

The HK Energy Flows

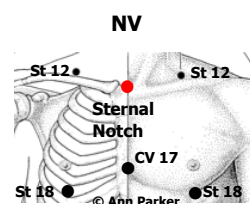
STEPS TO ACHIEVE MERIDIAN ENERGY BALANCE

Preliminaries - Initially you may have to do the lock/unlock several times for them to get a feel of the muscle response.

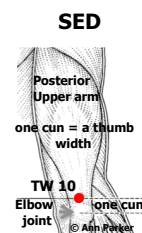
STEPS	What to Ask/Say	What to Do
1. Touch in	Say , "I am just touching in to allow the energy to settle between us."	Touch arm of client with both hands and allow the energy to settle
2. Check Indicator Muscle (IM)	Say , "To be able to do HK together I need to find a working muscle. I prefer to use this one." Rub it gently. Ask , "Please use just enough strength to hold your arm at right angles to the couch now meet my pressure"	Place arm in correct testing position Do all the muscle testing very lightly 1. Test muscle in the clear ↑ 2. Squeeze (pinch down and in) Muscle ↓ 3. Smooth out (un-pinch) muscle ↑
3. Check Element Evaluation Points (EEPs)	Ask , "May I touch above and below your lips?" Ask , "Would you indicate through your clothes where your navel is please?" See diagram on next page	Touch Locate (TL) above and below the lips, if ↓ go to no. 4 . If ↑ then TL around navel to find Element in over energy. Stop at first one that TLs ↓ and go to no. 4 . If ↓ at 5/6 go to the diagrams below
4. Check Reflex Evaluation Points (REPs)	If necessary ask again – "Would you indicate through your clothes where your navel is please?" See diagram on next page	TL Reflex Evaluation Points (NL, NV, SED, EP) to find Reflex in over energy Stop at first one that TLs ↓ and go to no. 5 .
5. Meridian Energy Balance (MEB)	Points NL pages 4/5 ♦ NV pages 6/7 ♦ Sed pages 8/9 ♦ EP pages 2/3	Hold respective points until MEB complete -Yawn, sigh, pulse etc Recheck EEP from no. 3 ↑
6. MEB complete?	Place mid-point of palm over navel (i) A General check "Meet my pressure" (ii) The specific HK checks – "Would you say 'No?'" "Would you say 'Yes?'" "I am just going to squeeze your leg muscle" "I am now switching the muscle back on" "I am just checking your electro- magnetic energy system"	With midpoint of palm over navel – you test IM ↑ Test IM ↓ Test IM ↑ Squeeze (Pinch) into quads and test IM ↓ Un-pinch the quads and test IM ↑ Place NS magnet on quads and test IM ↓ Place SS magnet on quads and test IM ↑
7. Verbal question with palm OFF navel	(1) Ask , "Do we have energy permission to work together right now?" ↑ (2a) Ask , "Is there any reason why we should not work together right now?" ↓ Start Session (2b) If ↑ Go to list (b) below.	If ↓ ask , "Do we have permission to ask further questions?" If ↑ Go to list (a) below. If ↓ stop the session , explain to client their body is not ready for a kinesiology session right now maybe something else will be more appropriate

If Element 5/6 TL ↓ you need to check points within the flows that are not common to Element 5 and Element 6 so if the REP that TLs ↓ is

- **NL** try hand over **pubic bone** first ↓
- hold NL 5
- **NV** try finger in **base of throat** ↓
- hold NV 5
- **SED** try **TW 10** ↓ - hold SED 5
- **END** try **TW 1** ↓ - hold EP 5



The Sternal Notch is at the base of throat



Place hand on your shoulder and move up the arm one thumb width to drop into the first dip



Ring finger Lateral

(a) Client's body may not be ready for Energy work right now or they may need to see another professional first - Acupuncturist, Doctor, Body Worker (Bowen, Reflexology, Massage)

(b) Ask, "Permission to ask further questions?" If you get a ↓ then **STOP** the session and re-arrange to meet again soon. If you get a ↑ then the possibilities to consider are – **(i)** Are they physically comfortable? – Need toilet? Warm enough? Cool enough? Head and shoulders supported? **(ii)** Need to change the direction of the couch or the direction the client is lying? **(iii)** Remove something from the working space or bring something in? **(iv)** Client has an important engagement coming up and needs all their energy for that – book them in for as soon as possible after said engagement **(v)** They may just need reassurance that everything they have told you is confidential.

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Step 2 – ELEMENT EVALUATION POINTS (EEPS)

Test the EEPS in numerical order – Stop at the first one that TLs ↓ and move onto the REPs
Use the navel as your reference point – all the EEPS are one cun (a thumb width) from the navel and equally spaced on a five pointed star

Element 0 – GV/CV
 (i) Both above and below the lips
 If TLs ↓ go to the REPs
 If TLs ↑ ask client to indicate their navel through their clothes
 (ii) Touch navel lightly
 If TLs ↓ go to the REPs
 If TLs ↑ move on to Element 1

Element 1 – GB/Lv 12 minutes to hour
 If TLs ↓ go to the REPs
 If TLs ↑ move on to Element 2

Element 2 – B/K 24 minutes to hour
 If TLs ↓ go to the REPs
 If TLs ↑ move on to Element 3

Element 3 – LI/Lu 24 minutes past the hour
 If TLs ↓ go to the REPs
 If TLs ↑ move on to Element 4

Element 4 – St/Sp 12 minutes past the hour. If TLs ↓ go to the REPs
 If TLs ↑ move on to Elements 5/6

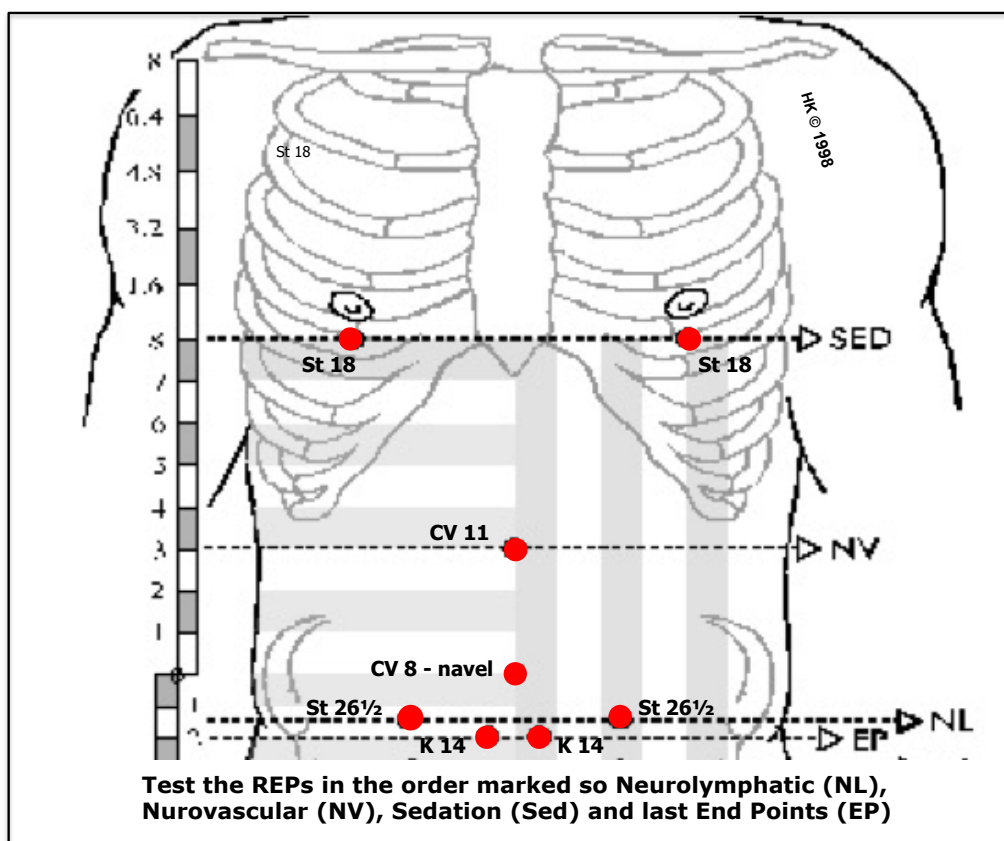
Elements 5 (TW/CX) & 6 (SI/H) at 12 o'clock
 If TLs ↓ go to the REPs then touch an area or point that is not common to both Elements

If TLs ↑ place mid-palm over navel and go through the HK checks to ensure client is balanced

REFLEX EVALUATION POINTS

Use the **client's navel** as your Reference Point again. Stop at the first one to TL ↓.

1. NL St 26 ½ bilaterally – 2 finger widths down and then 3 finger widths out
2. NV CV 11 one point midline – 4 finger widths up
3. SED St 18 bilaterally – under the nipples in the 5th intercostal space
4. EP K 14 bilaterally - halfway between navel and top of pubic bone then 1 finger width down and 1 up



The HK Energy Flows

Emotions Associated with the Energy Flows

Governing – Yang 1pm -3pm

Positive	Negative
Supported	Unsupported
Trust	Distrust
Honesty	Dishonesty

Gall Bladder – Yang 11pm-1am

Positive	Negative
Decisive	Passive
Righteous	Anger
Assertive	Helpless
Humble	Indignation

Bladder – Yang 3pm-5pm

Positive	Negative
Peace	Restlessness
Harmony	Frustration
Patience	Impatience
Confidence	Fear

Large Intestine – Yang 5am-7am

Positive	Negative
Self Worth	Guilt / grief
Release	Indifference
Enthusiasm	Apathy

Stomach – Yang 7am-9am

Positive	Negative
Sympathy	Hunger
Empathy	Disgust /Doubt
Contentment	Disappointment
Harmony	Bitterness
Reliable	Unreliable

Triple Warmer (Burner) –Yang 9pm-11pm

Positive	Negative
Balance	Loneliness
Elation	Humiliation
Lightness	Heaviness
Hope	Despair

Small Intestine – Yang 1pm-3pm

Positive	Negative
Assimilation	Overexcited
Nourishing	Unappreciated
Joy	Sorrow / Sad
Discouraged	

Central – Yin 3am-9am

Positive	Negative
Self-Respect	Overwhelm
Success	Shame
	Shyness

Liver – Yin 1am-3am

Positive	Negative
Contentment	Anger
Happy	Distressed
Transformation	Self-Righteous
Choice	Resentment

Kidney – Yin 5pm-7pm

Positive	Negative
Courage	Fear / anxiety
Decisive	Cautious
Loyal	Disloyal

Lung – Yin 3am-5am

Positive	Negative
Cheerfulness	Guilt / grief
Humility	Regret
Tolerance	Intolerance

Spleen – Yin 9am-11am

Positive	Negative
Validated /Approved	Cynicism
Sympathy	Indifference
Empathy	Envy
Confidence	Rejected
Assurance	Fears for the future

Circulation Sex (Pericardium) 7pm-9pm

Positive	Negative
Calm	Hysteria
Responsible	Stubbornness
Relaxed	Gloomy
Tranquil	Jealous

Heart – Yin 11am-1pm

Positive	Negative
Love	Hate
Forgiveness	Anger
Compassion	Unworthy
Self-worth	Self-doubt

HOW TO HOLD THE POINTS FOR EACH OF THE REFLEXES AND ELEMENTS

END POINTS - (position of hand is palm up)

Sit comfortably, back straight and feet flat on floor. Don't stretch across client's body to hold points but hold the points needed on the side nearest to you and hold the others on yourself. For example, if you hold points on their right side you must hold the corresponding points on your left. To activate the End Points Energy Flow, you **must hold both ends of the same meridian at the same time.**

Zero	On yourself	Sit on hand to get GV 1 and CV 1 and hold above lips for GV 27 and below lips for CV 24
	On client	They hold crotch CV 1 and base of spine GV 1 while you hold GV27 and CV24

ELEMENTS 1 TO 6 ARE HELD BILATERALLY i.e. BOTH SIDES OF THE BODY

1	On yourself	Sit up, hold GB 1 outer canthus of eyes and GB 44 4th toe lateral then big toe lateral Liv 1 and Liv 14 on rib cage – you may need to do one side at a time
	On client	They hold GB 1 and Liv 14 while you hold on both feet the GB 44 and Liv 1
2	On yourself	Sit up, hold B 1 between eyes and put feet together and hold little toes lateral B 67 then hold K 1 under feet and K 27
	On client	They hold B 1 and K 27 while you hold on both feet the K 1 and B 67
3	On yourself	Put thumb over Index finger lateral LI 1 and hold side of nose LI 20 then put middle finger over thumb lateral Lu 11 and hold index finger to near shoulder and head of humerus Lu 1
	On client	They hold thumbs over index LI 1 and touch side of nose with middle fingers LI 20 while you hold your middle fingers over your thumb laterals Lu 11 and touch near shoulder and head of humerus Lu 1 with index finger on their side nearest to you, hold the other Lu 1 on yourself
4	On yourself	Sit up, touch St 1 under eyes and hold second toe lateral St 45 . Next hold one side of body for Spleen (doesn't matter which) big toe medial SP 1 and side of rib cage level with bottom of sternum SP 21 then do your other side
	On client	They hold St 1 while you do St 45 on feet then they hold SP 21 while you do SP 1 on feet
5	On yourself	Put thumb over ring finger medial TW 1 and hold index finger to outer edge of eyebrows TW 23 Then put thumb over middle finger lateral CX 9 and hold lateral side of nipples CX 1
	On client	They hold CX 9 and CX 1 as above while you hold TW 23 and TW 1 on their side nearest to you and hold the others on yourself
6	On yourself	Hold thumb over medial little finger SI 1 and side of ears on face SI 19 then hold thumb over lateral little finger H 9 and poke fingers up into armpit H 1
	On client	Client holds thumbs over both sides of little finger nails SI 1 and H 9 and at the same time holds side of ears SI 19 while you hold the H 1 putting two fingers under their arm pit nearest you and hold the other H 1 on yourself

