

Esoteric Acupuncture Pattern List

Tiers of Density Level 1
Crown Infinity Shaoyin (L1 B) Tier Level 1 Back
Integration Synthesis (L1 F) Tier Level 1 Front Bk1 p341, Bk3 p93
Merkabah Spin (L1 F) Tier Level 1 Front
Tiers of Density Level 2
Discern the Whisper (L2 B) Tier Level 2 Back Bk 2 p311, Bk3 p139
Crystalline Waters (L2 - B) Tier Level 2 Back
8 Ht Gates Shaoyang (L2 F) Tier Level 2 Front
Tiers of Density Level 3
Eso Shaoyin Kidney (L3 B) Tier Level 3 Back Bk 2 p 306, B3 p 156
Eso Shaoyin Heart (L3 B) Tier Level 3 Back Bk3 p 167
Cube on Cube Window L3F) Tier Level 3 Front Bk4 p255
Tiers of Density Level 4
Shaoyin Heart Window (L4 B) Tier Level 4 Back Bk4 p253
Crystalline Grid (L4 - F) Tier Level 4 Front Bk4 p257
Crystalline Grid Heart (L4 F) Tier Level 4 Front
Tiers of Density Level 5
Hun Follow Shen (L5 - B) Tier Level 5 Back
ToL Astral (L5 B) Tier Level 5 Back Bk3 p203
Crystalline Grid Ext (L5 F) Tier Level 5 Front

Esoteric Shaoyin (B)
Discern the Whisper (L2 B) Bk 2 p311, Bk3 p139
Discern the Whisper #2 (B) Bk2 p315
Eso Shaoyin Kidney (L3 B) Bk 2 p 306, B3 p 156
Eso Shaoyin Heart (L3 B) Bk3 p 167
Shaoyin Ht Window (L4 B) Bk4 p253
Wei Qi Strengthening Grid Bk6 p687
Crystalline Waters (L2 - B) Bk6 p687
Bladder Shu Patterns
Crown Inf Shaoyin (L1 B) Bk6 p 319
Hun Follow Shen (L5 - B) Bk6 p 566
Inner Mind Activation (B) Bk4 p91
Antahkarana Patterns
Antahkarana (B) Bk2 p270, Bk3 p130
3-6-1 Antahkarana (B) Visualization Bk4p186
Esoteric Shaoyang
Upper 4 Gates (B) Bk3 p190
Expanded Field Up 4 Gates Bk3 p190 (six pointed star)
8 Ht Gates Shaoyang (L2 F) Bk6 p408
Circle of Fire (Both F/B) (Microcosmic Orbit) B1 p320 Bk3 p75 & 76 Bk1 flows: 326++
Celestial Tuning Fork Patterns
Celestial Tuning Fork Yin Bk1 p301, Bk3 p83 (F)
Celestial Tuning Fork Yang Bk2 p230, Bk3 p87 (B)

Cubes & Grids
Cube on Cube (F) Bk3 p 181
Cube on Cube Window L3F) Bk4 p255
Crystalline Grid (L4 - F) Bk4 p257
Crystalline Grid Heart (L4 - F) Bk6 p558
Extended Crystalline Grid (L5 - F) Bk6 p710
Integration
Integration Synthesis (L1 F) Bk1 p341, Bk3 p93
Merkabah Spin (L1 F) Bk6 p354
Tree of Life Patterns
ToL Spiritual (B) Bk3 p207
ToL Divine Mental (B) Bk3 p207
ToL Astral (L5 B) Bk3 p203
ToL Heart (F) Bk2p218, Bk3 p219
ToL Frontal #1 (F) Bk3 p212
ToL Frontal #2 (F) Bk3 p217
ToL Frontal #3 (F) Bk3 p218
Climbing Jacob's Ladder Patterns (B)
Upper Tree of Life #1 (B) Bk 3 p13
Middle Tree of Life #2 (B) Bk 3 p14
Lower Tree of Life #3 (B) Bk 3 p15
ToL Complete Pattern (B) Bk 3 p16
Soul Journey Patterns
Journey of Breath (B) Bk2 p215, Bk3 p106
Soul Journey (F) Bk2 p207, Bk3 p101
Crack to Buddhic Egg (F) Bk2 p262, Bk3 p125 (F)

Esoteric Acupuncture Pattern List

Chakra Patterns
Crown Patterns
Crown Ck Bk1 p205, Bk3 p 42
Crown Infinity (B) Bk1 p251, Bk3 p49
Pillar of Light (T) Bk1 p 257, Bk3 p60
Upper Star (B) Bk 2 p278, Bk3 p135
Brow Chakra Patterns
Brow Indigo Triangle (F) Bk1 p201, Bk3 p 38
Extended Indigo Triangle F Bk2 p198, Bk3 p97
Throat Chakra Patterns
Throat Yang Bk1 p199, Bk3 p35
Inward Spiral (B) Bk1 p266, Bk3 p64
Heat Chakra Patterns
Heart Yang Bk1 p198, Bk3 p33
Spirit Path (B) Bk1 p306 , Bk3 p55
Merkabah (L1 F) Bk1 p275, Bk3 p69
Know the One (F) Bk2 p253, Bk3 p118
Solar Plexus Patterns
Solar Plexus Yg Bk1p96, Bk3p0
Pattern of Truth (F) Bk1 p281, Bk3 p72
Preserve the Center (F) (Solar Plexus / SP & Heart) Bk2 p243, Bk3 p112
Sacral Chakra Patterns
Sacral Ck Yng Bk1 p94, Bk3 p27
Alchemy of Water (B) Bk1 p290
Root Chakra Patterns
Root Ck: Lower Calibr TOL Bk1 p192. Bk3 p20
Root Ck (B) Bk3 p23
Harmonizing Patterns
Clarity (F) Bk1 p 166
Post Qi Flow (B) Bk1 p 173
Ant Qi Flow (F) Bk1 p 176
Heart Bal Yin (F) Bk1 p 181
Palm Qi Inst (F) Bk1 p 186

Soul Journey Patterns
Journey of Breath (B) Advanced Throat Ck Lung / Metal Bk2 p215, Bk3 p106
Soul Journey (F) Advanced Ajna Ck Bk2 p207, Bk3 p101
Crack to Buddhic Egg (F) Bk2 p262, Bk3 p125 (F)

Original Qi & Shen
Preserve the Center (Tonify Original Qi in K)
Know the One (Tonify Original Spirit in H)

To Install all the correct frequencies for building Antahkarana (B1 p262)
Crown Infinity
Pillar of Light
Inward Spiral
Spirit Path
Circle of Fire

Sutratma: Universal Love (Sutratma: Monad to Heart)
Spirit Path (Heart Ck)
Merkabah (Expanded Ht)
Discern the Whisper

Consciousness Thread (Soul to Head)
Crown Chakra
Crown Infinity
Pillar of Light

Connection to Monad
Crown Infinity
Pillar of Light
Merkabah
Inward Spiral

Patterns for Accessing Merkabah Interdimensional (in no particular order)
Crown Infinity
Pillar of Light
Spirit Path
Merkabah (Expanded Ht)
Circle of Fire

Esoteric Shaoyin (7 Patterns in 60 days)
Antahkarana
Know the One (Tonify Original Spirit in H) (activate pathways to awaken dormant qi in minor head chakras)
21 days from Antahkarana Esoteric Shaoyin Kidney
Upper Star (Activate Kundalini from Nirwana to Guru)
21 days from Shaoyin K Discern the Whisper
Upper Star (Activate Kundalini from Nirwana to Guru)
21 days from Discern 1 Discern the Whisper #2
Most will need 2-3 rounds of this set of 7 patterns. AFTER 2-3 ROUNDS:
Same day, 2 patterns: Discern The Whisper #2 (40 min) Know the One (30 min)
OR Same day, 2 patterns: Discern The Whisper #2 (40 min) Upper Star (30 min)

