

BODY ELECTRONICS PRESSURE POINTS

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The following are points on the human body that may be sequentially held for maximum benefit. It would be appropriate that an Iris-Sclera Integrated Analysis be obtained first that suggested priorities may be established and specific problems may be attended to as individually designed in the Body Electronics flow sheet. Remember, a little knowledge is a dangerous thing. One must be aware of the various contraindications and know the full explanation of the Healing Crisis as explained in books one, two and three of the Logic in Sequence Series. Check carefully with one who is trained in Body Electronics before you undertake attempting to help another. Do not ignore this instruction. Listen to all audio tapes available. Read all books available.

Now, for those who are applying on a consistent basis the list of pressure points used in Body Electronics, the following is a guide to use. This is by no means to be considered **as** a complete list because of the wide range of constitutional variance and the individual natures involved, Points are numbered in sequence of application unless directed otherwise on the Body Electronics flow sheet. Those marked with an * are considered to be of major significance. May the reader be blessed with the prayerful application of each point, knowing that one should never just try to heal **the** body without a concerted effort to heal the soul through the moment by moment application of unconditional love and unconditional forgiveness.

Now consider the simplicity of point holding but be aware of the tremendous healing that takes place as one aligns oneself with the laws of Love, Light and Perfection, part of which is found in books one, two and three of the Logic in Sequence Series.

Be careful, be considerate and be consistent. The points which have taken many years to develop are now in your hands. Remember these are not all the points **as** many points require specific instruction, yet these will occupy your time for some time to come!

* - Considered to be of major significance

*1. STO BETWEEN STERNOCLEIDOMASTOIDEUS AND TRAPEZIUS, BELOW THE OCCIPUT NEAR GB-20

2. PINEAL

*A. Big toe - horizontal from the pituitary point on inside bottom of big toe toward
2nd toe

- B. Area between eyebrows at root of nose
- C. Posterior fontanelle

3. HYPOTHALAMUS

- *A. Side of big toe between 1st and 2nd toes - horizontally around the corner from pineal on the side of big toe at root of toenail
- B. Posterior fontanelle

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- C. Posterior inferior occipital protuberance. (See Anatomy Book)

4. PITUITARY

- *A. Big toe - middle **of** the bottom of big toe
- B. Atlas (1st cervical)
- C. 7th Cervical
- D. Middle of forehead
- E. Medial aspect of lower legs in heavy muscle
- F. Posterior fontanelle
Balances pituitary **and** pineal
- G. Under centre of nose
Anterior pituitary
- H. Directly below the outer corner of the lips on each side of chin **at** centre of lower jawbone on the mental foramen
Consult a good anatomy book such **as** Grays Anatomy

5. MEDULLA

- A. GV-16 - Hollow at base of skull (base of occiput on midline)
- *B. Base of big toe inside - between **1st** and 2nd toes
- C. Posterior inferior occipital protuberance

6. THYROID & PARATHYROID

- A. 2nd cervical - remove calcification - GV-15 (governing vessel)

- B. GV-14-7th cervical
- C. GB-12 - behind mastoid process
- D. CV-22 - below Adam's apple - middle and each side (conception vessel)
- E. ST-27 three fingers below umbilicus - left and right of midline - (stomach)
- F. Carotid sinus - ST-3
- *G. Under and above the head of first metatarsal of each foot - around all sides
- H. Teres Minor
 - Origin - lower portion of scapula
 - Insertion - TW-13 (triple warmer)
 - Top of the upper arm in the back
- I. Jugular notch - middle - both sides. Sternothyroideus muscle
- J. Anterior - superior aspect of bifurcation of tibia and fibula
- K. Beneath tip of anconeus process - end of each elbow
- L. Level with nipple anterior to the intersection of anterior axillary and nipple line

7. THYMUS

- A. Top and bottom of foot between 2nd and 3rd toes. **Use** a C-clamp with fingers.
All points in valley on top of foot between 2nd and **3rd** toes