To activate the END POINT flow, you must hold both ends of the Meridian at the same time even if you have to do one side at a time

The HK Energy Flows

MERIDIAN END POINTS					
	Meridian	Beginning Point	Diagram	Ending Point	Diagram
0	Governing Vessel	GV 1 – tip of coccyx GV 2 – base of spine		GV 27 – midline in the dip above the top lip	
	Central Vessel	CV 1 - perineum CV 2 – pubic bone		CV 24 – midline in the dip below the bottom lip	
1	Gall Bladder	GB 1 – outer canthus of eyes		GB 44 – at the base of the nail on the fourth toe lateral	
	Liver	Liv 1 – at the base of the nail on the big toe lateral		Liv 14 - in line with the nipples between the 7 th and 8 th rib (tender point)	
2	Bladder	B 1 – inner canthus of eyes		B 67 – at the base of the nail on the little toe lateral	
	Kidney	K 1 – in the dip under ball of feet in line with the big toe joint		K 27 – in dip below collar bone (clavicle) on each side of the sternum	
3	Large Intestine	LI 1 – at the base of the nail on the index finger on the side nearest the thumb		LI 20 – side of nose	
	Lung	Lu 1 - medial to the humerus in soft space three finger widths below clavicle		Lu 11 – on the thumb at the base of the nail away from the index finger	
4	Stomach	St 1 – in dip 'v' on the bone below the pupils of the eyes		St 45 – at the base of the nail on the second toe lateral	
	Spleen	Sp 1 – at the base of the nail on the big toe medial		Sp 21 – level with bra line for women on the side of the rib cages (usually tender)	
5	Triple Warmer	TW 1 – at the base of the nail on the ring finger close to little finger		TW 23 – side of eyebrows	
	Circulation Sex	CX 1 – lateral to and just above the nipples		CX 9 – at the base of the nail on the middle finger closest to index finger	
6	Small Intestine	SI 1 – outside edge of little finger nail		SI 19 - open mouth to find dip on the cheek in front of the ear	
	Heart	H 1 – in the dip under the armpits in the axilla		H 9 – at the base of the nail on the little finger nail closest to ring finger	

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NEUROLYMPHATIC REFLEXES (NLs)

For each Element **as well as the Neurolymphatic areas for the coupled meridian you must hold ONE corresponding point/s from each meridian.** (These corresponding points happen to be the End Points – we use the corresponding point/s to alert the body as to which Meridian Energy flow you are activating).

Zero	On yourself	Hold the two places on chest up into second rib in line with pupils of eyes (GV area) and above top lip GV 27 then place hand across the two bumps at the back of the head (CV area) and hold under bottom lip CV 24
	On client	They hold the two places on chest up into second rib (GV area) and GV 27 and CV 24 while you hold the two bumps at the back of the head (CV area)

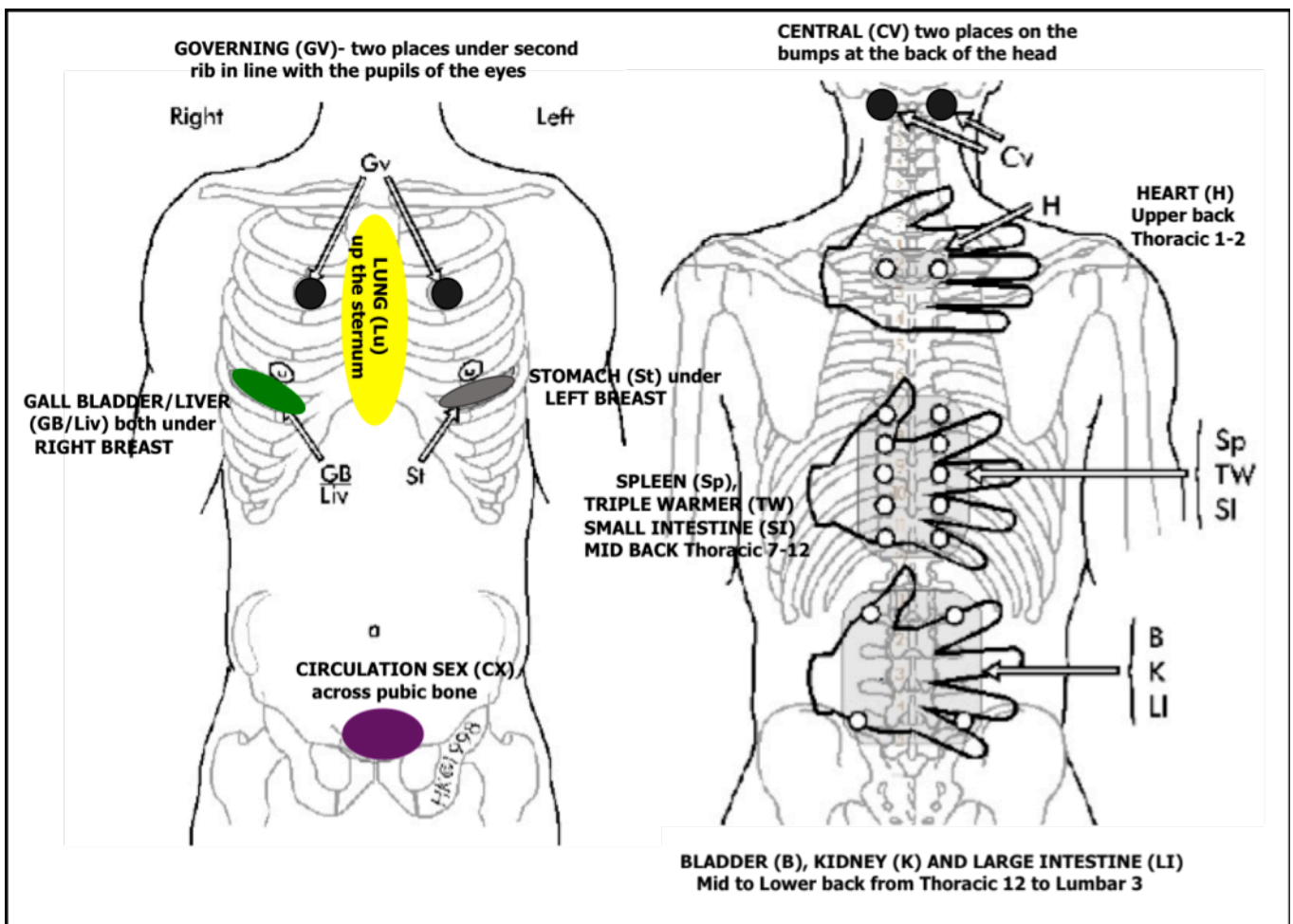
Corresponding Points for **ELEMENTS 1 TO 6 ARE HELD BILATERALLY i.e. BOTH SIDES OF THE BODY.**

1	On yourself	Place left hand under right breast (GB area) and hold outer canthus of eye – GB 1 then sit up and with hand still under right breast (Liver area) hold big toe lateral - Liv 1
	On client	They place their left hand under their right breast (GB and Liver area) and hold GB 1 with their right hand while you hold Liv 1
2	On yourself	Place hand across lower back (Bladder area) and hold B 1 between eyes then keep hand across lower back (Kidney area) and hold K 27
	On client	You put your hand under/across their lower back (Bladder and Kidney area) while they hold B 1 and K 27
3	On yourself	Place ring finger over thumb lateral Lu 11 and middle finger over lateral finger LI 1 on both hands and place one fist up sternum (Lung area) and the other hand across lower back (Large Intestine area)
	On client	They place their index or ring fingers over their thumbs (Lu 11) and make a fist of both hands and place flat on their sternum (Lung area) while you cover your index fingers (LI 1) and place one hand flat across your lower back (Large Intestine area) and touch in
4	On yourself	Place right hand under left breast (Stomach area) and hold under eyes St 1 then sit up, place one hand across mid back (Spleen area) and hold big toe medial Sp 1
	On client	They place right hand under left breast (Stomach area) and hold St 1 while you move down slightly towards the feet and ask them to bend their knees - now place one hand under/across mid back (Spleen area) and hold Sp 1
5	On yourself	Place one hand across/under mid back (Triple Warmer area) and hold outside of eyebrows TW 23 then place left hand across pubic bone (Circulation Sex area) with right hand hold middle finger CX 9 on left hand with right ring finger and hold right CX 9 with right thumb
	On client	They place their left hand across their pubic bone (Circulation Sex area) and hold the middle finger CX 9 with index finger and hold ring finger TW 1 on their left hand with their thumb while you slip your left hand under/across their mid back (Triple Warmer area) and hold your right middle finger CX 9 with index finger and hold your right ring finger TW 1 with your thumb
6	On yourself	Slip one hand under/across mid back (Small Intestine area) and hold little finger medial SI 1 on both hands with thumbs then reach over to high back (Heart area) and hold little finger lateral - H 9 with thumbs on both hands
	On client	They cover both sides of little finger nail with thumb on both hands - SI 1 and H 9 while you slip hands under/across mid back (Small Intestine area) and high back (Heart area)

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NEUROLYMPHATIC AREAS

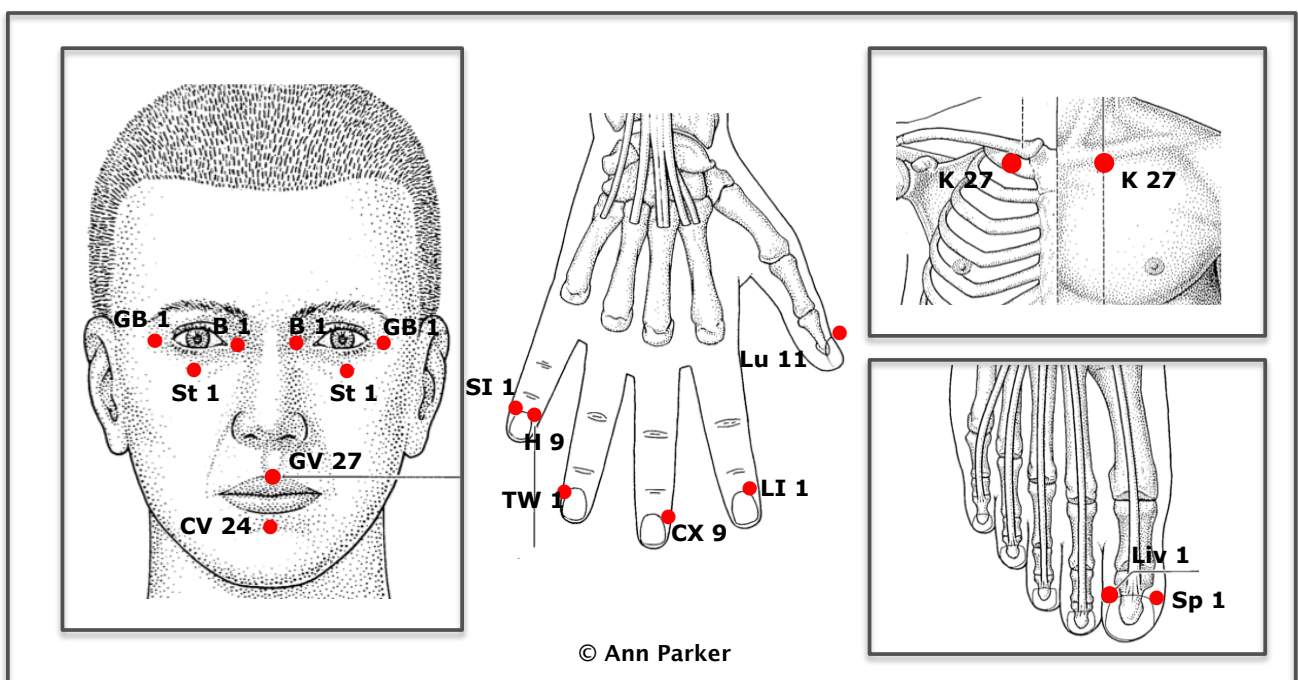
Apart from the two places for Central Vessel all the NL Reflexes are on the torso



The Corresponding Points for each Element need to be held as well as the NL area.

This alerts the body which of the meridian/s the Neurolymphatic Flow is being activated.