Releasing PL bleed over, miasma
Cube on Cube
Cube on Cube Window

Esoteric Acupuncture Patterns

Esoteric Shaoyin (Back Patterns)	
Discern the Whisper Level 2 Back Pattern Bk 2 p311, Bk3 p139	<p>13 points = Crown Infinity 7 points + SI-11, Du-11 (Wingmaker 3 points) + Du-4, Du-14, Du-20 Aligning & strengthen energies of Heart Chakra with higher Chakras. Bringing Earth to Heaven. Integrate all 7 major Chakras on various levels & planes, while simultaneously balancing frequency from Earth plane to Monadic Plane depending on consciousness of person being needed. Install vibratory rate to allow Kidney Qi to flow & integrate w/ Heart Qi, allowing fohat to ascend along 3 nadis. Connects & integrates the 2 threads of Sutratma (feeling aspect of H & thinking aspect of H)</p> <p>Visualization From Book: figure 8 with top loop in Kunlun Mountain region back of head and bottom loop upper chest. See Bk 2 p 293. Before Discern the Whisper: Spirit Path, Tree of Life Heart, Tuning Fork Yang</p> <p>Visualization: Golden light from top, anchor into tailbone. Breathe in thru nose & exhale from mouth. Crown Infinity Fire/Water Triangles: connect Crown 2&3 w/ Crown 1, Crown 4. GB9s w/ Crown 4 & Du16 Wingmaker Fire/Water Triangles: connect SI11s w/ Du16, Du11 Insert Du4 / Bring energy down to tailbone: Connect Du11 w/ Du4, Connect Du4 with tailbone. Place Du14, Du20 / Bring energy up spine: Connect Tailbone w/ Du4, Du4 w/ Du11, Du11 w/ Du14, Du14 w/ YinTang (3rd eye) , Du14 w/ Du16, Du16 w/ Yintang, Both Du16 & Yintang to Du20</p>
Discern the Whisper #2 Back Pattern Bk2 p315	<p>16 points = Discern the Whisper + UB-7, Du-23 (Bilateral: R side first) For activating Guru Chakra & allowing QI to flow between Nirwana and Guru Chakra – the first step to superconsciousness. Before Discern the Whisper: Spirit Path, Tree of Life Heart, Tuning Fork Yang</p>
Esoteric Shaoyin Kidney Level 3 Back Pattern Bk 2 p 306 B3 p 156	<p>19 points = Discern the Whisper + Esoteric B40 + UB-57 + K-1 (Bilateral: R side first) Align & harmonize various levels of Kidney & Heart systems. Strengthen Ht love, Reduce K fear. Intention of connecting Heaven & Earth. Pattern works on 3 phases energy: 1) Aligning, activating, harmonizing finer frequency of emotional & thinking aspects of Heart Chakra 2) Align & harmonize Qi of 3 head centers: Crown, Ajna, Lalana 3) Harmonize & strengthen Mingmen Fire of K to act as pilot light to ignite flame of Heart Fire at Du 11. For these 2 centers to connect to proper vibratory rate to trigger this connection of the Lower Twin Flames, the K fear must be transmuted and released.</p> <p>Sutratma has 2 cords: feeling aspect of Heart, thinking aspect of Heart Shaoyin: Sacral Chakra (higher aspect Mingmen Fire) ignites the sacred fire stored in higher aspect of etheric Heart, and Sutratma in Heart Chakra. When higher aspect sutratma activated, initiates to superconsc When 2 esoteric fires of K & H burning harmoniously, beginning of harmonizing & understanding Lower Twin Flames Within. The combined flame activates the higher Jewel in the Lotus</p> <p>Physical: Water issues, Kidney dialysis, Not enuf cooling K yin to offset heart heat: insomnia, mind agitation Before: Tuning Fork Yang</p> <p>Visualization: Golden light from top, anchor into tailbone. Breathe in thru nose & exhale from mouth. Crown Infinity Fire/Water Triangles: connect Crown 2&3 w/ Crown 1, Crown 4. GB9s w/ Crown 4 & Du16 Wingmaker Fire/Water Triangles: connect SI11s w/ Du16, Du11 Insert Du4 / Bring energy down to tailbone: Connect Du11 w/ Du4, Connect Du4 with tailbone. Place Du14, Du20 / Bring energy up spine: Connect Tailbone w/ Du4, Du4 w/ Du11, Du11 w/ Du14, Du14 w/ YinTang (3rd eye) , Du14 w/ Du16, Du16 w/ Yintang, Both Du16 & Yintang to Du20 Place UB40 // Connect UB40s w/ Du4 Place UB57 // connect UB57 w/ Du16 Place K1 // Connect K1s w/ Du4. Connect K1s with Du20</p>
Esoteric Shaoyin Heart Level 3 Back Pattern Bk3 p 167	<p>19 points = Discern the Whisper + Esoteric B40 + UB-57 + H-7 Same as Shaoyin Kidney except last 2 Harmonizes Heart & Kidney – love & fear, fire/water. Balance Shen. Calming. This patterns places more emphasis on vibratory rates of levels of heart, while kidney pattern focuses on anchoring & grounding aspects of kidney Assists piercing 3 granthis / psychic knots in Root, Heart & Ajna Chakras. CLIENT: visualization see p B3 p170</p> <p>Visualization: Golden light from top, anchor into tailbone. Breathe in thru nose & exhale from mouth. Crown Infinity Fire/Water Triangles: connect Crown 2&3 w/ Crown 1, Crown 4. GB9s w/ Crown 4 & Du16 Wingmaker Fire/Water Triangles: connect SI11s w/ Du16, Du11 Insert Du4 / Bring energy to tailbone: Connect Du11 w/ Du4, Connect Du4 with tailbone. Place Du14, Du20 / Bring energy up spine: Connect Tailbone w/ Du4, Du4 w/ Du11, Du11 w/ Du14, Du14 w/ YinTang (3rd eye) , Du14 w/ Du16, Du16 w/ Yintang, Both Du16 & Yintang to Du20 Place UB40 // Connect UB40s w/ Du4 Place UB57 // connect UB57 w/ Du16 Jewel in the Lotus Fire Triangle: Place H7 // Connect H7s w/ Du11</p>

Esoteric Acupuncture Patterns

Esoteric Shaoyin (continued)	
Esoteric Shaoyin Heart Window Level 4 Back Pattern Bk4 p253	<p>21 points = Esoteric Shaoyin Heart 19 points + insert SJ-15 after Du-11. The 21 points correspond to phi, the Fibonacci ratio & the Golden Mean Triangle.</p> <p>Visualization: Inhale nose & exhale mouth. Breathe golden light into upper jiao, anchor light in tailbone. Crown Infinity: connect Crown 2&3 together, then w/ Crown 1, Crown 4. GB9s together, to Crown 4 & Du16 Wingmaker Fire/Water Triangles: connect SI11s together, then w/ Du16, Du11. Bring energy to heart. Shaoyang Hourglass: connect L SJ15 w/ R GB9 w/ L GB9 w/ R SJ15 (window opens clairaudience) Place Du4 / Bring energy to tailbone: Connect Du11 w/ Du4, Connect Du4 with tailbone. Place Du14, Du20 / Bring energy up spine: Connect Tailbone w/ Du4, Du4 w/ Du11, Du11 w/ Du14, Du14 w/ YinTang (3rd eye), Du14 w/ Du16, Du16 w/ Yintang, Both Du16 & Yintang to Du20 Place UB40 // Connect UB40s w/ Du4 Place UB57 // connect UB57 w/ Du16 Jewel in the Lotus Fire Triangle: Place H7 // Connect H7s w/ Du11</p>
Wei Qi Strengthening Grid Level 5 Back Pattern Bk6 p687	<p>31 Points = 21 Points of Esoteric Shaoyin Heart + 6 points Protection window group = R SJ-14 + L Achilles Heel + R Achilles Heel + L SJ 14 + R SJ10 + L SJ10 4 points Kidney window group = R B 24 + L B 26 + R B 26 + L B 24</p> <p>No Visualization for the protection or kidney window grouping</p>
Crystalline Waters Level 2 - Back pattern	<p>13 points = Du-20 + Du-16 + R SJ-15 + L SJ-10 + R SJ-10 + L SJ-15 + R UB-22 (SJ shu) + L UB-52 (K shu) + R UB-52 (K shu) + L UB-22 (SJ shu) + Du-4 + Du-11 + Du-14. Forms 2 Hourglasses or infinity signs</p> <p>Visualization: Du20-Du16 Bring E down. San Jiao Hourglass: Connect R SJ15- L SJ10- R SJ10- L SJ15 - R SJ15 SJ-K Hourglass: R UB22- L UB52- R UB52- L UB22 - R UB22 Place Du4 / Bring energy down spine to Du4, Place Du11, Du14 / Bring Energy up spine o Du11, Du14 –see 3rd eye opening. Energy to Du16, connect to Yintang. Energy to Du20. Fire Triangles to raise frequency: Connect SJ15s to Du16. hen SJ15s to Du20</p>
Patterns with Bladder Shu Points	
Crown Infinity Shaoyin Level 1 Back Pattern Bk6 p 319	<p>11 points = Crown infinity 7 points + R UB-15 (T5) + L UB-23 (L2) + R UB-23 (T5) + L UB-15 (L2) Hourglass</p> <p>Visualization: Golden light from top, anchor into tailbone. Breathe in thru nose & exhale from mouth. Crown Infinity Fire/Water Triangles: connect Crown 2&3 w/ Crown 1, Crown 4. GB9s w/ Crown 4 & Du16 Shaoyin Hourglass: connect R UB-15 to L UB-23 to R UB-23 to L UB-15 Upper Fire Triangle: Connect R&L UB-15 w/ GV-16</p>
Hun Follow the Shen Level 5 Back Pattern Bk6 p 566	<p>22 points = Crown Infinity 7 + Taiyin Hourglass: R UB-42 Po T3 + L UB-49 Yi T11+ R UB-49 + L UB-42 + Shaoyin Hourglass: R UB-45 Shen T5 + L UB-52 Zhi L2 + R UB-52 + L UB-45 + Hun T9: R UB-47 + L UB-47 Up Spine: Coccyx + Du-4 + DU-11 + Du-14 + Du-20 22 pathways in the Kaballah</p> <p>Visualization: Golden light from top, anchor into tailbone. Breathe in thru nose & exhale from mouth. Crown Infinity Fire/Water Triangles: connect Crown 2&3 w/ Crown 1, Crown 4. GB9s w/ Crown 4 & Du16 Taiyin Lungs / Spleen Hourglas next 4 pts: Connect R UB42 to L UB49 to R UB49 to L UB42 Shaoyin Heart / Kidneys Hourglass next 4 pts: Connect R UB45 to L UB52 to R UB52 to L UB45 Hun next 2 pts: Connect UB47s Bring E up spine next 5 pts: from Coccyx to Du4, from Du4 to Du11, from Du11 to Du14. Open 3rd Eye. From Du14 to Du16. Du16 to Yintang. Both Du16 & Yintang to Du20. Hun follow Shen: Fire Triangle UB47s to Du11, Fire Triangle UB47s to Du16, Fire Triangle UB47s to Du20.</p>
Inner Mind Activation Bk4 p91	<p>22 Points = Crown Infinity 7 + Du-24 + UB-7 + UB-42 + UB-44 + UB-47 + UB-49 + UB-52 + Du-14 + Du20 Bilateral: R side first</p> <p>Activates higher brain centers. Tap into morphogenic grid. Outer shu points: more closely connected to emotions than inner shu.</p>
Antahkarana Patterns	
Antahkarana Bk2 p270, Bk3 p130	<p>11 points = Du-20 + SI-16 + SJ-15 + UB-42 + Du-11 + Du-4 + Du-14 + Du-16 (Bilateral: R side first) Assist building Rainbow bridge to higher consciousness. Energy stored in Du 4, 11, 14, 16 will assist in raising esoteric fohat in Brahma nadi.</p>
3-6-1 Antahkarana Bk4p186	<p>33 points = Crown Infinity (7) + SI-11, Du-11, Du-4, Coccyx pt, UB-7, Su-24 (bilateral: R side first) This complex meditation pattern is designed to be used on yourself with no needles or external stimuli.</p>