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- *B. Above articulation of manubrium to body of the **sternum**
- C. 2nd thoracic vertebra - GV-13
- D. CV-22 (conception vessel) - jugular notch - middle
- E. **SI-17 - Below** ear lobe
- F. LI-4 - Web of thumb
- G. Beside nostril - LI-20
- H. L-6- Forearm - middle third
- I. L-10 - 1st metacarpal - 2nd metacarpal - between - top and bottom
- J. TW-10 - crazy bone - tip of elbow
- K. One finger width above eyebrow directly above pupil (fear)

L. Two finger's width above wrist (fear) - between bones (radius & ulna)

8. HEART

A. H-9- Inside small nail toward 4th finger

Pinch small finger on either side of fingernail

Rub in emergency

B. Heart line of hand between 4th & 5th fingers - front and back - C-clamp

*C. Xyphoid process - CV-14

D. T-1, T-2, T-3, C-6, C-7

*E. 3rd & 4th toes to head of metatarsals above and below foot-either. Use C-clamp with thumb and forefinger

F. GV-16 - Hollow at base of skull (Base of occiput on midline)

G. B-1 - Inner corner of eyes

H. ST-15- Bilateral to umbilicus

I. B-21 - One inch each side of T-12 small intestine - lymph circulation

J. H-7 - Little finger side of hand

K. Each side of the base of the neck on the anterior lateral wall of sternocleidomastoideus **as** it terminates in the supraclavicular fossa

L. Hing of each jawbone - touching **front** of ear

M. Anterior rib cage - notch - fast heart

*N. Between 3rd & 4th ribs - **next** to sternum)

4th & 5th (fast and/or irregular heart beat)

5th & 6th

O. Fast heart - 2 to 3 inches above and to the left of **navel**

P. Centre of sternum between breasts

Q. Where breast muscle joins sternum - just **below** and on **each** side of **P**

*R. Intersection of axillary and nipple line on side of ribcage

S. Four points - between 1st & 2nd ribs - next to sternum -

between 2nd & 3rd ribs - next to sternum

T. 45° down and lateral from nipple 3 to 4 inches

*U. Superior to point R about one or two inches for the purpose of the corrections of irregular heart rhythm.

V. Centre top - one inch anterior of posterior fontanelle - (Central nerve plexus) W.

Three inches above nipple

X. Four points around navel

7:30-10:30-1:00-4:30

Y. Centre **of** scapula

Z. Superior margin of both collar bones AA.

Behind medial superior crest of patella

BB. Under cheekbone directly under pupils

CC. End of shoulder blade

DD. Under 5th metatarsal head

EE. Clock-12-3-6-9-left side clockwise, right side counter clockwise

FF. Just under the manubrium articulation with 2nd part of sternum

GG. Subscapularis

Origin - Inside surface of scapula

Insertion - Front of the top of the arm bone

Subscapularis - emotional release point up to shoulder

HH. Bottom of rib cage - Back - 12th rib - 3 inches on either side of spine

II. Centre of each temple (use only on advanced students)

JJ. Two thumb's width above crease in the upper wrist in line with middle finger KK.

Directly below inner wrist

LL. Webbing between thumb and forefinger

MM. Crease in inner wrist in line with little finger

NN. One thumb width lateral of either nipple

00. Crease of inner wrist **in** line with middle finger

PP. Rear of 2nd toenail toward smallest toe

9. SOLAR PLEXUS

*A. One inch below xyphoid process to 2 fingers width above naval. Then up to 3 inches horizontally from midline

B. Above adrenal area on foot - large area

10. PANCREAS

*A. Foot - middle inside bottom

B. Posterior inferior occipital protuberance

- C. Inside margin of right rib cage - up as far as you can go
- D. McBurnies point - midway between crest of right hip bone and navel
- E. Both feet - medial aspect of foot - press in metatarsal bones
- F. Solar plexus reflex points
- G. Anterior superior aspect of legs at the bifurcation of the tibia and fibula bones
 - Origin of Achilles tendon
- H. Beneath tip of the anconeus process on the **end** of each elbow
 - I. Between 3rd and 4th ribs where they join the sternum
 - J. 7th thoracic
- K. Latissimus dorsi