Hold the corresponding points for Elements 1-6 bilaterally



The HK Energy Flows

NEUROVASCULARS (NVs) – touch them lightly. **Numbers in brackets show number of points for the Element**

Zero (5)	On yourself On client	Place thumbs in hairline back from edge of eyes GV , use your ring finger to get the Frontal Eminences CV and reach back with middle finger to anterior fontanel (baby soft spot/ vertex) CV They hold in the hairline back from the eyes GV and you do both frontal eminences / vertex CV
1 (7)	On yourself On client	Hold behind knees GB first, then K 27s GB diagonally into hairline Liver and anterior fontanel GB They hold K 27s GB and into hairline Liver and vertex GB while you do back of knees GB
2	On yourself On client	Hold up inside eyes B 2 B , and frontal eminences B , then just back from eyes with thumbs K , (10) touch parietal eminences above ears with ring fingers K and occipital protuberances at base of head with index fingers K Sit them up and have them hold B 2 B and frontal eminences B while you hold all the Kidney points as above (often easier for you to do them on yourself and touch in with your elbows)
3 (4)	On yourself On client	With left thumb hold parietal eminence on left above ear LI and with left middle finger hold vertex Lu use right little finger to hold parietal eminence on right LI and right thumb to hold in first dip midline up from base LI They hold parietal eminences LI and anterior fontanel Lu and you hold first dip up from skull base LI
4 (7)	On yourself On client	Hold frontal eminences St and ramus of jaw St then hold up from ears on suture Sp and in second dip midline from base of skull Sp They hold frontal eminences St and ramus of jaw St while you hold up from ears on suture Sp and in second dip midline from base of skull Sp
5 (8)	On yourself On client	Use left thumb in sternal notch of throat TW and little finger to catch back from eye in hairline TW and use right middle finger to touch first dip midline on back of head TW and thumb to catch back from eye in hairline TW then use both hands touch parietal eminences above ears CX and sutures at back of head level with top of ears CX Client holds the first dip at the back of the head TW and sternal notch TW while you place the your thumbs on the sutures CX , your middle fingers on the parietal eminences CX , and little fingers back from eyes in hairline TW
6 (3)	On yourself On client	With left thumb hold parietal eminence on left above ear SI and with left middle finger hold vertex H and use right little finger to hold parietal eminence on right SI They hold parietal eminences SI and you touch the vertex H

Almost all the NV Points are on the head

Gall Bladder has two places (four points) not on the head – Behind the Knees (Acu-point B 40) and Under the Collar Bone on the edges of the sternum (Acu-point K 27)
Triple Warmer has one place (one point) not on the head – The sternal notch at the top of the sternum (Acu-point CV 22)
The Spleen Meridian is the only Energy Flow that does not share points with any other Meridian.

The Energy Flows that share common places for NVs

Vertex	Frontal Eminences	Parietal Eminences	Back from the eyes in the hairline	First Dip at the back of the head
Central Vessel Gall Bladder Lung Heart	Central Vessel Bladder Stomach	Kidney Large Intestine Circulation Sex Small Intestine	Governing Vessel Triple Warmer	Large Intestine Triple Warmer

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If you can't hold all the NV Points for an Element hold the Yang first then the Yin

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<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 33%;">NEUROVASCULARS</th> <th style="width: 33%;">SI, H</th> <th style="width: 33%;">NV</th> </tr> <tr> <td colspan="3"> <p>Heart (H) Anterior Fontanel</p> <p>Small Intestine (SI) Parietal Eminences</p> </td> </tr> <tr> <td colspan="3" style="text-align: center;"> <p>Element 6 (SI - 2 places / H - 1 place)</p> </td> </tr> </table>			NEUROVASCULARS	SI, H	NV	<p>Heart (H) Anterior Fontanel</p> <p>Small Intestine (SI) Parietal Eminences</p>			<p>Element 6 (SI - 2 places / H - 1 place)</p>										
NEUROVASCULARS	SI, H	NV																	
<p>Heart (H) Anterior Fontanel</p> <p>Small Intestine (SI) Parietal Eminences</p>																			
<p>Element 6 (SI - 2 places / H - 1 place)</p>																			

The HK Energy Flows

SEDATION POINTS

Zero	On yourself	Sit on hand to hold GV 1/GV 2 and put hand over the shoulder to touch GV 14 then touch CV 6 and CV 22 on the front of the body
	On client	They place their hand at the bottom of their spine to hold GV 1/ GV 2 and hold CV 6 below their navel while you hold GV 14 on their back and CV 22 either on yourself or on the client

Hold Elements 1-6 bilaterally so if you can only hold one side at a time repeat for other side.

1	On yourself	Do one side of the body at a time. Hold medial crease of wrist SI 5 and sit up to hold GB 38 on lower legs. Repeat for other side. Then hold thumbs into H 8 points on the palm of the hands at the bottom of both lateral little fingers and touch Liv 2 at lateral big toes with index finger
	On client	Ask them to sit up and hold GB 38 on the legs while you hold SI 5 on their wrists. Then they hold H 8 while you hold Liv 2

2	On yourself	Sit up, hold B 65 at base of small toes and GB 41 three fingers up from the webbing between 4 th and 5 th toes then hold K 1 and Liv 1 on both feet
	On client	Ask them to sit up and they hold B 65 at lateral base of small toes and GB 41 while you hold K 1 and Liv 1 on both feet

3	On yourself	Sit up and put thumb over base of index finger lateral LI 2 and hold B 66 at the lateral base of little toes then hold Lu 5 at lateral crease of the elbow and K 10 behind the knees on one side of the body and then do both points on the other side
	On client	They hold thumb over base of opposite index finger at LI 2 and you hold B 66 at the base of little toes then they hold Lu 5 at elbow and you hold K 10 behind their knees

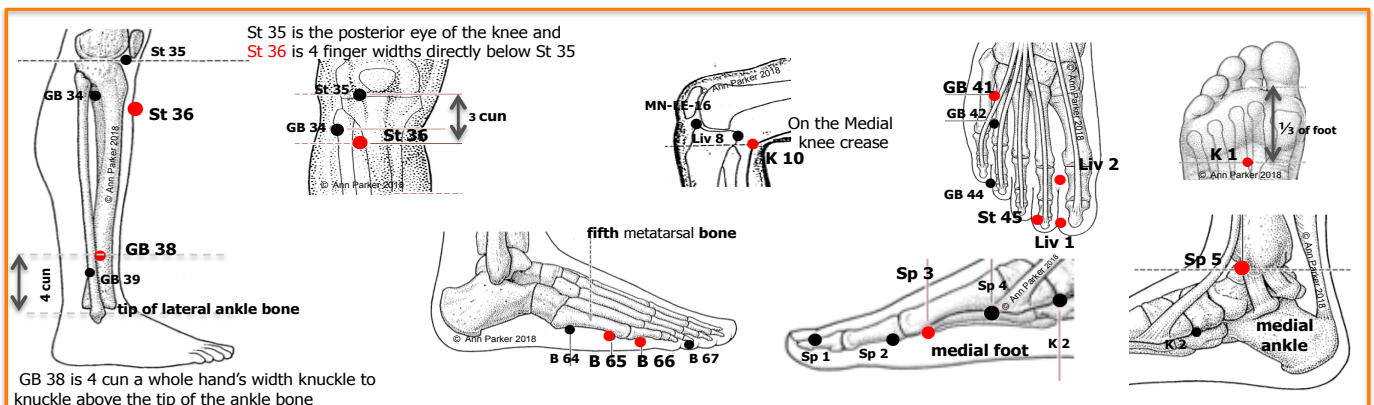
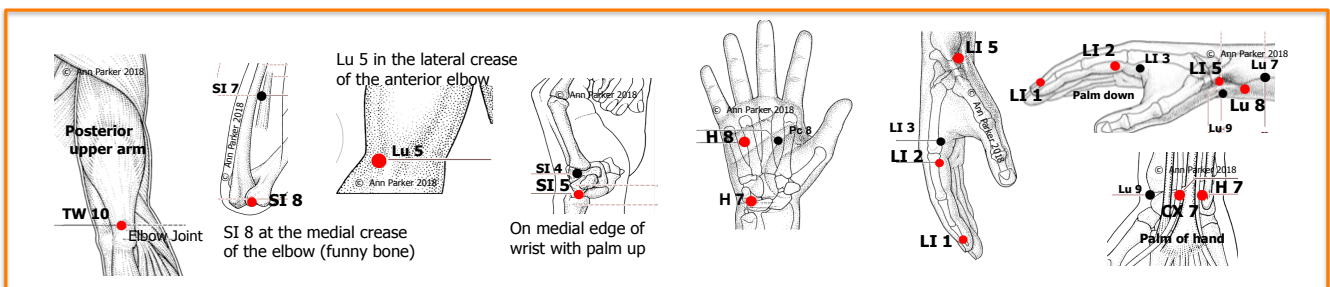
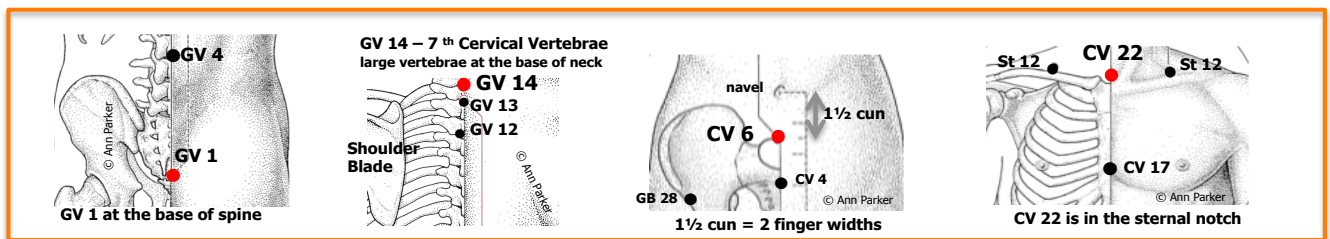
4	On yourself	Sit up, touch thumbs to LI 1 points lateral index fingers and hold second toes lateral St 45 . Next touch left Lu 8 on the second crease below wrist lateral with right index finger and reach down with left hand to hold at the ankle on the medial side left Sp 5 lastly repeat for the right Lu 8 and right Sp 5
	On client	They touch thumbs to LI 1 points and hold Lu 8 on the second crease below wrist lateral while you hold SP 5 at medial ankles and hold second toes lateral St 45

5	On yourself	Sit up, hold TW 10 on one elbow and St 36 below the knee on the same side of the body then hold the other side. Still sitting up, hold CX 7 the mid-point dip at the base of the palm on one wrist and touch Sp 3 at base of big toe over the bone on same side of the body. Repeat for other side
	On client	They hold TW 10 on both arms at elbow while you hold both St 36 on them then they hold CX 7 the mid-point dip at the base of the palms and you hold Sp 3 towards the ankle in dip against the large knob of bone

6	On yourself	Sit up, hold SI 8 at elbow on one side of the body and St 36 below the knee on the same side, then hold the other side. Still sitting up, touch H 7 at base of palm medial on one side of the body and Sp 3 at base of big toe over the bone on the same side. Repeat for other side.
	On client	They hold SI 8 at elbows and you hold St 36 on both legs then they hold H 7 at base of palms and you hold the Sp 3 towards the ankle in a dip against the large knob of bone