Esoteric Acupuncture Patterns

Esoteric Shaoyang	
Esoteric Shaoyang Upper 4 Gates Back Pattern Bk3 p190	6 points = L SJ-15 + R GB-9 + L GB-9 + R SJ-15 + Du-16 + Du-20 Forms Hourglass Open up inner hearing & hear inner voice. The 6 points properly communicating create a field that supports & strengthens the realm of celestial hearing, eventually leading to the realms of one hand clapping, clairaudience & clairsentience. Recommended Sequence Shaoyin Heart (pierce granthis) before Esoteric Shaoyang
8 Heart Gates Shaoyang Level 2 Front Pattern Bk6 p408	13 points = Du-20 + Du-24 + Yintang + Ren-24 + Ren-22 + Ren-17 + Ren-16 + Shaoyang Hourglass: R SJ-4 + L GB-34 + R GB-34 + L SJ-4 13 th point – heart (K25 area) not needed, will be activated. SJ-4 & GB-34 move yang qi upwards. Connect to axiatonal grids.
Esoteric Shaoyang	Upper Hourglass: R SJ-15 + L GB-9 + R GB-9 + L SJ-15 Lower Hourglass: R SJ-4 + L GB-34 + R GB-34 + L SJ-4 -
Cubes & Grids (Front Patterns)	
Cube on Cube Front Pattern Bk3 p 181	16 points = Du-20 + Du-23 + Du-24 + Ajna Group 4 + Du-26 + Ren-24 + Ren-22 + Ren-17 + Karmic Release 4 + Ren-4 (Bilateral: R first) Forms 2 stacked cubes: Upper cube: spirituality, Lower cube: physical Cubes activated & aligned indicate balance between upper powers or worlds (spirituality) with lower powers or worlds (physicality) Align frequencies to increase awareness of levels and move into mastery of various planes. Umbilicus points: tonify, balance, strengthen energies connected to Yuan Qi / Original Qi Release karmic debris brought in from past lives, to lessen & remove miasmatic tendencies, to harmonize & strengthen the etheric body. When Cube on Cube used after Discern Whisper or Esoteric Shaoyin, possibility for great shift in ones consciousness set in motion.
Cube on Cube Window Level 3 Front Pattern Bk4 p255	16 points = Du-20 + Du-23 + Du-24 + Extended Indigo Triangle 7 pts + Ren-22 + Ren-17 + Karmic Release 4 Same as Cube on Cube except Du 26 & Ren 4 eliminated and SI 17s added (Bilateral: R side first)
Crystalline Grid Kevek 4 Front Pattern Bk4 p257	22 points = Cube on Cube Window 16 + R LI-15 + L St-42 + L St-42 + L LI-15 + R SJ-4 + L SJ-4 22 points correspond to the 22 pathways of the Tree of Life Needle this pattern if client's palms down, Crystalline Grid Heart if palms up or sideways.
Crystalline Grid Heart Level 4 Front Pattern Bk6 p558	22 points = Cube on Cube Window 16 + R LI-15 + L St-42 + L St-42 + L LI-15 + R P-6 + L P-6 Same as Crystalline Grid except last 2 points. If client's palms facing or on sides – needle this pattern.
Extended Crystalline Grid Level 5 Front Pattern Bk6 p710	26 points = Crystalline Grid + Ren-6 + R K-14 + L K-14 + Ren 4 Added 4 points form diamond shape tetrahedron – 4 leads to 6
Front Protection Grid	4 points = R LI-15 + L St-42 + L St-42 + L LI-15 Module that can be added to any pattern – from Crystalline Grid
Back Protection Grid	4 points = R SJ-14 + L K-1 + R K-1 + L SJ-14 Alternate to K-1 – heel point – center back of heel where white and red skin merges – From David Weinthal Module that can be added to any pattern
Integration	
Integration Synthesis Level 1 Front Bk1 p341, Bk3 p93	4 points = Du-20 + P-8 + R-17 (Bilateral: R first) Anchoring higher vibratory rates directly from Monad & Source & Receiving all that is needed on 3D plane. Connection with individual etheric & planetary axiatonal grid systems. Comprehend multidimensional info, tap into Akashic records. Complete gathering, integration & synthesis of all freq to begin process of total cellular healing & balance all yin/yang frequencies . For someone who wants to awaken inner shen – meditator. Needling: have client rest hands out on stools at side of table. Simple pattern requires deep concentration CLIENT: Connect P8s, then to Du20. Connect all 3 to CV17. Let central point rise up to form tetrahedron. If major pattern, leave needles 45min. As secondary after Esoteric Shaoyin – leave needles 25-30 min
Merkabah Spin Level 1 Front Bk6 p354	6 points = Integration Synthesis + Ren22 + Yintang CLIENT: Integration Synthesis connections + Connect P8's to CV22 + Connect CV17 + CV22 Connect P8's & CV17 to YinTang, Connect P8's & Yin Tang to Du20

