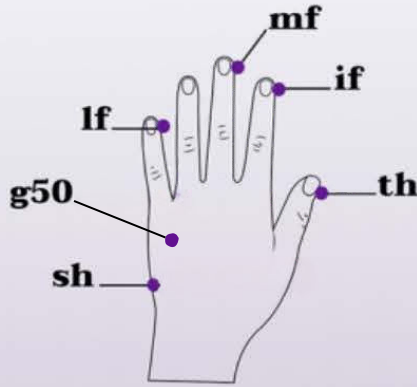


Best Healing Solutions Body Points & Energy Chakra



th: Thumb, on the outside of the thumbnail, opposite fingers

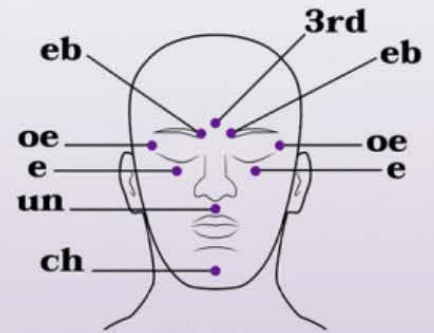
if: index finger, on the thumb side of the finger

mf: middle finger, on the thumb side of the fingernail

lf: little finger, on the thumb side of the fingernail

sh: side of hand, midpoint between the wrist & 1st knuckle of the little finger

g50: gamut spot, on the back of the hand between the knuckles of the little & ring fingers



3rd: third eye, between eyebrows

eb: eyebrow, where it goes into the bridge of the nose

oe: outside of eye, on the bone between eye & temple

e: eye, 1" under eye

un: under nose, above the center of top lip

ch: chin, the depression between bottom lip & chin

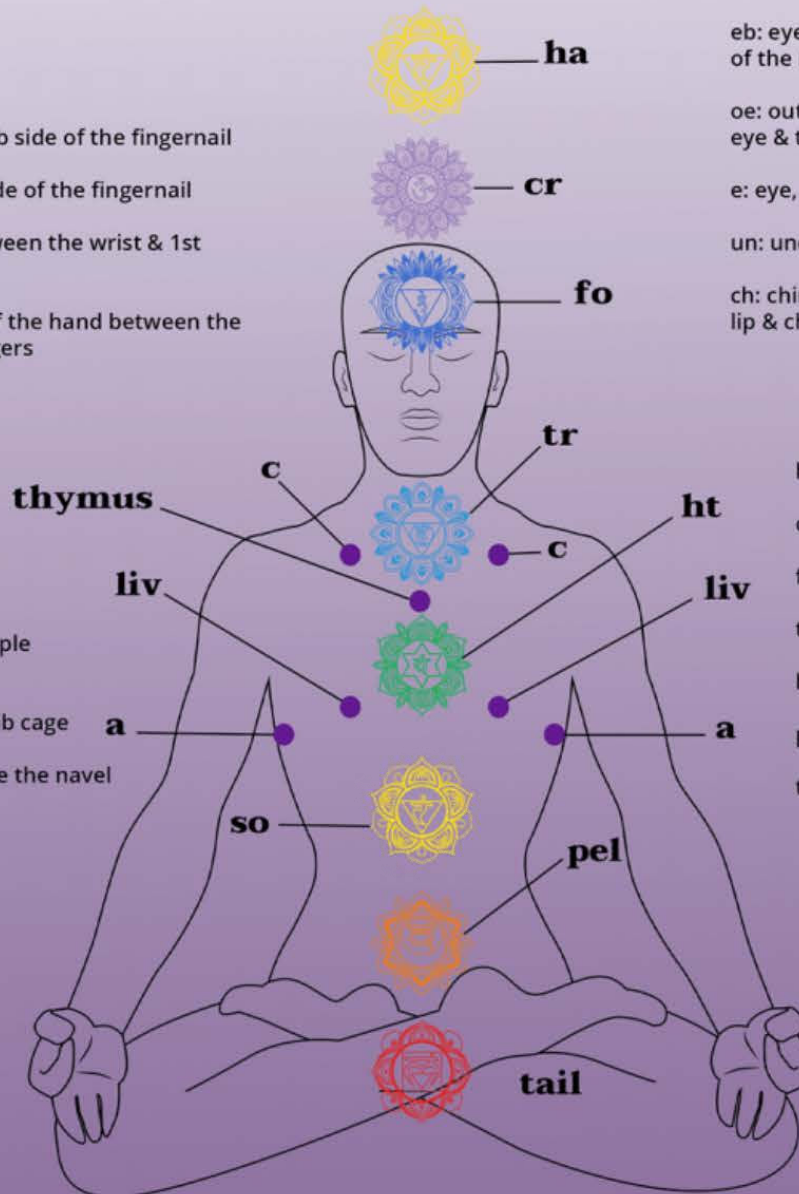
c: collarbone, 1" below the notch in the throat & 1" to either side.

thymus: middle of sternum

liv: liver point, 2" below the nipple on the right or left side

a: 4" under the armpit on the rib cage

so: solar plexus, stomach above the navel



ha: halo, 6" above the head

cr: crown, top of head

fo: forehead, center of the forehead

tr: throat

ht: heart, center of breast plate

pel: pelvis, 3" below the navel

tail: tailbone, at the base of spine



Standard Chakra Patterns

Standard chakra patterns are sequences of body points that appear frequently at the end of many of our treatment codes to make them complete. There are two standard chakra patterns and they are almost always interchangeable. Once you have read through and used these chakra patterns a few times, you may simply say “Standard Chakra Pattern Number One” or “Standard Chakra Pattern Number Two” at the end of any HS code. You can input the chakra patterns into your body memory by thinking about each chakra location as you tap under the nose 5 times for each of the locations.

The two standard chakra patterns are:

1. Forehead, Crown, Back of Head, Back of Throat (neck), Back of Heart, Crown, Forehead, crown, Forehead, Throat, Heart, Solar Plexus, Pelvis, Tailbone
2. Forehead, Crown, Back of Head, Back of Throat (neck), Back of Heart, Back of Solar Plexus, Crown, Halo, Crown, Forehead, Crown, Forehead, Throat, Heart, Solar Plexus, Pelvis Tailbone, Crown, Tailbone, Crown, Crown

The 9 Gamut (9g) Sequence

The 9 gamut or **9g** is a sequence of actions that are part of Emotional Freedom Techniques’ (EFT) original tapping sequence developed by EFT Founder, Gary Craig. At BHS, we add it to certain codes, to reduce stress in the body, with the simple designation of **9g** (this sequence can also be done on its own to reduce general stress).

Tap rapidly and gently on the gamut spot, which is on the back of either hand, ½ inch below the midpoint between the knuckles at the base of the ring finger and little finger (same as the **g50** spot shown on the Body Points chart, above), while completing the steps below. Tap 3 to 5 times per step.

1. Hold eyes open.
2. Close eyes.
3. Open eyes and look down to the right.
4. Look down to the left.
5. While tapping, whirl eyes in a circle one time.
6. Whirl eyes in the opposite direction one time.
7. Hum a short tune of at least two different notes (like Happy Birthday).
8. Count out loud to 5.
9. Hum at least two different notes.

Stop tapping.