The HK Energy Flows

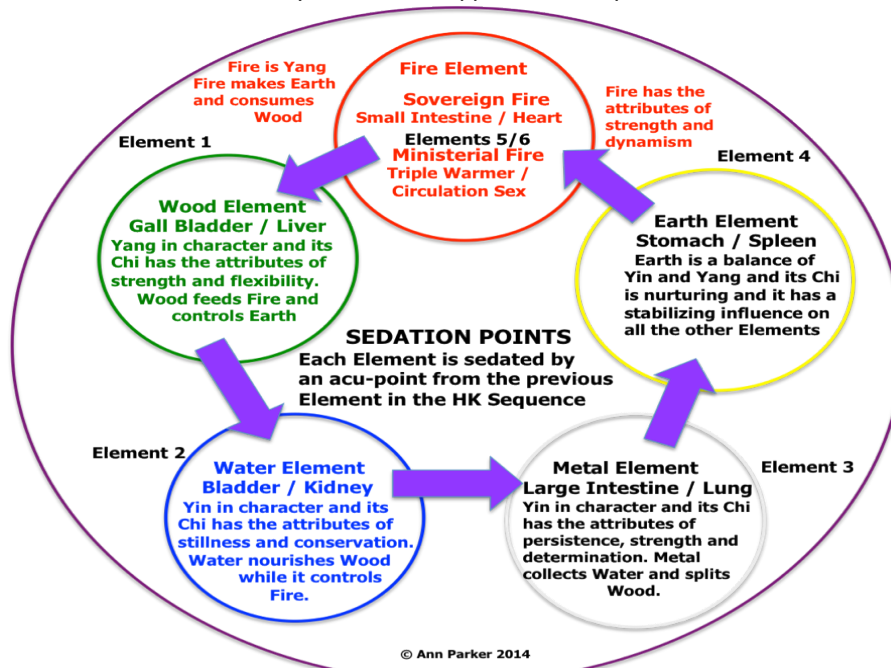
SEDATION POINTS			
Element	Meridian	Key Point	Sedated by
0	Governing	GV 1 – tip of coccyx / GV 2 – base of spine	GV 14 – on back base of 7 th cervical
	Central	CV 6 – 2 fingers width below navel midline	CV 22 – just above sternal notch
1	Gall Bladder	GB 38 – hands width above lateral ankle bone	SI 5 – posterior medial wrist
	Liver	Liv 2 – base of big toe lateral in the webbing	H 8 – bend little finger to touch palm
2	Bladder	B 65 – over the bone from base of little toe	GB 41 – 3 fingers width up from webbing between fourth and fifth toes
	Kidney	K 1 – bottom of ball of foot	Liv 1 – big toe lateral
3	Large Intestine	LI 2 – bottom of index finger	B 66 – base of little toe on side of foot
	Lung	Lu 5 – lateral elbow crease	K 10 – medial knee crease
4	Stomach	St 45 – second toe lateral at nail bed	LI 1 – base of nail index finger lateral
	Spleen	Sp 5 – in dip anterior to the medial anklebone	Lu 8 – anterior arm on second wrist crease from hand
5	Triple Warmer	TW 10 – posterior arm in dip one thumb width above the elbow joint, place palm to shoulder and trace up arm to dip	St 36 – three finger widths below the knee cap and one finger out to the outside of the shinbone
	Circulation Sex	CX 7 — touch thumb to little finger to find the dip at the wrist midline	Sp 3 - On the inside edge of the foot, 2 fingers width from Sp 1 towards the ankle in a dip against the large knob of bone
6	Small Intestine	SI 8 - in the dip at the medial crease of the elbow between the humerus (upper arm) and ulna (lower arm)	St 36 - three finger widths below the knee cap and one finger out to the outside of the shinbone
	Heart	H 7 – anterior wrist medial at the crease	Sp 3 - On the inside edge of the foot, 2 fingers width from Sp 1 towards the ankle in a dip against the large knob of bone



The HK Energy Flows

SEDATING THE MERIDIANS

To sedate a Yang Meridian, you hold one point from that Meridian and one point from the previous Element in the HK sequence. For example - Elements 5 and 6 (Fire Element) are sedated by Element 4 (Earth Element), Element 4 (Earth Element) is sedated by Element 3 (Metal Element) etc. If only two Points can be held at a time for the Bilateral Meridians hold all the Yang Points on one side of the body then on the opposite side repeat for Yin Meridians.



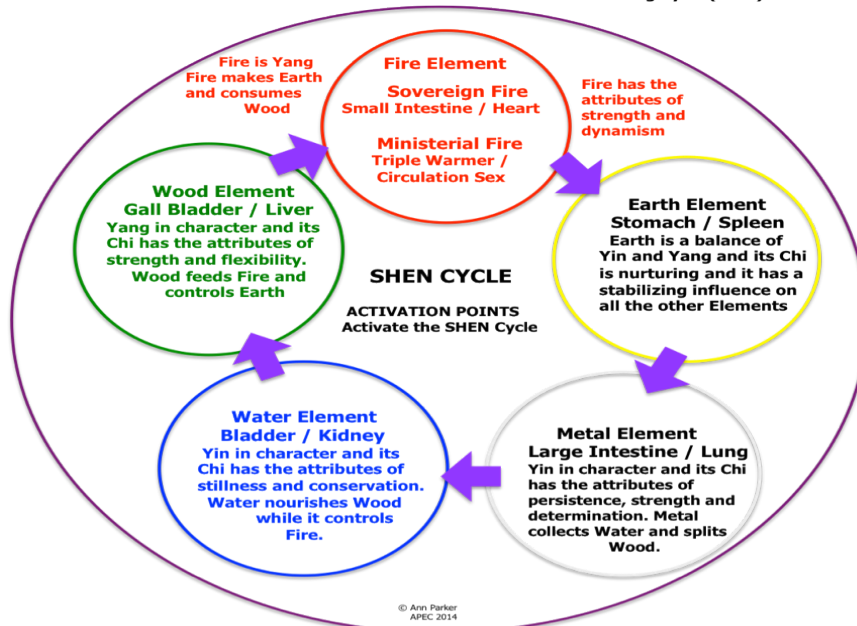
Governing Vessel and the Central Vessel are the exceptions to the rule.

These are two of the Extraordinary Vessels and each of these Vessels has a sedating point on its own Channel.

ACTIVATING THE MERIDIANS

To activate a Yang Meridian, you hold one point from that Meridian and one point on the Yang Meridian of the next Yang Element in HK sequence. Element 2 (the Water Element) activates Element 1 (the Wood Element). Element 6 (one of the Fire Elements) activates Element 4 (the Earth Element). Element 1 (the Wood Element) activates Element 5 and Element 6 (the Fire Elements). To activate a Yin Meridian, you hold one point from that Meridian and one point on the Yin Meridian of the next Yin Element in HK sequence.

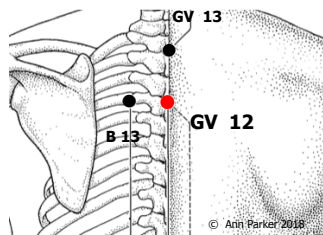
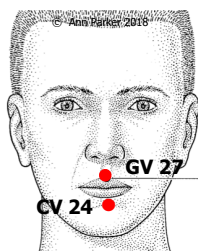
The Five Elements of Traditional Chinese Medicine and the Generating Cycle (Shen)



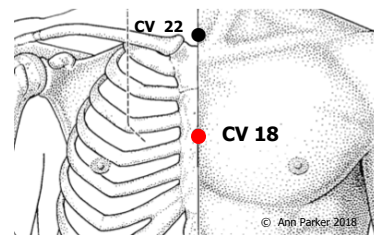
The Air Element (associated with the mind) Governing / Central are the exception to the rule.
These are two of the Extraordinary Vessels and each of these Vessels has an Activating point on its own Channel.

The HK Energy Flows

ACTIVATION POINTS			
	Meridian	Key Point	Activated by
0	Governing	GV 12 – in dip below third thoracic vertebra	GV 27 – above top lip
	Central	CV 18 – midline level with 3 rd inter-costal space	CV 24 – below top lip
1	Gall Bladder	GB 43 – In the dip base of 4 th and 5 th toes	B 66 – side of foot at bottom of little toe
	Liver	Liv 8 - On the inside of the knee on the joint between the femur and the tibia	K 10 – medial knee crease
2	Bladder	B 67 – little toe lateral	LI 1 – index finger (base of nail) near thumb
	Kidney	K 7 – in a dip 2 thumbs up from ankle bone on the medial lower leg	Lu 8 – bend wrist in dip lateral second crease
3	Large Intestine	LI 11 - Lateral edge of crease of elbow when palm is up	St 36 – 3 fingers below knee cap 1 finger out
	Lung	Lu 9 – bend wrist in dip lateral first crease	Sp 3 – medial foot over bunion towards ankle
4	Stomach	St 41 – in the dip middle of the ankle	SI 5 – in dip medial edge back of hand at wrist
	Spleen	Sp 2 – base of big toe medial	H 8 – bend little finger to palm
5	Triple Warmer	TW 3 - On the back of the hand, in the dip at the webbing between the ring and little fingers.	GB 41 – 3 fingers up from webbing of the 4 th and 5 th toes or pull toes apart and run up the valley and over the tendon laterally
	Circulation Sex	CX 9 – middle finger nearest index finger	Liv 1 – big toe lateral
6	Small Intestine	SI 3 - On the ulnar border of the hand, in the substantial depression proximal to the head of the fifth metacarpal bone	GB 41 – 3 fingers up from webbing 4 th /5 th toes or pull toes apart and run up the valley and over the tendon laterally
	Heart	H 9 – little finger nearest ring finger	Liv 1 – big toe lateral



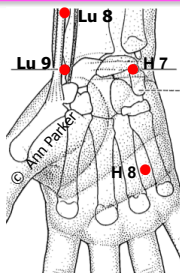
GV 12 is on the lower border of the 3rd thoracic vertebrae (T3)



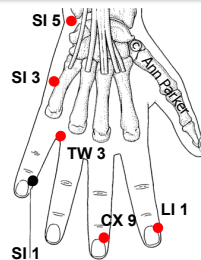
CV 18 is midline on the sternum level with the 3rd inter-costal space

Lu 8 is 1 cun (thumb width) up the arm from Lu 9

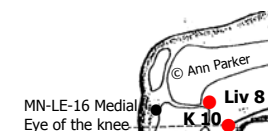
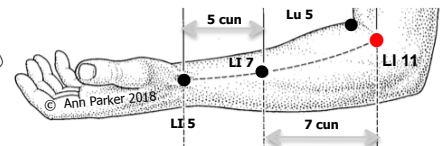
Lu 9 is at the base of the thumb in the first crease



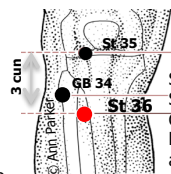
H 8 is where the tip of the little finger rests when a fist is made.



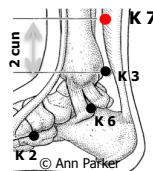
LI 11 is on the posterior arm at the elbow. Bend the arm and feel for Lu 5 just on the under part of the elbow crease then slide over the muscle and drop into a dip that is LI 11.



K 10 is on the medial knee crease and Liv 8 one thumb width up towards the knee cap

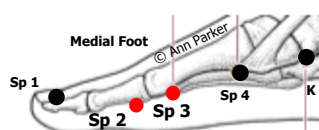
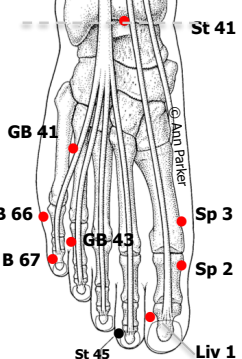


St 36 is 3 cun directly below St 35 the lateral eye of the knee. Go 4 finger widths below the knee cap then 1 finger out against the fibula

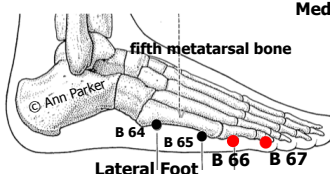


Medial Foot

St 41 is level with the prominence of the lateral ankle bone



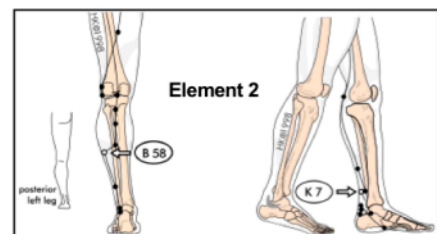
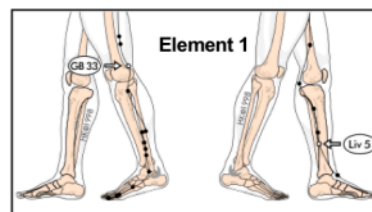
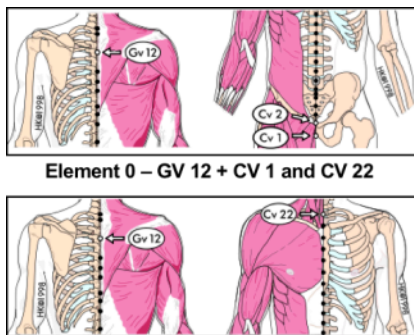
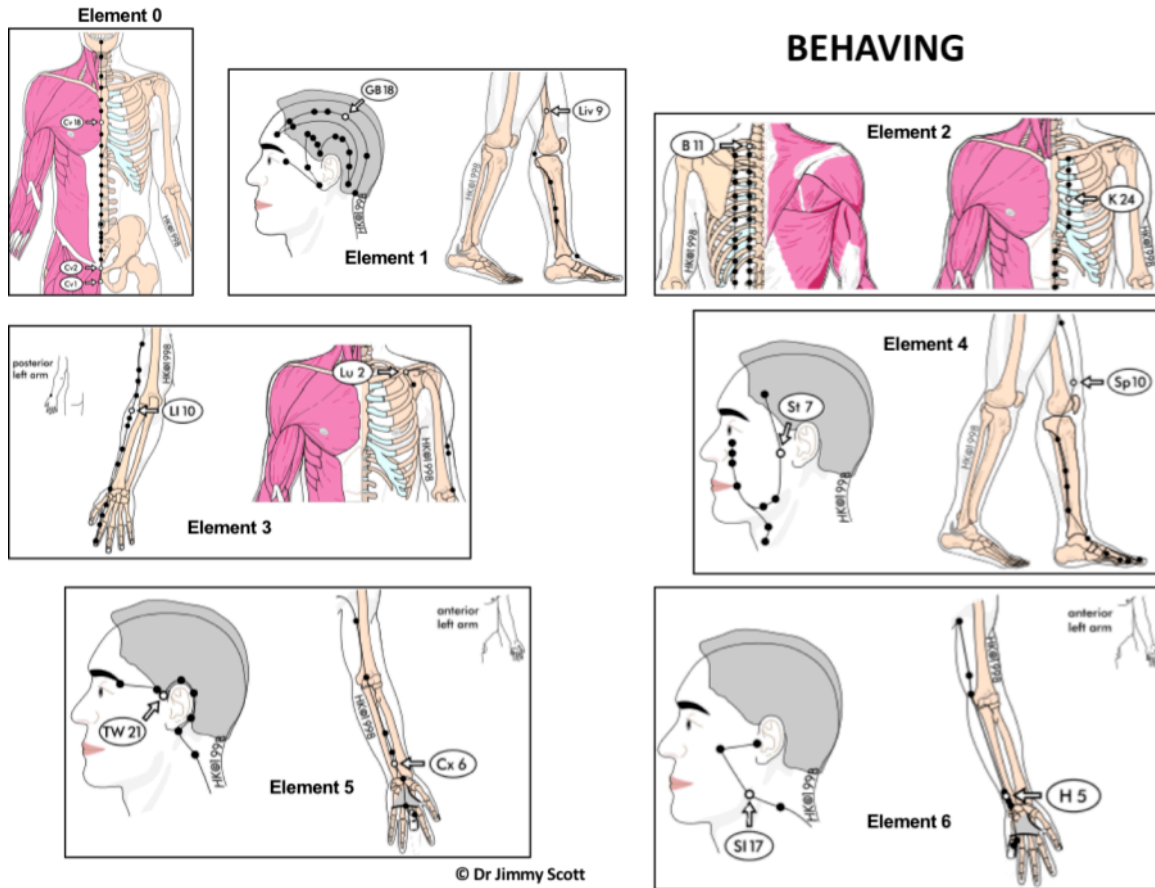
Sp 2 is at the end of the big toe and Sp 3 is over the big toe joint towards the ankle