Esoteric Acupuncture Patterns

Esoteric Shaoyang	
Esoteric Shaoyang Upper 4 Gates Back Pattern Bk3 p190	6 points = L SJ-15 + R GB-9 + L GB-9 + R SJ-15 + Du-16 + Du-20 Forms Hourglass Open up inner hearing & hear inner voice. The 6 points properly communicating create a field that supports & strengthens the realm of celestial hearing, eventually leading to the realms of one hand clapping, clairaudience & clairsentience. Recommended Sequence Shaoyin Heart (pierce granthis) before Esoteric Shaoyang
8 Heart Gates Shaoyang Level 2 Front Pattern	13 points = Du-20 + Du-24 + Yintang + Ren-24 + Ren-22 + Ren-17 + Ren-16 + Shaoyang Hourglass: R SJ-4 + L GB-34 + R GB-34 + L SJ-4 13 th point – heart (K25 area) not needed, will be activated. SJ-4 & GB-34 move yang qi upwards. Connect to axiatonal grids.
Cubes & Grids (Front Patterns)	
Cube on Cube Front Pattern Bk3 p 181	16 points = Du-20 + Du-23 + Du-24 + Ajna Group 4 + Du-26 + Ren-24 + Ren-22 + Ren-17 + Karmic Release 4 + Ren-4 (Bilateral: R first) Forms 2 stacked cubes: Upper cube: spirituality, Lower cube: physical Cubes activated & aligned indicate balance between upper powers or worlds (spirituality) with lower powers or worlds (physicality) Align frequencies to increase awareness of levels and move into mastery of various planes. Umbilicus points: tonify, balance, strengthen energies connected to Yuan Qi / Original Qi Release karmic debris brought in from past lives, to lessen & remove miasmatic tendencies, to harmonize & strengthen the etheric body. When Cube on Cube used after Discern Whisper or Esoteric Shaoyin, possibility for great shift in ones consciousness set in motion.
Cube on Cube Window Level 3 Front Pattern Bk4 p255	16 points = Du-20 + Du-23 + Du-24 + Extended Indigo Triangle 7 pts + Ren-22 + Ren-17 + Karmic Release 4 Same as Cube on Cube except Du 26 & Ren 4 eliminated and SI 17s added (Bilateral: R side first)
Crystalline Grid Kevek 4 Front Pattern Bk4 p257	22 points = Cube on Cube Window 16 + R LI-15 + L St-42 + L St-42 + L LI-15 + R SJ-4 + L SJ-4 22 points correspond to the 22 pathways of the Tree of Life Needle this pattern if client's palms down, Crystalline Grid Heart if palms up or sideways.
Crystalline Grid Heart Level 4 Front Pattern	22 points = Cube on Cube Window 16 + R LI-15 + L St-42 + L St-42 + L LI-15 + R P-6 + L P-6 Same as Crystalline Grid except last 2 points. If client's palms facing or on sides – needle this pattern.
Extended Crystalline Grid Level 5 Front Pattern	26 points = Crystalline Grid + Ren-6 + R K-14 + L K-14 + Ren 4 Added 4 points form diamond shape tetrahedron – 4 leads to 6
Front Protection Grid	4 points = R LI-15 + L St-42 + L St-42 + L LI-15 Module that can be added to any pattern – from Crystalline Grid
Back Protection Grid	4 points = R SJ-14 + L K-1 + R K-1 + L SJ-14 Alternate to K-1 – heel point – center back of heel where white and red skin merges – From David Weinthal Module that can be added to any pattern
Integration	
Integration Synthesis Level 1 Front Bk1 p341, Bk3 p93	4 points = Du-20 + P-8 + R-17 (Bilateral: R first) Anchoring higher vibratory rates directly from Monad & Source & Receiving all that is needed on 3D plane. Connection with individual etheric & planetary axiatonal grid systems. Comprehend multidimensional info, tap into Akashic records. Complete gathering, integration & synthesis of all freq to begin process of total cellular healing & balance all yin/yang frequencies Needling: have client rest hands on stools. Simple pattern requires deep concentration CLIENT: visualize tetrahedron Ren17 as apex & lifted above physical body and this area as breathing If major pattern, leave needles 45min. As secondary after Esoteric Shaoyin – leave needles 25-30 min
Merkabah Spin Level 1 Front	6 points – Integration Synthesis + Ren22 + Yintang

Esoteric Acupuncture Patterns

Esoteric Acupuncture Patterns Organized by Chakra	
Crown Patterns	
Crown Chakra Bk 1 p205, Bk 3 p 42	5 points = Sishencong + Du 20. Needle Sishencong points first, wait 2 min then needle Du20. Client visualizes a stream of golden, platinum or violet light flowing into the Crown Chakra region. Violet rays carry vibrations necessary to transmute the old and unnecessary Qi into new frequencies.
Crown Infinity (Crown Chakra) Back Pattern Bk 1 p251, Bk 3 p49	7 points -= Sishencong + GB9+Su16 – forms hourglass/infinity/figure 8 shape Installation of Crown Chakra energy anchored thru pattern. Pattern is stronger than Crown Chakra pattern. Bottom water triangle installs energy for activating Ajna center. Connection to Tree of Life Bk1 p 253 Install encoding for the Ascension Chakra (16 th) (lower set of triangles – Kun Lun Mountain area). Visualization: form fire and water triangles with first 4 points, then next 3 points Rotation visualization Bk2 p 290. Top 4 Sishencong points - energy rotates Clockwise (looking down from above) & bottom grouping – energy rotates counterclockwise. 2 energy fields as inbreath/outbreath of life. Rotation pulls energy down into Crown Chakra and Ascension Chakra (Kunlun Mountain) CLIENT: Visualize bringing in light through total area of fig 8 – eventually covers whole head Removing needles: close portal visualize holes being closed and the triangles being closed shut.
Pillar of Light (Crown Chakra) Back Pattern Bk 1 p 257, Bk 3 p60	8 points of 2 quadrilateral = points of Crown infinity + Ajna 2 but needled in different order. Forms 8 triangles Installs an electromagnetic light grid system with correct frequencies to reconnect with various Merkabah systems to access higher interdimensional realms. Connection to global axial grids, & higher grid sys. Outer quadrilateral needled CCW (counterclockwise rotating energy), Inner needled CW (clockwise rotation) Creates 2 counter-opposing spins which form inbreath/outbreath energy field. The pyramidal pattern & CCW rotation forms ascending energy protrusion which attracts positive energy from above. The inner CW rotation pulls down new information / qi. Energy entering and exiting creates connection to axial grids Install energies to open up inner vision. Install encoding for the Ascension Chakra (16 th). CLIENT: Visualize a pillar of golden light streaming down into body to cleanse all neg frequencies “Lighten up”
Upper Star Back Pattern Bk 2 p278, Bk 3 p135	8 points – Du-24, UB-7, Du-20, UB-10, Du-16, Du-23. Bilateral: R side first. Forms double tetrahedron. Flopped transition allow enter into interdimensional realms New levels of consciousness, change perception of reality. Activate Nirwana Chakra so esoteric fohat able to flow thru Wisarga Pathway to Guru Chakra. CLIENT: visualize flopping see graphic Bk 2 p 278.
Brow Chakra Patterns	
Brow Indigo Triangle Yang Front Pattern Bk 1 p201, Bk 3 p 38	5 points – 4 form square with 1 in center – forms Pyramid which creates spinning force field – the more balanced rotation would be clockwise. Installs yin aspect of Ajna center Release blockages at throat, Ajna, Manas & Indu Chakras. Ajna #3 Yintang – Ajna Chakra; Ajna #2 Manas Chakra; Ajna #1: Indu Chakra (higher freq of Ajna). Fire Triangle: Upper Triad: Abstract Mind, Spiritual Will, Intuition. Shiva male energy, Earth erecting to Heaven Water Triangle: Lower Triad: Body, Mind, Soul. Female Shakti energy: Heaven descending to Earth
Extended Indigo Triangle Bk 2 p198, Bk 3 p97	7 points = Indigo Triangle plus Si17s + Ren24 Install freq to activate Ajna Center. Beneficial for chronic nasal congestion.
Throat Chakra Patterns	
Throat Yang Bk1 p199, Bk 3 p35	5 points form pyramid = C5, UB-42, T4, Du-12 Strengthen & balance throat Chakra & thyroid.
Inward Spiral (Throat Chakra) Back Pattern Bk1 p266, Bk 3 p64	9 points in Tree of Life formation. Carries frequency of Tree of Life. C5: thyroid; C6: Parathyroid Louise Hay: C4 – guilt, repressed anger; C5 – fear of ridicule/humiliation; C6 – overloaded with other’s burdens & inflexibility; C7 – anger, confusion, feeling helpless; T1 – fear of life and not able to cope Harmonize both Yin & Yang energy of Throat Chakra, strengthen thyroid and parathyroid. Speaking the truth, but in a non-provoking tone and frequency. “walking our talk”. Assists building “Thread of Creative Activity” Inward spiraling qi flow acts as cleansing, spiraling screw to remove all negative debris from present & past actions which have been stagnant in this chakra region. CLIENT: Visualize spiral of energy from back next to Ren22 in front. Recommended sequence: Crown Infinity or Pillar of Light, Inward spiral