Origin - Along spine from 6th thoracic between lower part of shoulder blade down to level of hips; the **top** of hip bones

Insertion - Inside of the arm just below the shoulder (back)

L. Soleus

Origin - Outside and back of the **leg** - below the knee

Insertion - Back of ankle at the heel

M. Gastrocnemius

Origin - Back of the leg just above the knee Insertion - Middle of the back of the heel

N. Sartorius

Origin - Outermost edge of the top of the hip bones Insertion - Inside of the leg just below the knee

O. Base of Neck - Upper Trapezius

Origin - Base of skull along spine to C-7. Base of neck above T-1

Insertion - Outer one-third of collar bone and top of shoulder on the shoulder blade

(Eyes also)

(Related to pancreas)

P. Point under nose just above lip

Q. Waist - On side of body nearly in line with elbow

11. ADRENALS

- *A. Above or same as kidney area on foot - below solar plexus on bottom of foot
- B. **T-9**
- C. Gracilis
 - Origin - Lower edge of pubic bone
 - Insertion - Top of shin bone on inside of knee
- D. Soleus - Same as L Pancreas
- E. Sartorius - Same as N Pancreas
- F. GV-16 - Hollow **at** base of skull
- G. Bottom of rib cage - 12th rib-**3** inches on either side of spine - **Same** as HH heart
- H. Supraorbital notch beneath each eyebrow
- I. Bony protuberance on forehead - two points, medial from and directly above pupils to two inches laterally

12. SPLEEN

- *A. One to two inches below **navel**
- B. STO - Main **point** for spleen
- C. Inside margin **of** left rib **cage** - **as far** up as you can go
- *D. Outside bottom and top left foot - middle
- E. **T-8**
- F. Inner posterior aspect of condyle of left knee - also right
- G. Medial aspect of foot **against** metatarsal bones
- H. Anterior - superior aspect of bifurcation of tibia and fibula
- I. Tip of styloid - anterior to mastoid process
- J. Point just under nose in middle
- K. Small notch in outside lower **margin** of bone surrounding eyes
- L. Just below but touching the **sylvian** fissure where the parietal bones **meet** the frontal bones on each side of head
 - (Emotional release point)
 - (Be very careful to use only on advanced students)
 - Above and posterior to temple

- M. Midway between crest of left hip and navel
- N. Each side of crest of the sacrum on ilium or hip bone
Insertion of Achilles tendon
- O. Latissimus dorsi - Same as K Pancreas
- P. Trapezius
Origin - Along the spine from the bottom of the neck to the last rib
Insertion - Across the upper edge of the shoulder blades
- Q. One-half inch above the posterior fontanelle
- R. Big toe-base of nail - medial (right)
- S. Inner malleolus - all around
- T. Opponens pollicis longus
Origin - Wrist bones within heel of hand
Insertion - Along metacarpel bone of thumb
- U. Triceps
Origin - Top of the back of upper arm bone - outer edge of scapula just below joint - back of arm just above elbow on the outer side
Insertion - Just below the elbow on the bottom of the forearm
- V. Waist - On side of body in line with elbows

13. GONADS - PROSTATE

- A. L-3 and 4
- *B. Between ankle bone and heel - inside and out
Uterus
Prostate
Ovaries
Testicles
- C. Heel - Bottom (front)
- D. Gluteus Medius
Origin - Outer surface of hip bones
Intertion - Top of thigh bone at side

E. Upper edge of pubic bones

F. Most prominent knob on hip bones at L-5 level

G. Middle finger - edge of nail toward index finger

H. Adductors

Origin - Front of the pubic bones

Insertion - Front of thigh bone just below the hip to the inside of the knee and just below the knee on the inside of the shin bone

I. Behind nipple on chest wall between 4th and 5th ribs

J. Just below points in scapula between 8th and 9th ribs

K. Crease on arm when bent - in middle of crease

L. Gluteus Maximus

Origin - Back of the hip bone across the surface of the sacrum
Insertion - Top back of thigh bone down three inches