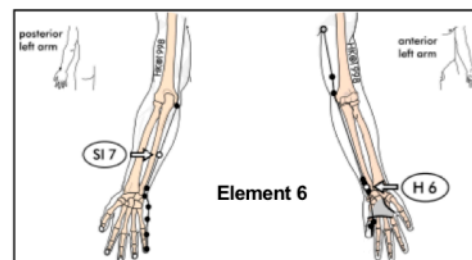
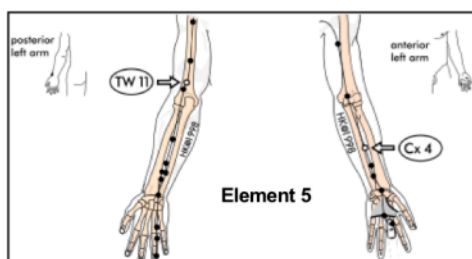
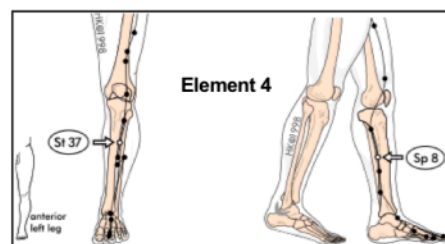
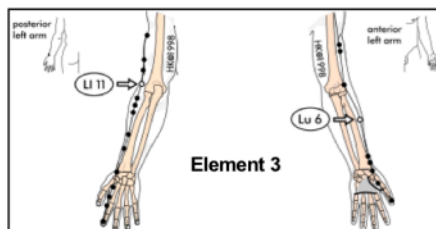
Lateral Foot

The HK Energy Flows

ECS: MEMBRANE CONFIGURATION SUMMARY CHARTS



EXPERIENCING

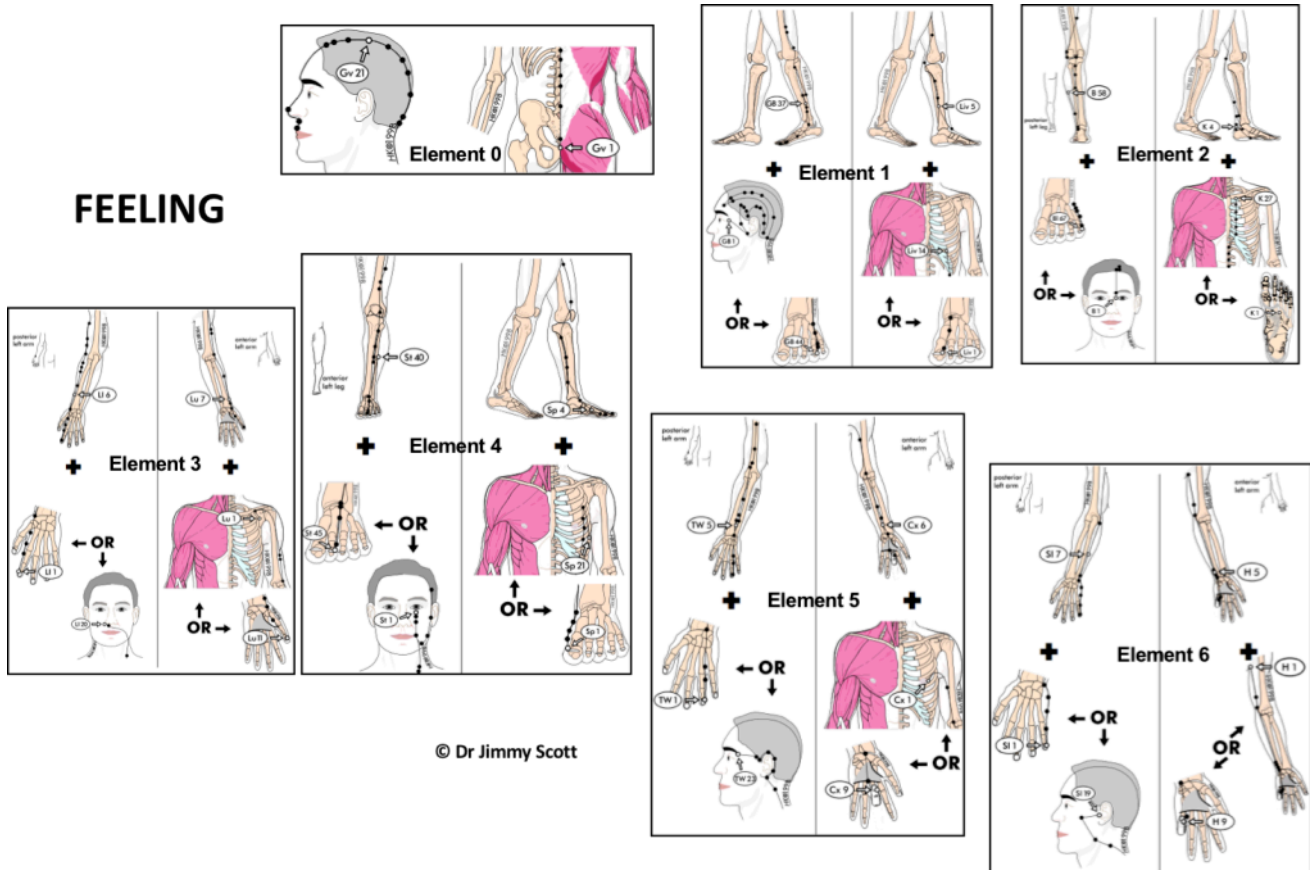


© Dr Jimmy Scott

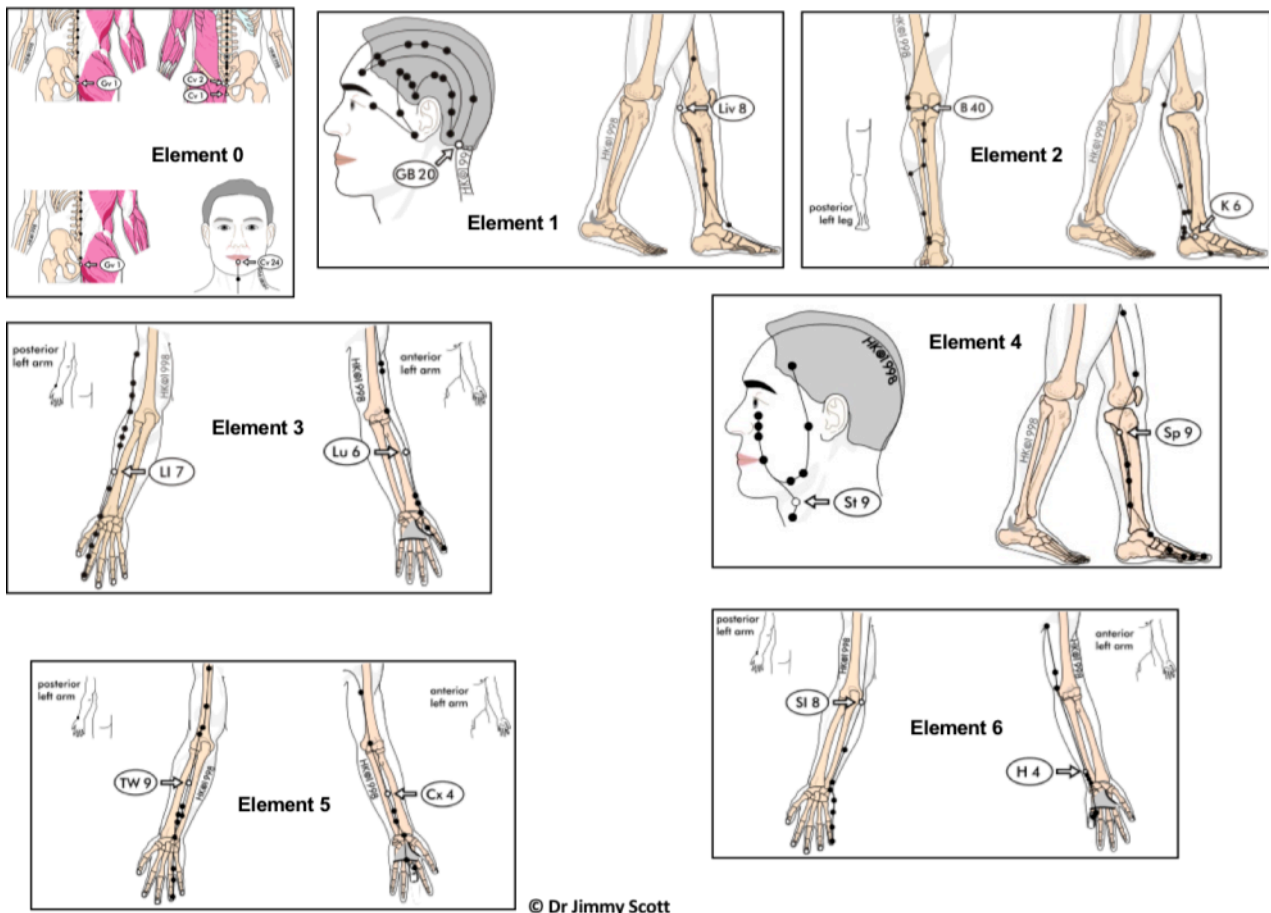
The HK Energy Flows

ECS: MEMBRANE CONFIGURATION SUMMARY CHARTS

FEELING

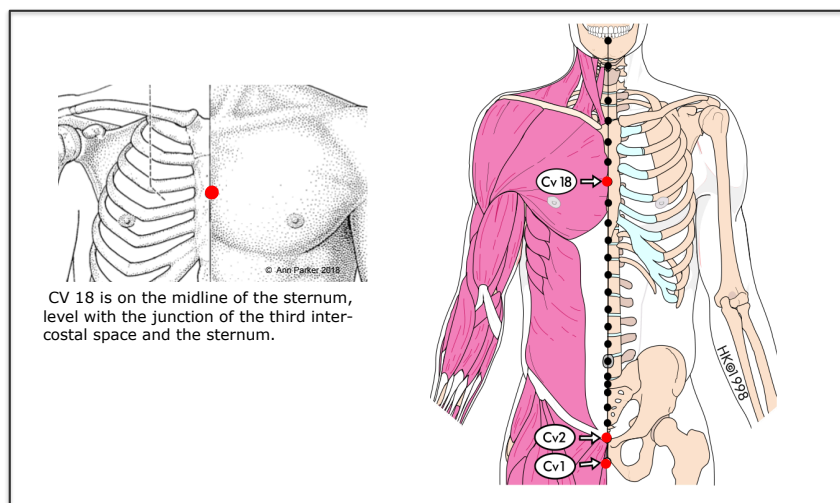


KNOWING



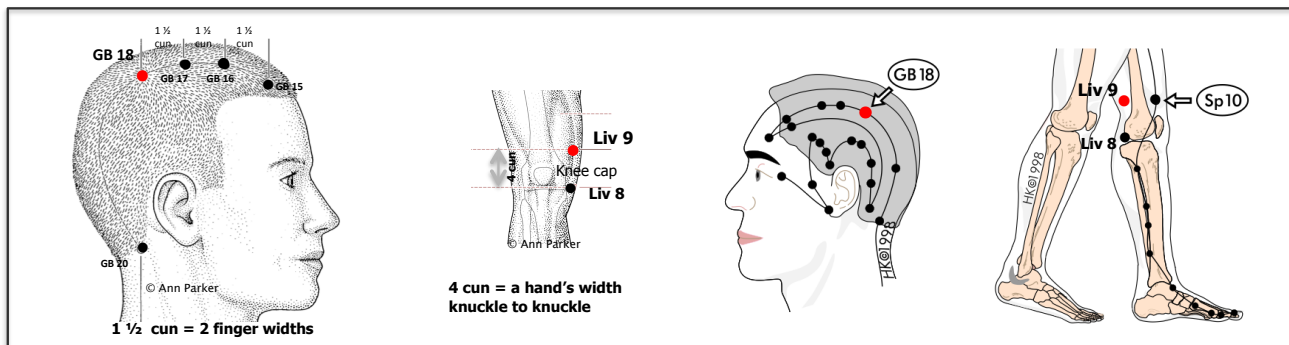
ECS: MEMBRANE CONFIGURATION BEHAVING - Element 0 (CV 1 or CV 2 and CV 18)

- **Client** places their hand on CV 1 (Pubic Bone) or you can hold it on yourself and touch in
- **Client** holds CV 18 on the midline of their sternum, level with the junction of the third intercostal space and the sternum.