Esoteric Acupuncture Patterns

Heart Chakra Patterns	
Heart Yang Bk1 p198, Bk3 p33	5 points form pyramid = T4, UB-44, Du-10, Du-11 Strengthen & balance physical heart & Heart Chakra.
Spirit Path (Heart Chakra) Back Pattern Bk1 p306 , Bk3 p55	6 points form upward triangles: Du-20, SI-11, Du-11, Du-14, Du-16 Energizes & harmonizes Qi of various levels of Heart Chakra. Strengthens Shen in Heart. Balances higher & lower Chakras. Activates frequency of love stored in Heart Chakra & moves that energy to higher Chakras Aligns higher body Chakras to correct freq for building the antahkarana = "Pathway to Spirit". Spirit = 1) Shen housed in Ht (mind, memory, alertness) & 2) Original Shen (Direct connection to unmanifest) CLIENT: Feel E of Ht building & ascending to Throat, Ajna, Crown. Imagine 3 threads of antahkarana & connect to Monad & Source
Merkabah Spin (Expanded Ht) Front Pattern Bk1 p275, Bk3 p69	5 points = P-1, Merkabah 3&4, Ren-17 Installs energy of expanded heart, activate to bring forth own Merkabah Anchors stabilizing E of earth with shoulder wings Rotation: 4 outer points needled clockwise (CW), but real power is in counterclockwise (CCW) rotation of pattern (viewing from underside). CCW rotation pulls Qi inward. 3 types Merkabah: 1) INNER Merkabah: phys/etheric, astral, mental. Personal spaceship. 2) SOUL Merkabah: Buddhic plane. 3) MONADIC Merkabah: Monadic plane
Know the One Front Pattern Bk2 p253, Bk3 p118	10 points = Du-20, UB-7, Du-24, Ajna 1, 2, 3, Ren-17, Ren-6, Ren-4. Mostly linear pattern. Access & activate higher deeper levels of H Chakra. Activate Indu, Manas, Ajna Chakras, & Lalana Connection to ONE/Source –activating & understanding various levels of heart & knowing we are part of the 1 Access memory at level of both Original Spirit & Original Qi 1 st 3 pts: Du20, B7 designed to connect Ajna center group with Nirwana Chakra & strengthen connection from Nirwana Chakra to Guru Chakra, and connecting Original Qi & Original Spirit. Recommended Sequence: Celestial Tuning Fork Yang, or Preserve the Center (Original Qi), Know the One
Solar Plexus & Solar Plexus / Heart Patterns	
Solar Plexus Yang (back pattern) Bk1 p196, Bk3 p30	5 points form pyramid = T8, UB-47, Du-6, Du-8 Strengthen & balance SOP Chakra, Liver, Spleen.
Pattern of Truth (Solar Plexus Chakra) Front Pattern Bk1 p281, Bk3 p72	5 points form tetrahedron over solar plexus. Assists self-examination: look within & examine all that has taken place in our lives. Ability to be truthful about ourselves and resolving our own issues as honestly & swiftly as possible. Understand the reason why we are here in this incarnation. Face truth about ourselves Freq of Truth – eroding freq of delusion, mistrust, friction. Facing our shadow. Freq of Accountability: Understand why something is irritating and part veils to deal with issues. RING PASS NOT (RPN): an energy force field will not allow move forward till resolve issues, including shadow & can be viewed as moment of moral & ethical inventory of our actions, non-actions, deeds & thoughts. (Shadow=DWELLER ON THE THRESHOLD). At each level of inner plane work, come to a frequency or consciousness level with RPN – not possible to advance till resolve conflicts & keep negative ego under control – then ready to advance. Face shadow on higher level. DWELLER ON THRESHOLD: sum of unconquered/subdued personality characteristics which must be overcome before initiation. Works with Solar Plexus Chakra (gut instincts). Help digestive difficulties.
Preserve the Center Harmonize Solar Plexus & Heart Front Pattern Bk2 p243, Bk3 p112	10 points – mostly linear = Ren-22, SP-18, Ren-17, Ren-16, 4 Karmic Release points, Ren 6 Harmonize Solar Plexus (SP) & Heart Chakra. Harmonize Central Qi Flow (Cosmic fire flow) Strengthen H Chakra- Qi brought thru Ren 22 to Heart & Qi from Lower Dan Tian via the Ren channel. Harmonize Umbilicus Qi. Aids cutting etheric & astral umbilical cords Tonify Original Qi (K) & assist releasing attachments to mother, birth, fetal & prior. Complimentary to Know the One (tonify & activate H Original Spirit), Know the One usually comes 2 nd Suggested sequence: before Preserve the Center: Know the One

Esoteric Acupuncture Patterns

Sacral Chakra Patterns	
Sacral Chakra Yang (Back Pattern) Bk1 p194, Bk3 p27	Activates, strengthen, harmonize Sacral Chakra. Strengthen & harmonize Postnatal Qi, Yuan Qi, & Kidneys. Open gateway to allow kidney Qi flow harmoniously upward.
Alchemy of Water (Sacral Chakra) Back Pattern Bk1 p290	Strengthen K energy, physical foundation (pelvis, lower Chakra) Transform K Qi to purer, lighter, balanced K Transforming Fear (contraction, dense) to Love/Wisdom (expansion) Fear = information brought in too quiChakraly – mental & astral body not able to step down info to properly interpret & assimilate the information. 2 points: K Shu B 23 (R 1 st) See etheric triangle/diamond to find 3 rd point If Water Δ formed = sacral / root Chakra issues – unblock E. If Fire Δ formed – Kundalini ascending
Root Chakra Patterns	
Root CK: Lower Calibration Tree of Life Bk1 p192. Bk3 p20	Tonifies & releases energy to climb upward and inward for spiritual journey. Establish energies for strong base & foundation. Installation of 4 th Dim Powers: Anchor 9 th chakra in Root Chakra region. Coccyx acts as etheric energy pump directs qi up the spine
Root Chakra Back Pattern Bk3 p23	Harmonize Rt Chakra- can be used in combo with other Chakra patterns. Activate Kundalini energies spiral more smoothly up spine. Visualization: 2 fire triangles, have client move energy to back of head Kunlun Mountain region Begins the process of piercing 2 granthis (psychic knots). Great for sciatica
Soul Journey Patterns	
Journey of Breath Advanced Throat Chakra Lung / Metal Back Pattern Bk2 p215, Bk3 p106	7 points = Du-20, Du-16, UB-42, T-3, Du-14, C-6 (Bilateral: R side first) Focus on breath as means of aligning with heart. In order to fill heart w/ joy & love, must release sadness. Breathe in – contains underlying current of trust. Trust is the pathway to the Heart, the Gateway to Love. Physical: open throat, allow air, thyroid. Release Sadness (B42) Lung imbalance: not able to take in what life offers, or release sadness CLIENT: inhale slowly through nostrils and exhale through mouth “I breathe in all life has to offer, I exhale all the toxic things in my life”. 3x Then still the mind Preliminary pattern to Soul Journey Recommended Sequence: Throat Chakra Yang, Journey of Breath
Soul Journey Advanced Ajna C Front Pattern Bk2 p207, Bk3 p101	13 points = Extended Indigo Triangle + SJ-15, Ren-22, Ren-17, Du-26 + Ajna2 (Bilateral: R side first) Expanding consciousness of Ajna Center. Awareness enabling recognition of synchronistic events & meetings Reconnect to higher self & direct us on Soul Journey, recognize inner calling of the spiritual aspects of soul. Understanding overall divine plan & how we fit into puzzle of life. (Divine Plan = expression of greater spiritual awareness that would slowly unfold as humanity awakens and consciousness expands) Average client: Needle 5 Shu before: B13, 15, 18, 20, 23 Leave 10 shu for 30 min, then Soul Journey Advanced client: Discern Whisper for 30 min, then Soul Journey Recommended sequence: Extended Indigo Triangle, Journey of Breath, Soul Journey
A Crack to the Buddhist Egg Front Pattern Bk2 p262, Bk3 p125	13 points = Du-20, Ajna 2, Du-26, Ren-17, P-8, H-8, Palm 3, H-1, H-1, Crystal (Bilateral: R hand first) Allow Qi of consciousness to access levels of Buddhist Plane. Buddhist Plane is level of Soul Journey Intuitive level of Buddhist Plane – thinking aspect of Heart Chakra. If consistently reaching Buddhist Plane, assists to Atmic levels CLIENT: visualize an etheric egg in the center of the arms Before: Journey of Breath → Soul Journey → Crack to the Buddhist Egg

Esoteric Acupuncture Patterns

Tree of Life Patterns (vibrational oils)	
	Following the sequencing of the ToL creates a synergistic healing energy field throughout all body systems. Balancing the vibrational waves of the higher frequency body systems from causal levels & higher.
ToL Spiritual Back Pattern Bk3 p209	11 points = Du-24 + UB-7 + UB-10 + Du-14 + SI-11 + Du-11 + Du-4 + Du-20 (Bilateral: R first)
ToL Divine Mental Back Pattern Bk3 p207	11 points – Du-20 + GB-9 + UB-42 + Du-11 + UB-47 + Du-4 + Coccyx + Du-16 Same as ToL Astral except eleventh point = Du-16
ToL Astral Back Pattern Bk3 p203	11 points – Du-20 + GB-9 + UB-42 + Du-11 + UB-47 + Du-4 + Coccyx + Du-14 Same as ToL Divine Mental except eleventh point = Du-14
ToL Heart Front Pattern Bk2p2124 Bk3 p219	10 points = Du-20 + Ear Shenmen + SI-17 + Ren-24 + Lu-3 + Ren-17 + Ren-14 (Bilateral: R first) Balancing physical & various astral levels of Heart. Connect & harmonize thinking & feeling aspects heart Lu 3 – assist in releasing negativity and toxins from various systems Physical: palpitations, shortness breath, panic attacks, disturb sleep Recommended Sequence: Before this pattern Discern Whisper (focus on Causal, Buddhic and higher planes)
ToL Frontal #1 Bk3 p212 (Front)	11 points = Du-20 + UB-7 + Indigo 2 + Indigo 3 + Yintang + SI-16 + Ren-22 + Ren-17 + Ajna 1 (Bilateral: R side first) Same as all ToL Frontals except eleventh point = Ajna #1
ToL Frontal #2 Bk3 p217 (Front)	11 points = Du-20 + UB-7 + Indigo 2 + Indigo 3 + Yintang + SI-16 + Ren-22 + Ren-17 + Du-24 (Bilateral: R side first) Same as all ToL Frontals except eleventh point = Du-24
ToL Frontal #3 Bk3 p218 (Front)	11 points = Du-20 + UB-7 + Indigo 2 + Indigo 3 + Yintang + SI-16 + Ren-22 + Ren-17 + Du-23 (Bilateral: R side first) Same as all ToL Frontals except eleventh point = Du-23