M. Front of legs - top of thigh bone to just above knee

N. Three inches above ankle bones

O. Behind crown of outer ankle

P. In front of inner ankle

Q. Inner edge of foot midway between heel and big toe (severe injury)

R. Inner side of leg above ankle bone - two thumbs

S. Anterior - Superior aspect of bifurcation of tibia and fibula

T. Seminal vesicles and fallopian tubes over top of ankle. As **if** one attached a rubber band from 13 B outer to inner 13 B across top of foot

U. Extreme end of the outer crease of the elbow

V. Midway between anus and sex organs (used also when life has ceased)

W. Pubic bones - middle under - do not press on femoral artery or vein wherein it passes over the pubic bone. Detect pulse and avoid that location. Be extremely careful also.

14. LIVER

*A. Top of foot between big and second toe - width of two thumbs above separation.
Use C-clamp

B. Slightly behind separation of big toe - on top of foot

- C. Width of two hands above outer ankle slightly forward of vertical line from ankle
- D. Waist - along side of body in line with elbows
- E. Between 9th and 10th ribs directly beneath nipples
- F. First indentation along bottom of rib cage from sternum
- G. Pectoralis Major Sternal
 - Origin - Along sternum on the **4th** and 7th ribs
 - Insertion - groove between muscles at front of upper arm
- H. T-5 and T-10 (one inch bilateral)
- I. Nipple to sternum between **5th** and 6th ribs
- J. Rhomboids
 - Origin - C-7 & T-1-5 along centre **of** spine
 - Insertion - Entire edge of shoulder blade closest to spine
- *K. Top **and** bottom of both feet - middle - outside bottom
- L. Outer arm above elbow one hand **width**
- M. Direct contact with liver. (Careful - use only in emergency) Use pads of fingers gently - do **not** press hard
- N. Root of nail on big toe toward second toe
- O. Upper trapezium - Base of neck **right** and left sides

15. KIDNEY

- *A. K-1-Kidney meridian-only meridian on bottom of foot according to traditional Chinese concept
- B. Achilles tendon - Back of **ankle**
- C. Solar plexus reflex - bilateral
- D. T-10, T-**11** and T-12, L-1
- E. Hollow - one finger width below inner ankle bone
- F. Fifth metatarsal - Outside of foot on top of foot at joint- follow hollow between 4th and 5th toes
- G. Psoas
 - Origin - Along spine from T-12 the level of last rib and all lumbar vertebrae
 - Insertion - Inside upper part of thigh bone - about level with pubic bone

H. One inch up from navel and one inch to each side

I. Upper Trapezius

Origin - Base of skull along spine to 7C - Base of neck just above T-1

Insertion - Outer one-third of collar bone and top of shoulder on the shoulder blade

J. C-7 - One inch to each side

K. Between 2nd and 3rd ribs near sternum

L. Groove between muscles - front of upper arm

M. Top inside of femur

N. Front of shoulder

O. Pubic Bone - under - centre

P. Mid-groin

Q. Just below nipple

R. On back at tip of 12th rib

S. Two inches below knee cap - lateral

T. Behind knee - medially

U. Insertion of popliteal - just below back of knee

V. Middle of thigh - medially

W. Gluteus Maximus - midpoint

16. GALL BLADDER

*A. In liver area toward inside of foot from liver

B. T-4

C. Anterior Deltoid

Origin - The third of collar bone nearest shoulder
Insertion - Side of arm about one-third down from top

D. Between 3rd and 4th and 5th ribs near sternum

E. End of 4th to - behind nail

F. Popliteus

Origin - Outside of knee on lowest part of thigh bone

Insertion - Inside of leg just below the knee toward back of leg

G. Between 5th and 6th ribs from nipple to sternum

- H. T-5-6- One inch to right of spine
- I. Tailbone - Coccyx - one must be exact as to how to do this point. Only a trained instructor should supervise
- J. T-11 bilateral
- K. Over head of fibula - outside of leg below knee
- L. Behind nail on fourth finger
- M. Outside of eye - side
- N. 1-1/2 thumbs above crease in wrist in line with thumbnail
- O. One hand width above inner ankle bone behind tibia (shin bone) toward front
- P. One hand below bottom of kneecap and one thumb toward outside just away from the tibia
- Q. Webbing between thumb and forefinger
- R. Transverse process of first lumbar