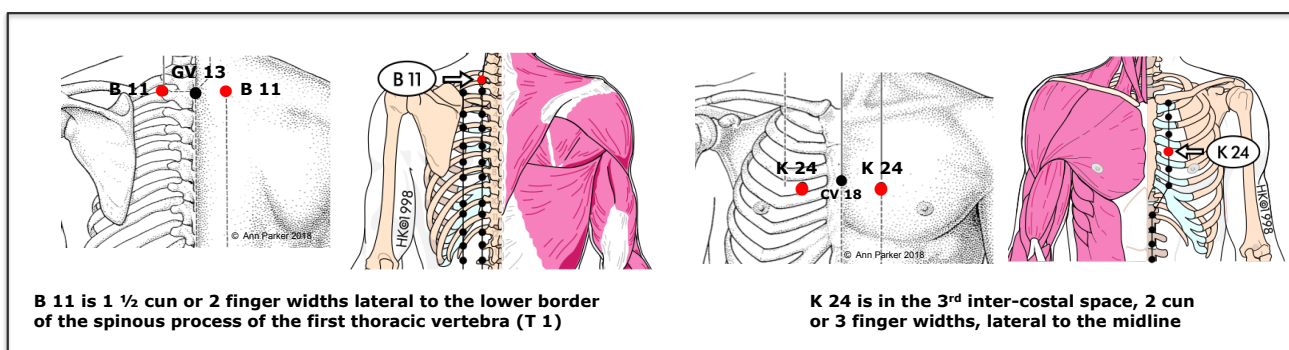
ECS: MEMBRANE CONFIGURATION BEHAVING - Element 1 (GB 18 and Liver 9)

- **Client** holds GB 18 on both sides of head on the parietal eminences slightly posterior to the top of the ears
- **You** hold Liv 9 on the leg nearest to you and Liv 9 on your opposite leg. Liv 9 is above the patella, in the tender depression between medial vastus medialis and medial sartorius, directly above Liv 8.



ECS: MEMBRANE CONFIGURATION BEHAVING - Element 2 (B 11 and K 24)

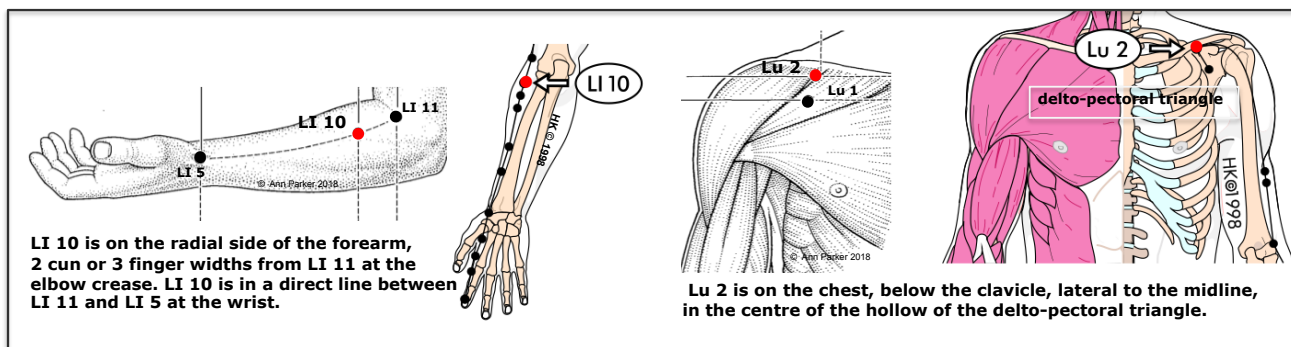
- **Client** holds K 24 on each side of the sternum under the third rib
- **You** hold the B 11 on their back, each side of the vertebrae, lateral to the lower border of the spinous process of the first thoracic vertebra (T I).



The HK Energy Flows

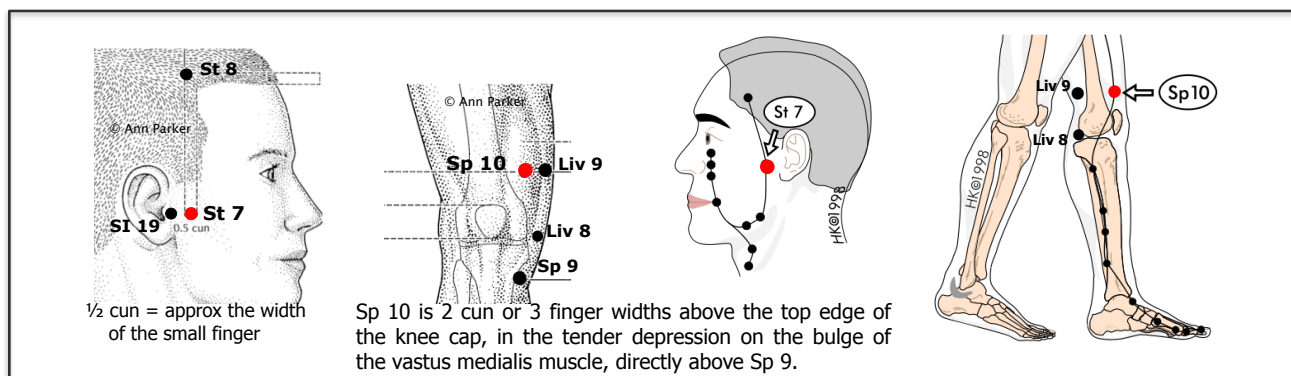
ECS: MEMBRANE CONFIGURATION BEHAVING - Element 3 (LI 10 and Lu 2)

- **Client** holds LI 10 three finger widths from elbow crease on top side of arm (posterior)
- **You** hold the Lu 2 on them nearest to you and your Lu 2 on the opposite side



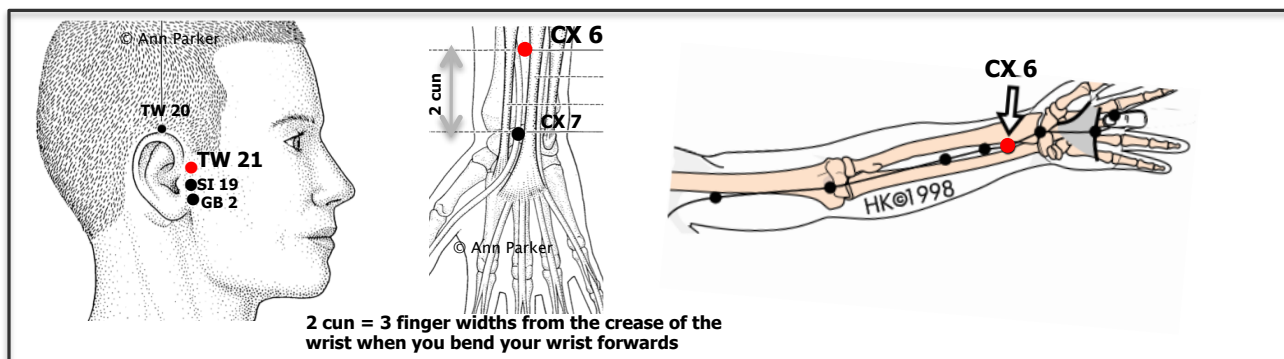
ECS: MEMBRANE CONFIGURATION BEHAVING - Element 4 (St 7 and Sp 10)

- **Client** holds St 7 on their face near the ears at the lower border of the zygomatic arch, in the dip anterior to the condyloid process of the mandible – the width of the small finger onto the cheek from SI 19.
- **You** hold Sp 10 on the inside of their leg nearest to you and Sp 10 on your other leg - in the tender depression on the bulge of the vastus medialis muscle, directly above Sp 9. (Level with Liv 9)



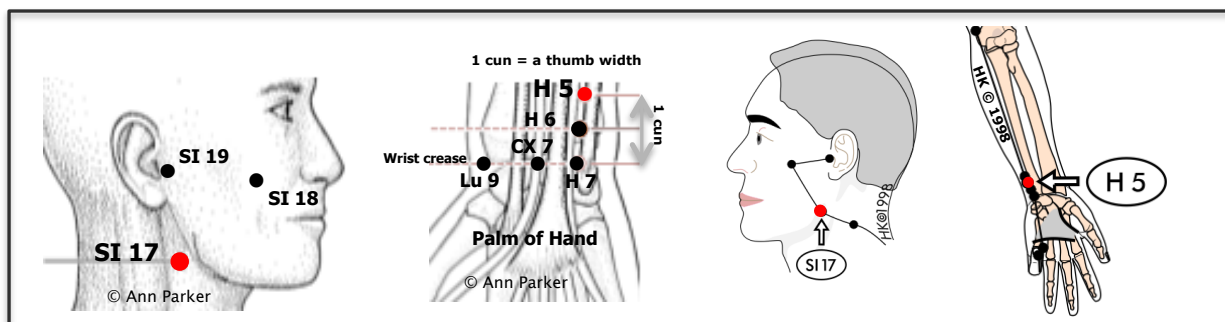
ECS: MEMBRANE CONFIGURATION BEHAVING - Element 5 (TW 21 and CX 6)

- **Client** holds TW 21 is on the cheek just above SI 19 (TW 21). If the mouth is opened you can fill the slight hollow
- **You** hold CX 6 on the underside (anterior) 3 finger widths up the arm from the wrist crease (Bend wrist forwards)



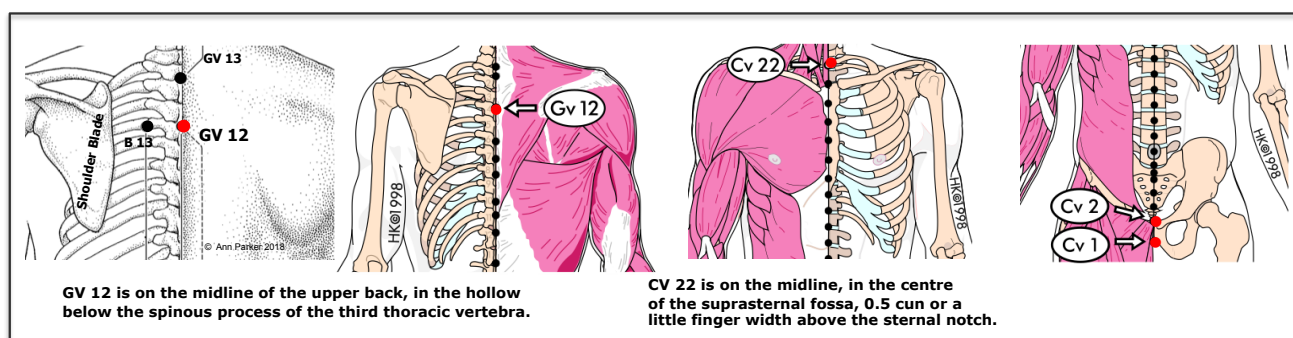
ECS: MEMBRANE CONFIGURATION BEHAVING - Element 6 (SI 17 and H 5)

- **Client** holds both SI 17 in a dip between the angle of the lower jaw and the anterior border of the sternocleidomastoid muscle with one hand and H 5 on the underside (anterior) of the arm they are using to hold SI 17. (H 5 is one thumb width up the anterior lower arm from the wrist crease)
- **You** hold H 5 on their opposite anterior arm (H 5 is 1 cun, a thumb width, from the wrist crease on the underarm)