Climbing Jacob's Ladder Patterns	
	Supplant lower consciousness with expanded frequencies of higher consciousness: Supplant frequencies of lower chakras with higher heart energies to merge with higher major head chakras. The sephira, Malkuth, which is the 10 th or last point within each of the 3 sets of ToL patterns flops upwards. The essence of a flop transition, or an orbi-fold, is to create a vibrational field that allows tapping into interdimensional or extra-dimensional realities thereby accessing a much higher level of consciousness. The flopping of the last point upwards suggests that it is very easy to fall down to the lower levels of consciousness very quickly if we allow our lower ego to intercede.
Upper Tree of Life #1 Bk 3 p13	10 points = Crown 1, 2, 3 + GB-9 + Du-16 + SI-11 + Du-11 + Crown 4 Malkuth flops upward to Crown #4. Upper ToL and Middle ToL share Du-11 (9 th pt of Upper and 1 st pt of Middle)
Middle Tree of Life #2 Bk 3 p14	10 points = Du-11 + UB-16 + UB-17 + T8 + UB-47 + Du-4 + Du-14 (Bilateral: R first) Malkuth flops upwards to Du 14 intersecting the Upper ToL. Du 14 activates Yintang (gateway to Ajna) Upper ToL and Middle ToL share Du-11 (9 th pt of Upper and 1 st pt of Middle) Middle ToL and Lower ToL share Du-4 (9 th pt of Middle and 1 st pt of Lower)
Lower Tree of Life #3 Bk 3 p15	10 points = Du-4 + UB-24 + UB-26 + S1 + UB-30 + Coccyx + Du-20 Malkuth flops upwards to Du 20. Middle ToL and Lower ToL share Du-4 (9 th pt of Middle and 1 st pt of Lower) Coccyx acts as etheric energy pump directs qi up the spine.
ToL Complete Pattern Bk 3 p16	Needle Removal: Remove in reverse order, starting with Du20 - except - since the 9 th and 1 st point of Upper ToL and Middle ToL and Middle ToL and Lower ToL are the same point, after removing first 9 needles, make motions of removing Du4 (pt 1 of Lower ToL), then remove Du14 (point 10 Middle ToL) before removing Du9 (pt 9 of Middle ToL), and doing the same for Du11 (pt 1 of Middle and pt 9 of Upper).

Esoteric Acupuncture Patterns

Celestial Tuning Fork Patterns	
Celestial Tuning Fork Yin Front Pattern Bk1 p301, Bk3 p83	Harmonizes & aligns Qi thru the Chakras and grounds w/ Earth E. Align E & Kundalini with Earth Kundalini & Nature Spirits Tunes us to our own higher state of consciousness Tonify keynote & activate all freq & harmonics assoc w/ keynote Sets in motion strong protective shield KEYNOTE = inherent vibratory rate of all our body systems NEEDLING: Stand at foot, line up yr arms horizontally w/ clients legs Move arms rapidly – simulate clapping w/o clapping to set tuning fork vibrating & align client's inner frequency
Celestial Tuning Fork Yang Back Pattern Bk2 p230, Bk3 p87	Attuning to original keynote. By aligning all body systems into 1 unified harmonious system, negative pathogens have difficulty surviving. Possible for special decoding process key to activating our Original Spirit: Du 4, 11, 14, 16 – when vibratory rate correct, Ida and Pingala will cross over at Du 16 and exit through B7 – client must meditate and consciously try to raise the 3 main Nadi pathways – Sushumna, Ida, Pingala. CLIENT: visualize harmonious vibratory rate within all body systems

Circle of Fire & Fire Triangles	
Circle of Fire Front and Back Pattern B1 p320 Bk3 p75 & 76 Bk1 flows: 326++	10 points = Coccyx + Du-4 + Du-11 + Du-14 + Du-16 + Du-20 / Front: Ajna 2 + Ren-22 + Ren-10 + Ren-4 Tonify & harmonize lower fires: Mingmen, K, Chong Mai Activation for igniting Kundalini, spark Mystic & Cosmic fires & Ignites electric fire for advanced people Circle of fire has multiple rotation energy pathways (Bk 1, p 330) Remove needles in same sequence, do not reverse order when removing needles
Fire Triangles	Meditation patterns Bk 1 p

Harmonizing Patterns	
Clarity Front Pattern Bk1 p 166	8 points = Du-20 + Lv-3 + GB-41 + SI-3 + Ren-4 (Bilateral: Males: L side first; Females: R side first) Clarity of decision making & planning direction in life. Tonify & balance overall energies. For bilateral points, needle left first for males and right for females
Posterior Qi Flow Back Pattern Bk1 p 173	12 points = Du-20 + UB-13 + UB-15 + UB-18 + UB-23 + Coccyx (Bilateral: R side first) Harmonize & strengthen Qi flow of yang aspect. Tonify organ systems. Harmonize 6 of 7 Chakras
Anterior Qi Flow Front Pattern Bk1 p 176	10 points = Du-20 + Yintang + LI-4 + Lv-3 + LI-11 + St-36 (Bilateral L side first) Releasing stagnant energies, bring harmony to energy bodies 4 Gates combination: LI 4 (L then R) + Lv 3 (L then R) Next: Yang Ming combo: LI 11 + St 36 (L then R) Before: Chakra patterns
Heart Balancing Yin Front Pattern Bk1 p 181	6 points = Du-20 + P-6 + H-7 + Ren-17 (Bilateral: R side first) Harmonize, Centering, Calming, Balancing. For Stress. Can tonify heart chakra if used with that intention. For calming, retain needles 25-30 min, if main treatment, retain needles 45 min
Palm Qi Installation Bk1 p 186	6 points = P-8 + H-8 + Palm Qi 3 Augment sensitivity in palms.

Esoteric Acupuncture Points

Points	Functions
Top & Back of Head Points	
Du 20 Tian Man Celestial Fullness Bai Hui 100 Meetings	Located about 1" posterior to traditional Du20 – the humble wise man looks slightly down so the top of the head nearest the heavens moves posterior Direct path to pineal gland and installs Crown Chakra energies. Gateway to 1000 petal lotus. Main Activation point for Crown Ck. Where kundalini jumps gap from intracranial Brahmara Chakra to extracranial Guru Chakra. Activating point for accessing our Monadic ray. Secret point for opening 12 orifices of body. TCM: headaches, mental disorders, lethargy, tinnitus, vertigo, hypertension, prolapsed: uterus, rectum, nasal problems, reduce head (redness) from face/eyes
Sishencong Spirits Brightening Four Spirits Sequence: 1 L 3 2 R 4	Crown #1: 1 cun anterior to Esoteric Du 20 (approx. location of TCM Du-20) Crown #2: 1 cun right of Esoteric Du 20 Crown #3: 1 cun left of Esoteric Du 20 Crown #4: 1 cun posterior to Du 20 Crown #5: Du 20 Assist activation & harmonization of Crown & Guru Ck Double tetrahedron stars slightly warped and turned TCM: headaches, dizziness, poor memory, insomnia, vertigo, epilepsy
Du 16 Feng Fu Wind / Spirit Mansion Gui Xue Ghost Hole	Loc: posterior midline in depression below occipital protuberance – there are at least 3 points there, find the one with the most Qi Ghost point & Windows to the Sky point. Wind: esoteric – spirit, raise consciousness level Connects with the Lalana Chakra / Alta Major Center Direct path to esoteric aspect of medulla oblongata and carotid system. Connects internally to the Bhramarandra Chakra exiting thru Du20 to Guru Chakra Direct path to sutratma thread of antahkarana. Open gateway to draw highest prana inward from celestial realms (wind/spirit) CROWN: Multiple connections to activate Crown: Direct path on Du, connects internally to Du 20, Nirwana & Guru/Sahasrara Yang Wei to frontal lobe which connects to Crown Chakra; LALANA / ALTA MAJOR: Gateway to, activates Lalana Chakra / Alta Major Center. (where kundalini often gets blocked) WISARGA/POWER BRIDGE: initiates building of bridge that connects with Antahkarana. Inner pathway Du 16 E enters brain & exits Du 20, connecting w/ Brahmara/Nirvana (inside cranium below Du20). Above Du20 outside cranium are Guru Chakra & Sahasrara/Crown SUTRATMA: anchored to both Heart & Head – needling Du16 activates the Qi to both the Alta Major Center & the Sutratma anchored in the heart ROOT: Energizes & harmonizes Root Chakra because activates Medulla oblongata (brain part associated with Root Chakra). With B57 will activate higher octaves of Root Chakra. TCM: neck pain, sore throat, vomiting, headaches, stiff neck, Parkinsons, Bell's Palsy, mental disorders, incessant talking, chest heat, blurred vision, voice, wind obstructions, nose bleeds, heat in chest, jaundice, liver disorders.
Du 23 Shan Xing Upper Star	Location: on midline 1 cun within anterior hairline, (1/2 cun from Du24) Activation for building the wisarga which can be built with refined mental matter or NE Patterns. Key access point to allow kundalini to flow from Nirwana Chakra to Guru Chakra When Du23 & B7 needled in correct sequence, will activate Guru Chakra. Upper Star: one pt of a double tetrahedron which also includes sishencong. TCM: mental disorders, headaches, nose bleeds, sinus