17. BLADDER

- *A. Side of foot inside between pancreas and heel
- B. L-3
- C. Peroneus
 - Origin - Outer side of lower leg
 - Insertion - Outside of foot and across arch on top
- D. Knobs on hip at level of L-5
- E. Upper edges of pubic bone
- F. Sacrospinalis
 - Origin - Along spine from sacrum to skull
- G. Centre of pubic bone - under
- H. Each side of navel
- I. L-2
- J. Inside corner of eye
- K. End of little toe
- L. Tibials

Origin - Side of leg below knee toward front

Insertion - Inner edge of foot up to about two inches from big toe

Origin - Back of knee - middle

Insertion - Inside of Achilles tendon on heel

M. Just behind bony prominence located to rear of smallest toe on outside edge of foot

N. Bottom of manubrium - (water retention)

18. SMALL INTESTINE

*A. Foot - bottom - in front of heel toward middle of bottom

B. Quadriceps

Origin - Upper portion of thigh and side of hip bone

Insertion - Shin bone (tibia) **just** below patella (knee cap)

C. T-8-9-10-11-12 - One inch to each side

D. Along curve of rib cage in front

E. End of little toe on outside of **nail**

F. End of little finger - outside of nail

G. Navel - four corners

H. Abdominals

Origin - Lower eight ribs - surface

Insertion - Upper edges of hip and pubic bones

Sit-ups needed to strengthen

I. One hand above inner ankle bone behind tibia in front of leg

J. Outside tibia - one hand below knee

K. Bilateral to fifth lumbar

L. Bilateral one inch to one inch below xyphoid process

M. Two inches below umbilicus

N. Inside of second joint of big toe

O. Inside aspect of each femur - entire length

P. Nose bridge where meets cartilage

Q. Solar plexus points

- R. Lateral contacts on head of trochanter (head of femur)
- S. Mastoid process - use only on advanced students
- T. Bottom of manubrium - (Thymus point)
(Abdominal bloat)
- U. Curve of jawbone - under

19. LARGE INTESTINE

- A. On bottom of feet
- B. L-1-2
- C. Fascia Lata

Origin - Outer edge of the hip bone **toward** the front

Insertion - Just below the knee on the outside of the leg

- D. Top of thigh bone to one inch below on outside of both legs
- E. End of index finger

- F. Hamstrings

Origin - Back - lowest part of hip bone upon which one sits
Insertion - Inside back and outside of leg just below knee

- G. Posterior fontanelle

(Bloat) (Excessive fluid)

- H. Quadratus Lumborum

Origin - Top rear of iliac crest and along ilio lumbar ligament

Insertion - 12th rib bottom edge and transverse processes of first four lumbar vertebrae

- I. On each side of the nostril
- J. Three inches bilateral to the umbilicus
- K. Medial side of arch - base of first metatarsal
- L. Centre of wrist - palm side
- M. Base of index finger - thumb side
- N. Upper posterior thigh just below curve of buttocks
- O. Centre of calf muscle in back of lower leg
- P. Medial aspect of tibia - both legs

- Q. Superior distal end of cheekbone in front of ear
- R. Mastoid process
- S. Midway between crest of hip bone and navel
- T. Midway between navel and lower rib cage opposite S
- U. Curve of jawbone - under