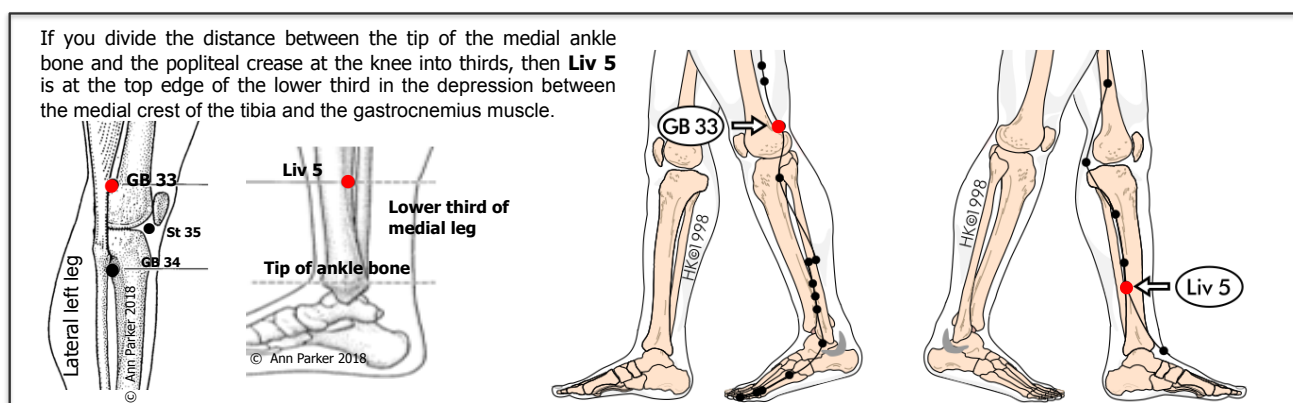
ECS: MEMBRANE CONFIGURATION EXPERIENCING – Element 0 (GV 12 and CV 1 or CV 2)

- **Client** holds CV 1 or CV 2 on pubic bone and CV 22 on Sternal notch
- **You** hold GV 12 on their back – on the midline of the upper back in the dip below the third spinous process of the third thoracic vertebra (T 3)



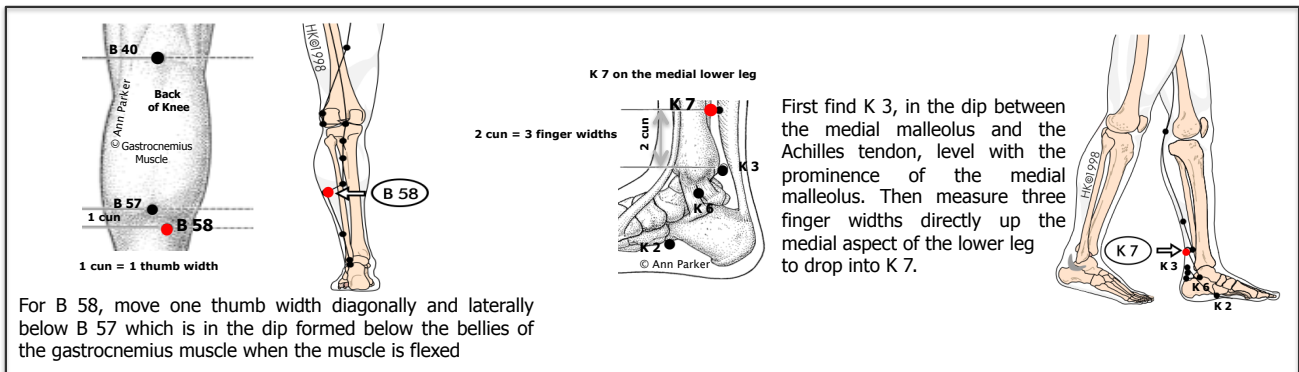
ECS: MEMBRANE CONFIGURATION EXPERIENCING – Element 1 (GB 33 and Liver 5)

- **Client** sits up and holds GB 33 on the lateral posterior of the knee, in the dip above the lateral epicondyle of the femur, between the femur and tendon of the biceps femoris
- **You** stand up and hold Liver 5 In the dip against the tibia one hands width above the medial malleolus



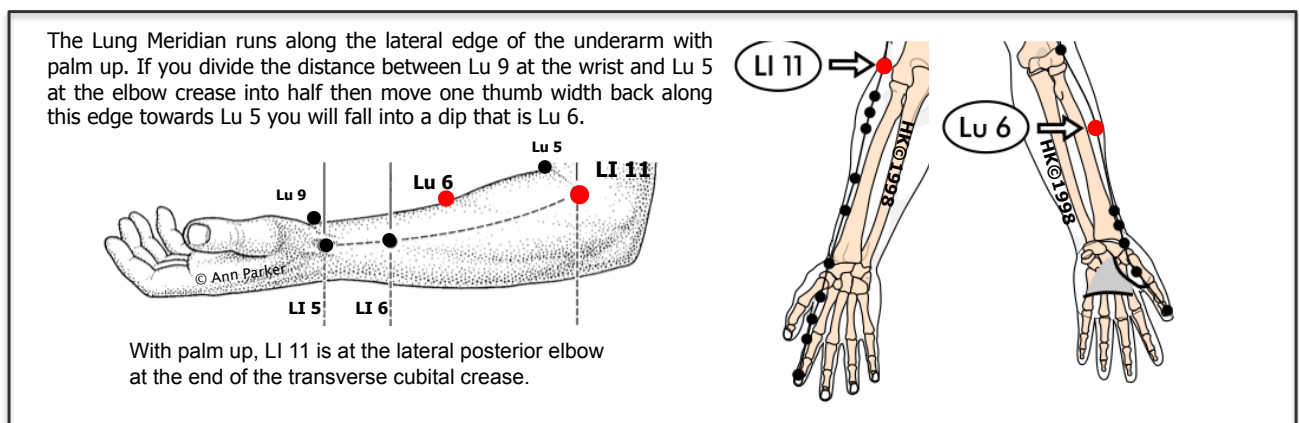
ECS: MEMBRANE CONFIGURATION EXPERIENCING – Element 2 (B 58 and K 7)

- **Client** sits up and holds B 58 on the lateral posterior of both their legs
- **You** stand up and hold the K 7 on the medial posterior of their legs



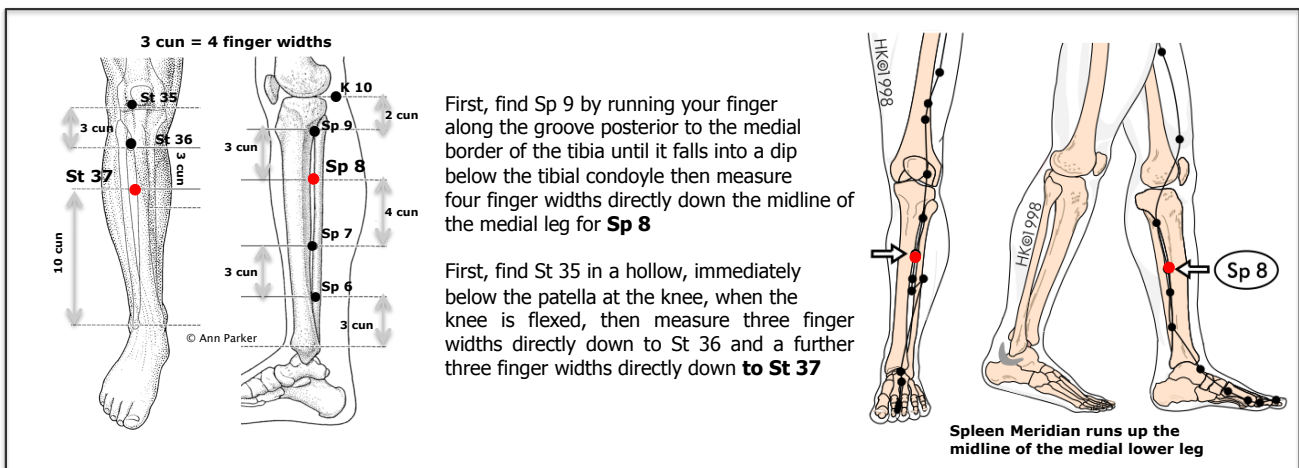
ECS: MEMBRANE CONFIGURATION EXPERIENCING – Element 3 (LI 11 and Lu 6)

- **Client** holds LI 11 on the topside (posterior) of their arms at the elbow crease
- **You** hold Lu 6 (on the underarm halfway between the wrist and the elbow lateral) on the arm nearest you and Lu 6 on your opposite arm



ECS: MEMBRANE CONFIGURATION EXPERIENCING – Element 4 (St 37 and Sp 8)

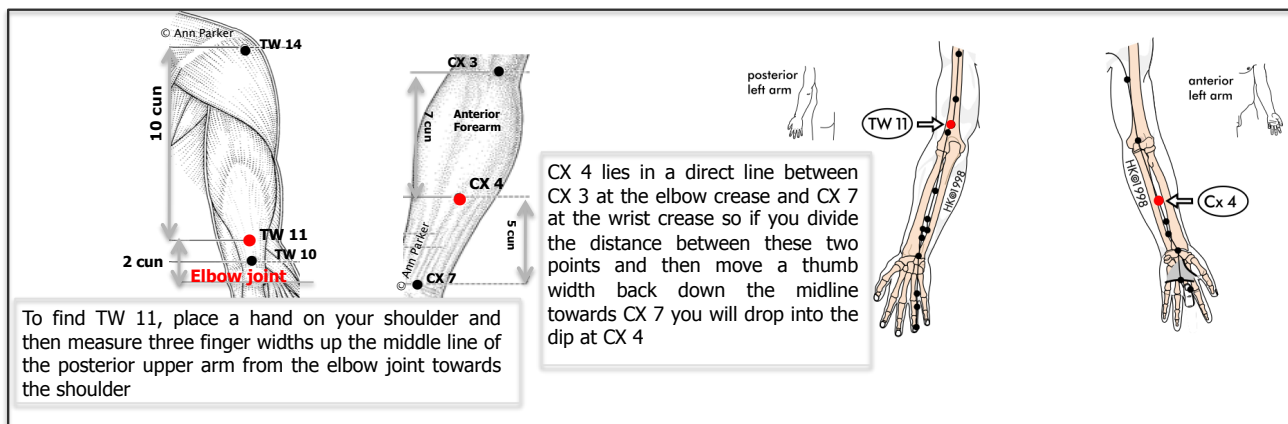
- **You** stand up and do both legs at the same time holding St 37 on the midline on the front of the leg and Sp 8 on the medial midline just slightly below the St 37 point (inside of the leg)



The HK Energy Flows

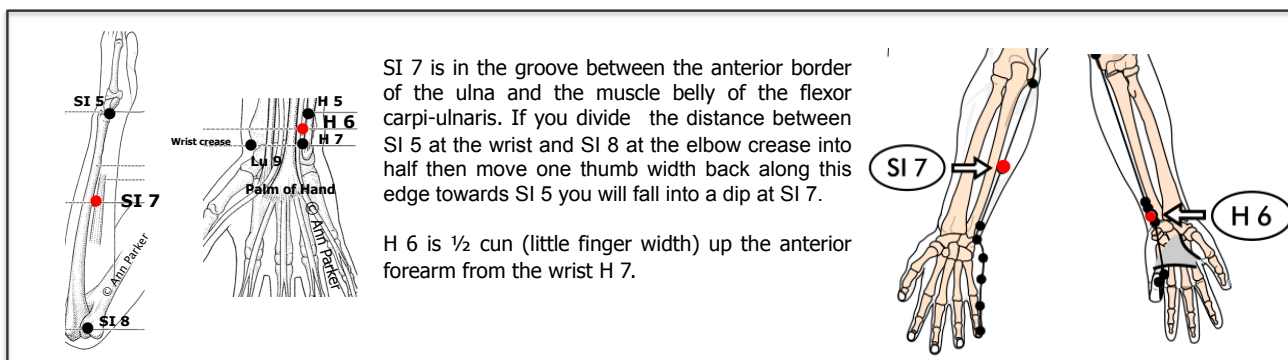
ECS: MEMBRANE CONFIGURATION EXPERIENCING – Element 5 (TW 11 and CX 4)

- **Client** holds both TW 11. Place hand on shoulder, trace up the posterior midline 2 thumb widths above elbow joint.
- **You** hold CX 4 on the underside (anterior) of the arm nearest to you and Pc 4 on your opposite arm. Find the halfway point between wrist and elbow directly in line with Pc 3 and Pc 7, go down one thumb width towards wrist



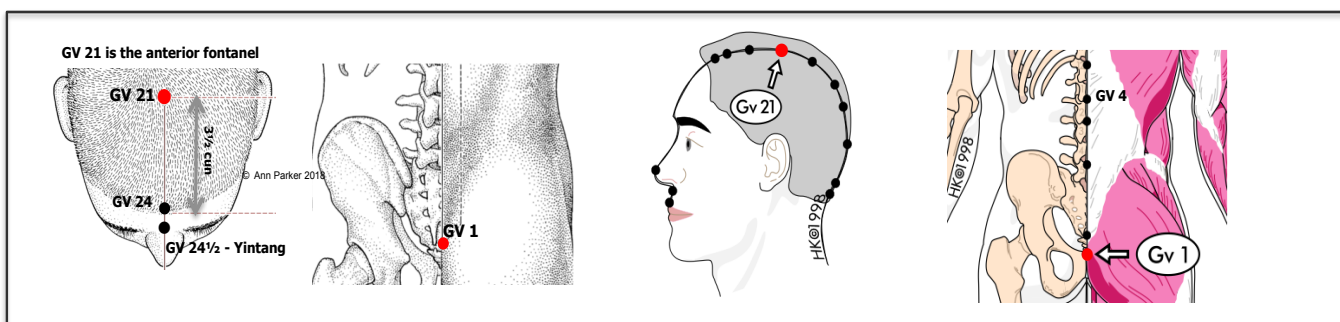
ECS: MEMBRANE CONFIGURATION EXPERIENCING – Element 6 (SI 7 and H 6)

- **Client** holds the SI 7 on the topside (posterior) of their arms
- **You** hold the H 6 on the underside (anterior) wrist nearest to you and H 6 on your opposite arm. H 6 is 1/2 cun up from the wrist crease in a dip.