Esoteric Acupuncture Points

Top & Back of Head Points (continued)	
Du 24 Shen Ting Spirit Court Celestial Court Courtyard of Heaven	Location: on midline ½ cun within anterior hairline. (½ cun from Du23) Energizes Brahmaraanda & assists in activating the Sahasrara/Crown. TCM: headaches, vertigo, epilepsy, anxiety, insomnia, sinus, palpitations.
B 7 Tong Tian	Located 1.5 cun bilateral to Sishencong Crown #1 R: Gateway for male Qi, energies of father L: Gateway for female Qi, energies of mother B7 connects to Du 20 (gateway to Guru / Crown) B7 & Du 23 set up an etheric pathway with Nirwana Chakra to Du20 to activate Guru Chakra and assist bridging the gap
GB 8 Shuai Gu	Location: 1 cun superior to apex of ear
GB 9 Tian Chong Celestial Surge Celestial Thoroughfare	Location: ½ -1 cun posterior to GB 8 Window to Sky Pt. Assists & strengthens power of awakening clairaudience. Esoteric Heart point. GB9 + SJ 15: activate gateway to higher level clairaudience. Move into the field of inner hearing without sound.

Face	
Ajna Group Sequence: 1 2 5 3 4	Ajna #1: Indu Chakra, Distance between inner canthus of eyes above Yintang Ajna #2: Manas Chakra, Halfway between Ajna #1 & Yintang. Ajna #3: Ajna Chakra, YinTang Indigo #2: Lateral to Ajna #2 directly above R inner canthus Indigo #3: Lateral to Ajna #2 directly above L inner canthus Grouping used to activate & open Ajna, Manas & Indu Chakra. Installs E of pituitary and Ajna.
YinTang Hall of Impression	Gateway to Brow / Ajna Chakra. Gateway to abstract mind. TCM: frontal headaches, sinus problems, insomnia, nosebleeds, dizziness, agitation, restlessness
Du 26 Gui Gong Ghost Palace Shui Gou Water Trough	Location: Above upper lip on midline Ghost point – ability to create vibrational field to experience higher realms of spirit & higher celestial frequencies. Activates Alta Major center. Activates meditative qi of astral plane of inner palate. Activates back of tongue (connected to higher heart)
Ren 24 Tian Qi Celestial Pool	Below lower lip on crease Ghost Point. Intersecting pt of St & LI Gateway to activate higher heart sending qi to back of tongue & communicating with SI 17s. Activates meditative qi of astral plane of inner palate. Activates Alta Major center. Activates back of tongue (connected to higher heart) TCM: gums: swelling, bleeding, excessive salivation, hemiplegia, stiffness of head/neck, mental disorders, loss of voice, thirst, dry mouth

Esoteric Acupuncture Points

Neck	
SI 17 Tian Rong Heaven's Contents	Location: anterior border of SCM muscle in depression posterior to angle of mandible Activate higher heart pathway located behind tongue. Access sites to higher heart. TCM: tinnitus, sore throat, clenched teeth, scrofula of neck, throat obstructions, coughs, wheezing, chest pains
SI 16 Tian Chuang Celestial Window	Location: posterior border SCM level with laryngeal prominence/ hyoid bone Window to the Sky point
B 10 Tian Zhu Celestial Pillar	Location: level with Du 15 (C1), depression on lateral trapezius within ½ cun of hairline
Back	
Du Meridian Points	
Du 14 (C7) Da Zhui Big Hammer Ajna Center	Location: Below C7 spinous process. Find largest vertebrae (could be C7 or T1). Put finger on large bone and the one superior. Have the client lift their head straight up. C7 will move slightly or not at all, while C6 will slide anterior and your finger will dip in. Activates Qi of Throat Chakra Morphic resonant connection between Du 14 & Yintang activates Yintang Access energy of pituitary body and Ajna Center. One of 3 esoteric bridges w/in Antahkarana connecting concrete to abstract mind. Intersection of SJ, GB: so GB9 & SJ15 also activated.
Du 12 (T3) Shen Zhu Body Pillar	Location: Depression below spinous process of T3
Du 11 (T5) Shendao Spirit Path Heart Chakra	Location: Depression below spinous process of T5 Associated with expanded energies of inner chambers of Heart Chakra and Sutratma. Wingmaker Freq (activated by 4 pts: Du16, SI 11 R & L, Du 11). Freq for activating one's Source Codes. Lower plane: Activates & harmonizes upper jiao: Heart & Lung systems. TCM: palpitations, anxiety, pain or stiffness of back, poor memory, cardiac pain, coughs
Du 10 (T6) Ling Tai Spirit Tower	Location: Depression below spinous process of T6
Du 8 (T9) Jinsuo Sineu Contraction	Location: Depression below spinous process of T9
Du 4 (L2) Mingmen Life Gate Gate of Vitality	Location: Depression below spinous process of L2 Strengthen K Yang, all Yang, Tonify Gate of Vitality. Tonify K and Chong Mai. Install frequency for strengthening & harmonizing postnatal Qi & Original Qi Used for harmonizing lower Twin Flames Within – Du4 & Du 11 harmonize water & fire. Spark plug for ascension of Qi through etheric spine to Du11 TCM: back pain, stiffness, impotence, menstrual, diarrhea, digestive
Du 3 (L4) Yao Yang Guan Lumbar Yang Pass	Location: Depression below spinous process of L4

Esoteric Acupuncture Points

Bladder Meridian Points	
B 13 (T3) Feishu Lung Shu B 42 Po Ho Soul Door	Harmonize Throat Chakra releasing sadness TCM: Lungs: coughing, asthma, night sweats, afternoon fever
B 15 (T5) Xinshu Heart Shu B 44 Shen Tang Spirit's Hall	Harmonize Heart Chakra
B 18 (T9) Ganshu Liver Shu B 47 Hunmen House of Hun	Harmonize Solar Plexus Chakra TCM: eyes, blurry vision, red eyes, night blindness, jaundice, epistaxis, hypochondriacal pain, epilepsy
B20 (T11) Pishu Spleen Shu B 49 Yishe Abode of Thought	Harmonize Spleen, digestion TCM: indigestion, menstruation, jaundice, abdominal/epigastric pain
B 22 (L1) Sanjiaoshu B 51 Huangmen	Harmonize Sanjiao
B 23 (L2) Shenshu Kidney Shu B 52 Zi Shi Will Chamber	Harmonize Sacral Chakra TCM: strengthen K, impotence, menstrual problems, tinnitus, dizziness, low back pain, asthma, deafness
Coccyx Point	Location: Below coccyx. Anchors Qi of Root Chakra & installs frequency for ascending Qi up the etheric spine to Du20. Coccyx acts as energy pump on etheric level helps direct energy flow up spine
Other Back Points	
SJ 15 Tian Ting Celestial Hearing	Location: Above medial corner of scapula midway between GB-21 & SI-13 Upper Shaoyang Gateway created with sister pts GB 9. Shoyang Gateway: align & activate inner/outer realms of hearing. Tapping into field of "One Hand Clapping" hearing without hearing. TCM: dispel wind-dampness in channels, shoulder & elbow pain, unbinding blocked qi in chest, neck stiffness
SI 11 Tian Zong Celestial Gathering Heaven's Workshop Celestial Ancestor	Wings of the Heart: Du16, SI 11 R & L, Du 11. Wingmaker frequency: one gateway to multidimensional realities. Opening the wings of our heart so we can "fly" with love and clarity in the decisions we make. Site where celestial qi can enter body and ascent to heavenly zone of head. TCM: shoulder pain, cheek, submandibular pain, asthma, pain in throat, difficulty swallowing.

