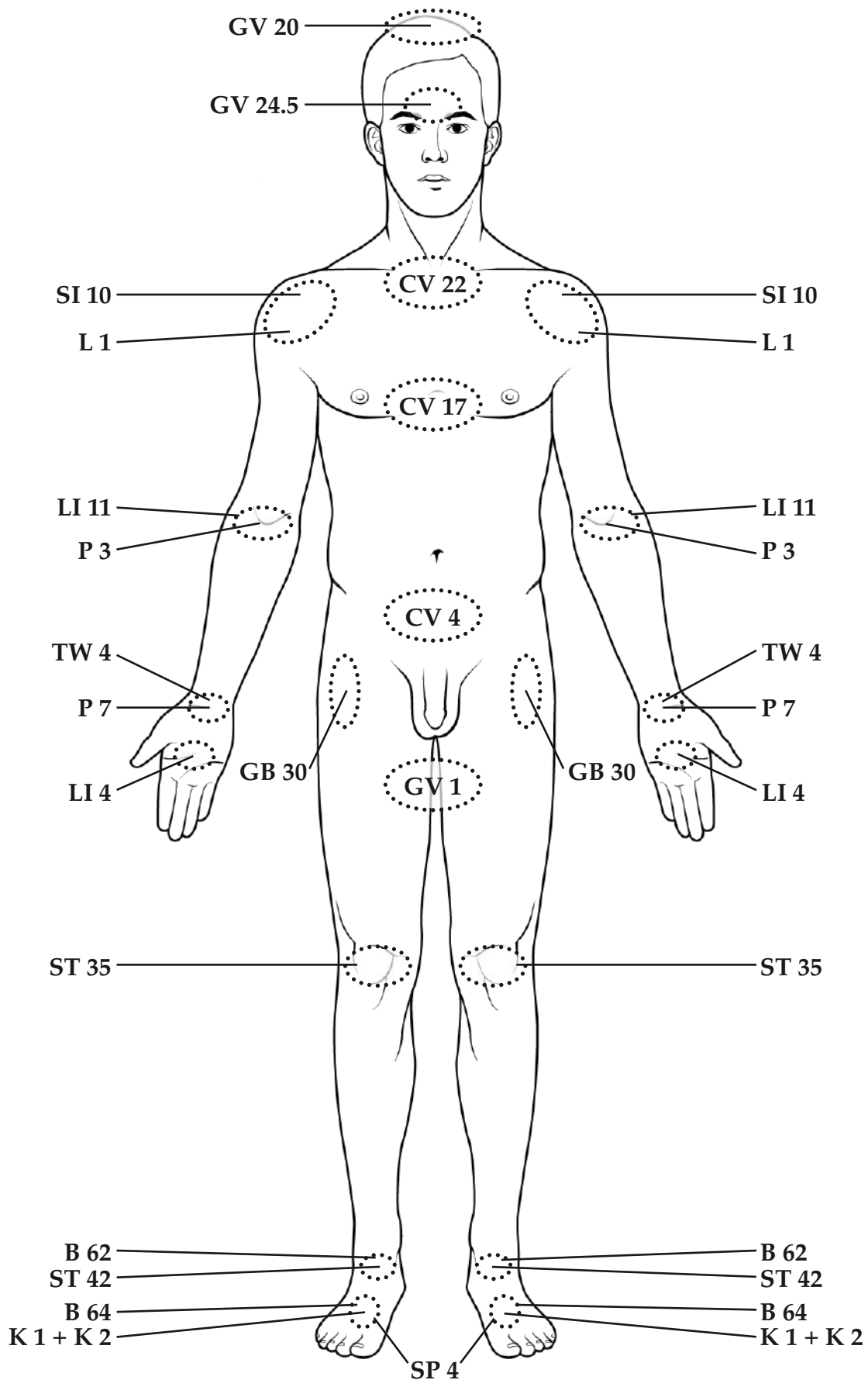


THE ACU CHAKRA CONNECTION FLOW

MAJOR ACUPRESSURE POINTS



THE ACU CHAKRA CONNECTION* FLOW PATTERN

Working from client's LEFT SIDE, reach across left leg

1. LH on Right sole (K1/ K2 with palm, B 64 with middle finger, SP 4 with heel of hand)
UH on Right ankle (ST 42 with palm, B 62 with ring finger)
2. LH on Right ankle (K 3 with heel, ST 42 with palm, GB 40 with index finger)
UH on Right Knee (ST 35 with middle finger, palm over patella)
3. LH on Right knee (Palm over patella)
UH on Right hip (Palm over hip joint, GB 30 with middle finger)

Working from client's RIGHT SIDE, reach across right leg

4. LH on Left sole (K1/ K2 with palm, B 64 with middle finger, SP 4 with heel of hand)
UH on Left ankle (ST 42 with palm, B 62 with ring finger)
5. LH on Left ankle (K 3 with heel, ST 42 with palm, GB 40 with index finger)
UH on Left Knee (ST 35 with middle finger, palm over patella)
6. LH on Left knee (Palm over patella,)
UH on Left hip (Palm over hip joint, GB 30 with middle finger)
7. Right palm on left hip and Left palm on right hip (palms over hip joints, GB 30 with middle fingers)

Working from client's LEFT SIDE

8. LH below Root chakra (GV 1)
UH above Second Chakra (CV 4)
9. LH above Second Chakra (CV 4)
UH above Third Chakra (CV 12)
10. LH above Third Chakra (CV 12)
UH above Heart Chakra #4 (CV 17)
11. LH above Heart Chakra #4 (CV 17)
UH above Throat Chakra #5 (CV 22)
12. LH on Right palm (Palm on client's right palm, LI 4 with index finger)
UH on Right wrist (Palm over TW 4, P 7 with middle finger)
13. LH on Right wrist (Palm over P 7, TW 4 with middle finger)
UH on Right elbow crease (Palm over P 3, LI 11 with middle finger)
14. LH on Right elbow crease (Palm over P 3, LI 11 with middle finger)
UH on Right shoulder (Palm on shoulder joint, SI 10 with ring finger)
15. LH on Left palm (Palm on client's left palm, LI 4 with thumb)
UH on Left wrist (Palm over P 7, TW 4 with thumb)
16. LH on Left wrist (Palm over P7, TW 4 with middle finger)
UH on Left elbow crease (Palm over P 3, LI 11 with thumb)
17. LH on Left elbow crease (Palm over P 3)
UH on Right shoulder (Palm on shoulder joint, LI with middle finger)
18. Left palm on client's Right shoulder (SI 10 with middle finger) and Right palm on client's Left shoulder (LI with middle finger)
19. LH above Throat Chakra #5 (CV 22)
UH above Third Eye Chakra 6 (GV 24.5)
20. LH above Third Eye Chakra 6 (GV 24.5)
UP above Crown Chakra #7 (GV 20)
21. LH above Crown Chakra #7 (GV 20) with palm facing Crown Chakra
UH 3 to 4" above LH with palm facing up towards Transpersonal Chakra

***This process is adapted from CHAKRA CONNECTION as described by Brugh Joy, MD in JOY'S WAY**