20. STOMACH

- A. Bottom of foot toward toe from pancreas
- B. T-6
- C. Solar plexus
- D. Two inches below umbilicus
- E. Extreme end of the outer crease of the elbow
- F. Width of one hand above inner ankle bone behind tibia on front of leg - inside
- G. Width of one hand below kneecap - outside of leg next to tibia
- H. Two thumb widths above crease on inner wrist in line with middle finger
- I. Outer side of leg below bottom of kneecap in depression
- J. Width of one thumb above inner wrist crease in line with small finger
- K. Two inches below xiphoid process
- L. One inch anterior to posterior fontanelle (pyloric **valve**)
- M. Outside aspect of humerus from elbow to shoulder - outside aspect of bone N.
Intersection of nipple line and anterior axillary
- O. Tip of coccyx - only under supervision **of** trained instructor
- P. L-1 transverse process
- Q. Top of second body **of** sternum
- R. Between breast where breast muscle joins sternum
- S. Point where breast muscles leave anterior aspect of each arm. Two inches above
and two inches anterior to nipple line intersection **with** anterior **axillary**
- T. Either side of bridge of nose under eyebrows
- U. Two inches **in** front of anterior fontanelle
- V. Posterior inferior occipital protuberance

W. Pectoralis major clavicular

Origin - middle of collar bone to knob at base of throat

Insertion - Groove between muscles in front of upper arm (inner) just below shoulder

X. Levator Scapulae

Origin - C-1 to 4 slightly to sides of the back of the neck

Insertion - Top of shoulder blade where it is closest to the spine

Y. Sternocleidomastoideus

Origin - Top of sternum - medial one-third of clavicle

Insertion - Lateral surface of mastoid process

Z. C-2

AA Between second and third ribs next to sternum

BB Brachioradialis

Origin - Lower half of humerus

Insertion - Along thumb side of radius near wrist

21. LUNGS

A. On foot - under four toes along pad of foot at base of toes - on top of foot also

B. Thenar process of the hand

C. Hollow in front of shoulder

D. Web of thumb

E. T-3 and 4

F. Hollow at base of throat (jugular notch)

G. Hollow in biceps - tip of shoulder

H. Corners of mouth - up slightly

1. Tip of index finger on thumb side

J. Second lumbar

K. T-1

L. 1-1/2 thumbs above the wrist crease in line with thumbnail

M. Centre of sternum between nipples.

- N. Supraorbital notch beneath each eyebrow
- O. Bridge of nose where cartilage begins
- P. Just under clavicle next to sternum
- Q. Each side of nose - underside of small bony shelf - brain contact to lungs and bronchials
- R. Centre of scapula
- S. One inch below umbilicus
- T. Sylvian fissure - lateral sulcus.
- U. Third and fourth ribs against sternum - hollow
- V. Pituitary reflex
- W. Hollow between outer ankle bone and heel midway
- X. Beneath each nipple - under breast
- Y. Anterior Serratus
 - Origin - Outer surfaces of nine ribs on side of chest
 - Insertion - Inner surface of scapula along edge nearest spine
- Z. Coracobrachialis

Origin - Front of shoulder on the scapula (shoulder blade) (Coracoid Process) Insertion - Front of the upper arm

AA. Deltoids

Origin - Ridge at top of shoulder blade to top of shoulder
 Insertion - Side of upper arm

BB. Anterior fontanelle

CC. T-8-9-10

22. URETER TUBES

- A. Foot - from bladder to kidney reflexes
- B. T-11
- C. L-4
- D. Web of fingers four and five
- E. Carpals - Thumb
- F. T-12

- G. All sacral points
- H. Just below nipple
- I. Pubic symphysis - front, top **and** bottom
- J. Two inches **above** navel

23. ILEOCECAL VALVE

- A. Midway between crest of **right** hip bone and umbilicus
- B. Iliacus
 - Origin - Top inside surface of ilium
 - Sacral ligaments
 - Insertion - Top inside of femur
- C. Inside top forward part of the iliac crest
- D. Between T-12 and L-1 on either **side** of spine
- E. Parietal eminence - between ear and top of head (ridge)
- F. Foot point - left - near heel
- G. Collar bone - end lateral - (knob)
- H. Standing at attention - where **end** of fingers **on** right hand touch fascia lata

24. EARS

- A. Third, fourth and fifth toes - into pads
- B. C-1 & 2
- C. Any painful spot around ear
- D. Web of thumb
- E. Hollow between outer ankle bone and heel
- F. All bladder points
- G. Sacrum and coccyx
- H. All kidney points
 - 1. Especially upper trapezius (**See Kidneys**)
- J. Middle of scapula - between spine and scapula - T-4 & 5