Esoteric Acupuncture Points

Points on Torso	
LI 15 Jina Yu Shoulder Bone	Location: top arm - raise arm, indentation between anterior and middle deltoid Crystalline grid point to lock in high consc grid system within various planes (4 lower planes + higher). Release blockages: excess emotional or mental burdens. TCM: shoulder pain, hypertension, hemiplegia, scrofula, rubella, wind-dampness of shoulder, numb, stiff arms, motor impairment
LI 15 Jina Yu Shoulder Bone Crystalline Grid Pt	Crystalline grid point to lock in harmonious high consc grid system within various planes of consc. (4 lower planes + higher). Major release pt: blocalgies means you carry excess emotional or mental burdens. TCM: shoulder pain, hypertension, hemiplegia, scrofula, rubella, wind-dampness of shoulder, numb, stiff arms, motor impairment
Ren 22 Tian Tu Celestial Chimney Heavenly Prominence Throat Chakra	Location: Suprasternal notch between clavicles Activate & harmonize Throat Chakra & inner lung qi Allows prana to flow smoothly to upper jao (Lungs & Heart) Dissolve most astral blockages or knots (granthis) that may hinder kundalini from rising TCM: fullness/obstruction of chest, coughs, hiccups, asthma, throat phlegm/swelling/sore/dry, vomiting, loss voice, goiter
Ren 17 Yuan Jian The Source Dan Zhong Chest Center	Location: Midline at level of 4 th intercostal space (nipples on males) Alarm point of Pericardium, direct pathway to heart. Activate Anahata (heart chakra)
Ren 10 Xiawan Lower Venter	Location: Midline of abdomen, 2 cun above navel 2 internal pathways: 1) to St & Ht, 2) to St & SP. Connection to etheric spleen - in which planetary prana is received & spread to rest of body.
Karmic Release Pts Sequence: 1 R2 L3 4	K 16 (vitals shu): ½ cun lateral to outer border umbilicus Pt of Stillness: ½ cun superior to outer border of umbilicus Lower Umbilicus Pt: ½ cun inferior to outer border umbilicus The area around umbilicus is a storage bank for info connected to original qi & memories form past lives, parents & ancestors. These pts used to release karmic debris brought in from past lives, to lessen & remove miasmatic tendencies, inherited astral imbalances, to harmonize, strengthen etheric body. Resolve issues brought in from previous lives via our Monadic Ray. Tonify & balance Yuan Qi / Original Qi. Number 8: new beginnings, infinity, interdimensional realities, gateway Paired with sister Sishengong points, Karmic Release Pts function as grounding TCM: abdominal pain, constipation, vomiting, diarrhea, borborygmus, painful urination
Ren 6 Qi Hai Sea of Qi	Location – 1.5 cun inferior center of navel (3.5 superior to public bones) Access tremendous amount of energy to be channeled for specific function. Pathway to Kidneys
K 14 Siman Fourfold Fullness	Location: 2 cun inferior navel, ½ cun lateral to Ren 5 (3 cun superior pubic bone) Fourfold = qi, blood, food water. Esoteric 4: physical, etheric, astral, mental. Stabilize the center.
Ren 4 Guan Yuan Original Gate	Location: 3 cun inferior navel, 2 cun superior public bone Active & strengthen Yuan Qi / Original Qi. Adjust Ren & Chong Meridians Strengthen lower Dan Tian. Release stagnant Qi from Root & Sacral Chakras. TCM: SI Alarm. K deficiency, lumbar weakness, irregular menstruation, dys- a-menorrhea, infertility, leucorrhea, rectal prolapsed, indigestion, diarrhea, abdominal pain, frequent urination

Esoteric Acupuncture Points

Arms	
LI 15 Jina Yu Shoulder Bone	Location: top arm - raise arm, indentation between anterior and middle deltoid Crystalline grid point to lock in high consc grid system within various planes (4 lower planes + higher). Release blockages: excess emotional or mental burdens. TCM: shoulder pain, hypertension, hemiplegia, scrofula, rubella, wind-dampness of shoulder, numb, stiff arms, motor impairment
LI 11 Quchi Pool at the Bend	Releasing waste, unneeded energies during a turn in one's life (elbows) Releasing something in order to move forward. Releasing sadness and negative thought forms
SJ 4 Yang Qi Yang Pond	Have client bend hand back - on wrist crease, depression on ulnar side of the tendon Open up all Yang channels. Building Wei Qi. Unblocking finest pathways for clairaudience. Crystalline grid: Strengthen Wei Qi + Atomic Shield outer border Wei TCM: shoulder, arm, wrist pain, deafness, thirst. Builds Qi in Ren & Chong Mo.
P 6 Nei Guan Inner Pass	Location: 2 cun from inner wrist crease between tendons – styloid process is 1.5 cun. Inner pass or pathway between H & Lu yin channels
SI 3 Hou Zi Back Ravine	Location: Ulnar border of and in notch proximal to head of bone Connection to spine and Du channel & back Cks
LI 4 Hegu Adjoining Valleys	
H 7 Shenmen Heart Gate Spirit Gate	Open gates to Higher Heart. Visualize Heart triangle with Du 11 – will activate initial stage of opening the Jewel in the Lotus of the Heart Chakra. TCM: insomnia, palpitations, cardiac pain, epilepsy, mind & spirit disturbances
P 8 Lao Gong Palace of Toil Gui Lu Ghost Road	

Legs	
B 40 Weizhong Ben Middle	Location: more medial than TCM B40, look for dimple on popliteal fossa, may be close to K-10 Strengthens qi of lower knee Chakra (Satala Chakra) as well as corresponding to Sacral Chakra. Assists in harmonizing the energy field of the sacral chakra TCM: Lower back pain
B 57 Cheng Shan Support the Mountain	Location: where the 2 heads of the gastrocnemius muscles meet Connects to coccyx, Strengthen Root Chakra. Connects to Du 16: activate & harmonize Kunlun Mountain, medulla oblongata (brain part connected to Root Chakra). Assists in opening/balancing lower & higher levels of Muladhara/Root Fire Triangle: visualize connection B 57 to Du 16, move qi upwards, qi spreads upward to Kunlun Mtn at Du16 and inwards, to region housing Brahmara Chakra. TCM: lower back pain, hemorrhoids, constipation, gastroc pain

Esoteric Acupuncture Points

GB 34 Yang Lingquan Yang Tomb Spring	Location: lateral lower leg, depression anterior and inferior to the head of the fibula Assist clarity of hearing. Assist Liver system to allow qi to flow smoothly thru body. When paired with SJ 4 moves qi to higher freq levels to assist in gaining higher insights. Tonify & balance Esoteric Shaoyin (H & K) TCM: hemiplegia, leg weakness, numbness, pain, knee pain, swelling, bitter taste, vomiting, jaundice, hypochondriac pain
St 36 Zusanli Foot Three Miles	Location: hook thumb over knee, point at location of middle finger tip Major tonifying point
GB 41 Zu Lin Qi Foot Overlooking Tears	Location: depression at junction of 4 th and 5 th metatarsals on foot Confluent points connecting 8 extra meridians Assist in opening one's 'inner eye' TCM: physical eye
St 42 Hui Yuan Meeting Source Chone Yang Surging Yang	Location: Major crystalline grid point to lock in harmonious high consciousness grid sys Release emotional & mental baggage TCM: face & mouth pain/swelling, toothaches, motor impairment of foot, muscular atrophy, manic depression, fever with absence of sweating, epigastric pain
Lv 3 Tai Chong Great Pouring	TCM: smooth flow of Qi
K 1 Di Chong Earth's Thoroughfare Yongquan Gushing Spring	Location: Sole of feet, closer to toes than TCM K1 in natural depression between 2 nd and 3 rd toes. Grounding higher frequency of spirituality to denser energies of physicality. Allowing earth energies to ascend. TCM: dizziness, blurred vision, headaches, hypertension, dysuria, throat pain, dry tongue, loss consciousness, loss voice, heat in soles of feet, nosebleed, vomiting blood, fear.

Point Groupings	
Windows To The Sky	Lu-3, St-9, LI-18, SJ-16, Ren-22, SI-16, SI-17, Du-16, B10, P-1, UB-10. (Deadman: GB 9) [Bk 1 p 164] Direct connection to celestial realms.
Ghost Points	Du-26, Lu-11, SP-1, P-7, UB-62, Du-16, St-6, Ren-24, P-8, Du-23, Ren-1, LI-11, Shenxiazhong Feng (underside tongue) [Bk 1 p 164] Direct connection to celestial realms.
Sichencong Spirit Brightening	
Ajna Points	
Karmic Release Pts	
Four Gates	LI 4 + Lv 3 Open the gates allowing the Qi to flow smoothly
Yangming Mini Pattern	LI 11 + St 36 Strengthen Qi, tonify blood, boosting the IS
Lower Shaoyang Four Gates	Shaoyang TCM: physical problem half interior & half exterior Esoteric: Balance freq on lower quaternary (physical, etheric, astral, mental planes) – the inner with consciousness above (exterior) SJ 4: Yang Qi, Yang Pond Building Wei Qi and Unblocking finest pathways for clairaudience. GB 34: Yang Lingquan, Yang Tomb Spring Paired with SJ 4: Assist in gaining higher insights. Tonify & balance esoteric Shaoyin (H & K) – Fire & Water

Esoteric Acupuncture Points