in Bosnia and in other parts of the former Yugoslavia. When I told Vildana that I would be organizing an online meeting where NADA practitioners from across the Balkans can meet each other, she shared her support, saying, *"Exchange of experiences is always useful and necessary. That possibility makes me really happy."*

Treatment recipient in Vildana's group

We thank NADA Croatia's co-founder, Dr. Michael Smith, for his help those many years ago – and for his perennial advice to *"Just do it."*

A Gift From the Big Guy – *Sheila Murphy*

Sheila Murphy's daughter, Brigid, wrote to thank us for continuing to make space for her mother. How could we not? We still have so much more to learn from her.

Sheila spoke more than once about the first person she treated after her NADA training. She said he was a "big guy – red-faced, angry, and his arms were filled with tattoos." Sheila said that though she wanted to learn the NADA protocol, she wasn't going to do it – she was only there to observe.



She noticed the *big guy* and was wondering what unlucky trainee was going to get to treat him when he pointed at her, and said "I want you." He said "I know you don't want to do it because you're afraid you're going to hurt me. Don't you understand you could never hurt me like I'm hurting myself. Please do it."

So Sheila gave him the acupuncture treatment. And at the end of the day, a peace came over her. She said:

"It was a gift from the tattooed man's mighty spirit that was set free."

Antoine de Saint-Exupéry is the author of *The Little Prince*, a book that Sheila and her husband, Patrick, bought on their honeymoon. Antoine de Saint-Exupéry said that we must endure a few caterpillars if we're going to be acquainted with the butterflies. Sheila wondered, "Was I the caterpillar who was reborn as a butterfly thanks to the young man recovering from his addiction? Is this the gift that we all get from NADA? And is this the gift that keeps on giving the more we do it?"

Sheila ended her presentation telling NADA practitioners that they are "global treasures, and we thank you for your service – and I thank you from my heart."

"I have found that the placing of the needles is a physical act that I do, but what the needles do after placement is a spiritual ladder that somehow lifts not only the patient, but myself as well." – Sheila

“There are times when verbal interaction is like trampling on the flowers.” --

MIKE

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