25. EYES

- A. Second, third and fourth toes - into pads
- B. C-1 & 2
- C. All pancreas - reproduction points
- D. All liver- spleen points
- E. Upper trapezius (See Kidneys)
- F. Corner of eye - medial
- G. Temple
- H. Lateral end of eyebrow
 - I. Mastoid process
 - J. Hollow - base of skull
- K. Back of hand behind fourth knuckle
- L. Web-between index and thumb
- M. Web - third and index finger
- N. Thumbnail root
- O. L-1 & 2, T-9 & 10
- P. Ear lobes - earrings - penetration of auricular reflex to eyes

26. HIGH BLOOD PRESSURE

- A. STO
- B. Radial end of elbow
- C. Just below outer ankle bone
 - D. Hollow **just** above scapula - medial
 - E. Back **of** shoulder just below joint between arm and shoulder
 - F. Outer edge of crease of elbow
 - G. Carotid artery - do not put pressure on artery - gentle
 - H. Hollow at base of skull
 - I. Two inches above intersection of nipple line and anterior axillary
 - J. Solar plexus
 - K. Kidney reflex on bottom of foot - K-1

- L. At end of 11th rib on side
- M. Just behind shoulder
- N. Just behind umbilicus - one inch
- O. Crease behind knee - middle of crease
- P. Above wrist - central - two thumbs
- Q. Third fingertip - thumb side between nail and first and second joint
- R. One hand below navel - midline
- S. Two inches below R
- T. Crease of inner wrist in line with middle finger
- U. T-5, C-1
- V. Between 9th and 10th ribs - directly under nipples
- W. One hand above navel - midline

27. FEAR CONTROL CENTRES - ANXIETY

- A. Crease of inner wrist in line with small finger
- B. One inch below **navel** - bilateral one hand width
- C. Kidney reflex - Adrenal, **K-1**
- D. Top of head - midway between **ears**

28. TEMPER CONTROL CENTRES

- A. Same as A, #27
- B. Xyphoid process
- C. Separation between big and second toe webbing
- D. Fourth and fifth **toes** where separation joins top of foot
- E. Two hands above outer ankle bone **slightly** anterior
- F. One hand above outer ankle bone slightly anterior

29. BIO-ENERGY CONTROL CENTRES

- A. One hand below navel
- B. Two inches below A

- C. Midway between anus and sex organs
- D. One hand below kneecap - outside of tibia
- E. Fifth lumbar
- F. Xyphoid process
- G. T-4 & 5 between middle **of** scapula
- H. T-1 & 2 - between
- I. Adrenal point - Kidney point **K**-1
- J. Centre of breastbone **in** line with nipples

30. EPILEPSY SEIZURES

- A. Inner wrist - two thumbs above in line with middle finger
- B. T-4 & 5
- C. Outer edge of hand behind rearmost knuckle of little finger
- D. Two hands and one thumb above outer ankle slightly anterior
- E. Two thumbs below xyphoid process
- F. One thumb below skull - midline
- G. Complete cranial electronics application

31. INSOMNIA

- A. One hand below navel
- B. Two inches lower than A
- C. Two thumbs above inner creases in line with middle finger
- D. Inner crease of wrist in line with little finger
- E. Inner crease of wrist in line with thumb
- F. Webbing of big and second toe - top
- G. Inner crease of wrist in line with middle finger
- H. Rear of second toenail - top
- I. Third lumbar
- J. Corner of fourth toenail- toward small toe

- K. Hollow below collar bone - outside of ribs
- L. Middle of breastbone - between nipples M. Carotid artery - do not put pressure directly
- N. Hollow at base of skull

In summary - gather all information from all sources. In **reality**, since the body is hologrammic, anything can cause anything.

Use scars, pigment spots, blotches, callouses, sores etc as a guide for finding clues to points or areas which thru reflexes, could cause **dis**-ease.