ECS: MEMBRANE CONFIGURATION FEELING – Element 0 (GV 1 and GV 21)

- **Client** slips one hand palm down under their tailbone GV 1
- **You** hold the GV 21 on their head – (anterior fontanel)

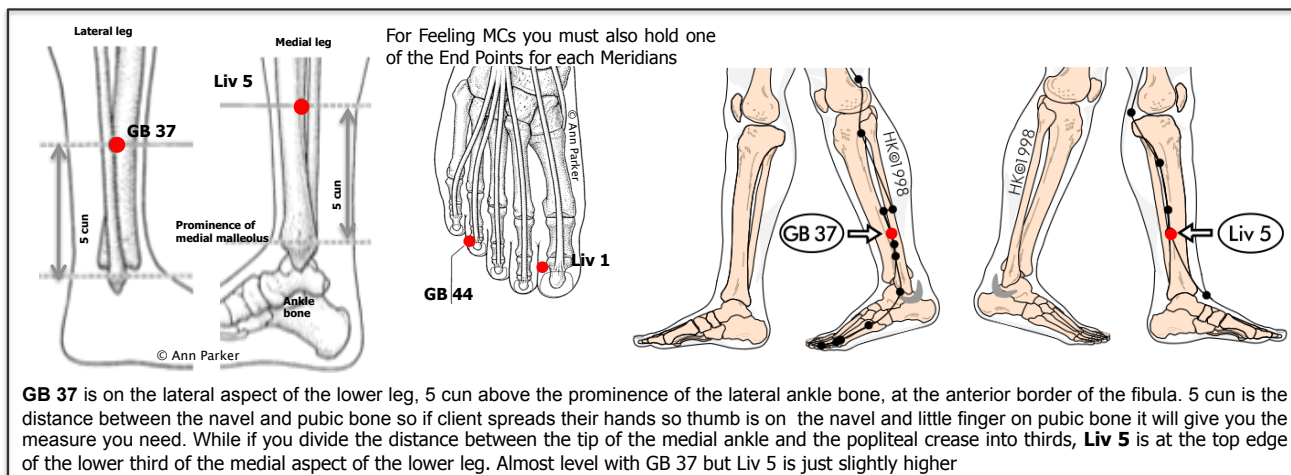


The HK Energy Flows

For Elements 1 through to 6 for the Feeling category you must hold one of the End Points from each of the coupled Meridians along with the designated points for that Element. For my descriptions, I have chosen the End Points that are the easiest to use.

ECS: MEMBRANE CONFIGURATION FEELING – Element 1 (GB 37 + GB 1 and Liv 5 + Liv 1)

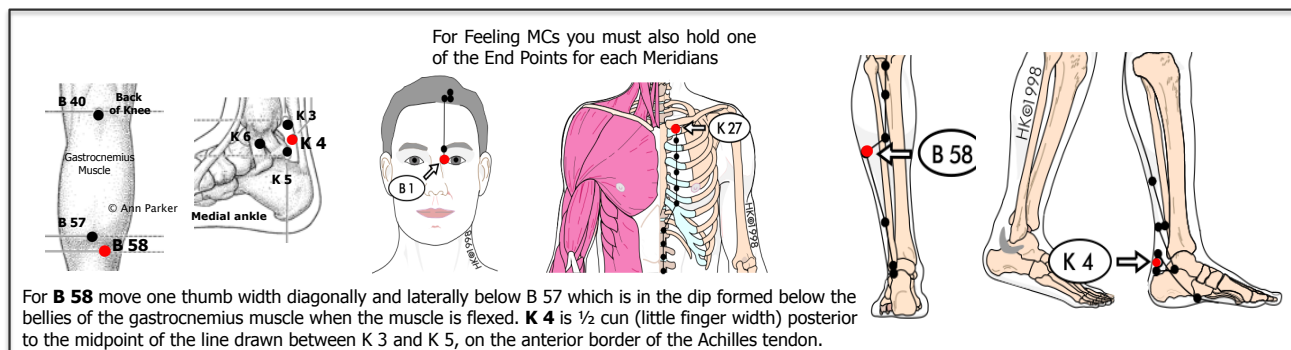
- **Client** sits up and holds GB 37 On the lateral aspect of the lower leg at the anterior border of the fibula and Liv 5 on the medial aspect of the lower leg in between the medial crest of the tibia and the Gastrocnemius Muscle They are **almost opposite each other** with the **Liv 5 being slighter higher** than the GB 37.
- **You** move down and hold GB 44 and Liv 1 on both their feet



ECS: MEMBRANE CONFIGURATION FEELING – Element 2 (B 58 + B 1 and K 4 + K 27)

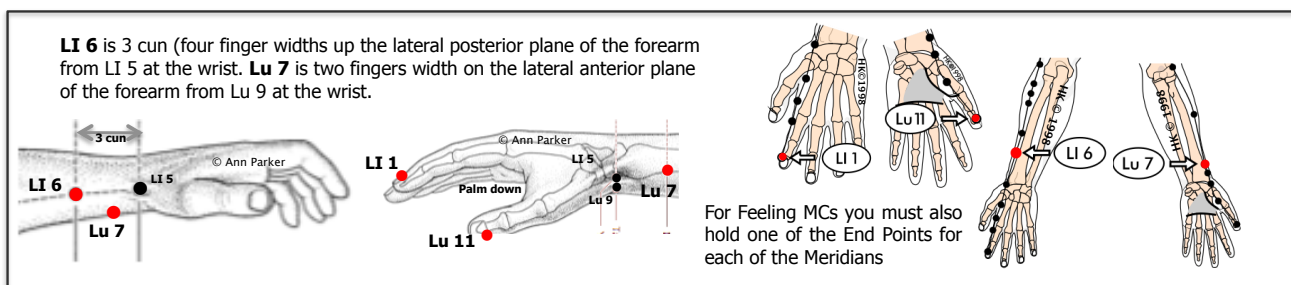
Do one side of the body at a time so each time you are holding four points between you

- **Client** holds one B 1 between the eyes on one side and the K 27 on the same side
- **You** hold one B 58 - one finger down and one lateral to the dip at the base of the Gastrocnemius Muscle on the outside of the client's leg and the K 4 on the anterior border of the Achilles tendon.



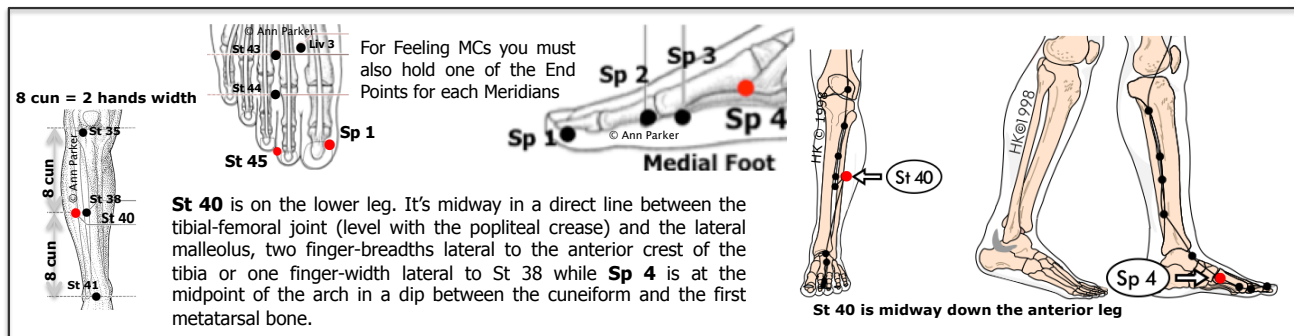
ECS: MEMBRANE CONFIGURATION FEELING – Element 3 (LI 6 + LI 1 and Lu 7 + Lu 11)

- **Client** holds LI 1 and LU 11 on both hands
- **You** hold LI 6 four finger width up the posterior arm from the wrist and the Lu 7 on the underside (anterior) of their arm nearest to you and the same points on your opposite arm. To find Lu 7 so a tiger grip by holding the thumb with the index finger and thumb of the other hand – the pad of the index finger falls onto Lu 7.



ECS: MEMBRANE CONFIGURATION FEELING – Element 4 (St 40 + St 45 and Sp 4 + Sp 1)

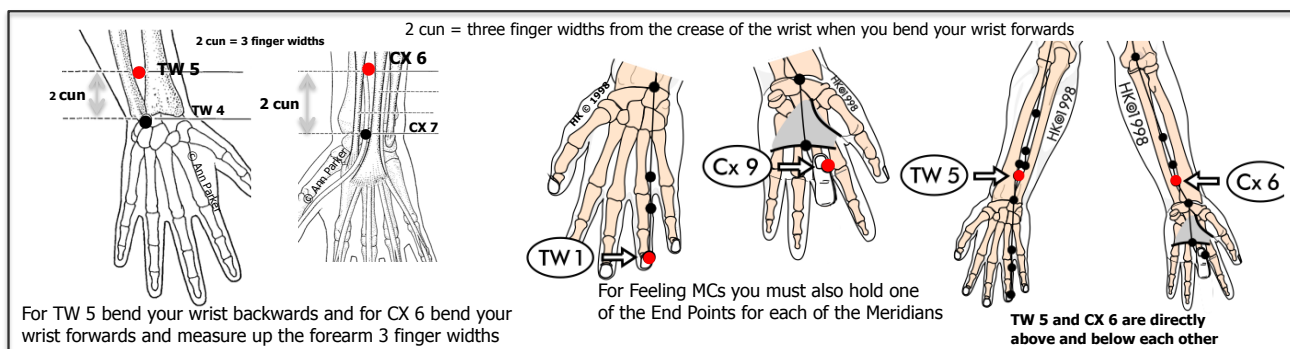
- If the client is supple, you will be able to do this in one go **otherwise** do one side of the body at a time
- Client** sits up and holds both St 40 on the front of their legs with one hand and Sp 4 on their feet with their other hand. **St 40** is on the lower leg, midway between the tibiofemoral joint line and the lateral malleolus, two fingers lateral to the anterior crest of the tibia or one finger lateral to St 38. **Sp 4** is on the medial side of the foot, in the depression distal and inferior to the base of the first metatarsal bone.
- You** hold the SP 1 and St 45 on both their feet



ECS: MEMBRANE CONFIGURATION FEELING – Element 5 (TW 5 + TW 1 and CX 6 + CX 9)

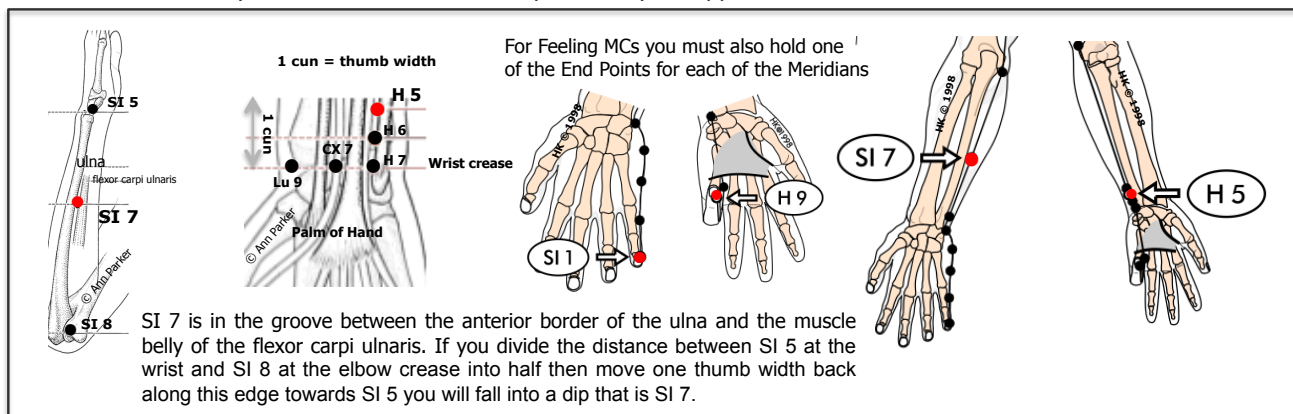
Do one side of the body at a time. Test if the client's body has a preference for which side first.

- Client** uses left hand to hold both TW 5 on the posterior of their right arm and CX 6 on the anterior of their right arm. Both these points are 3 finger widths up from the wrist crease – directly above and below each other.
- You** hold TW 1 and CX 9 on the client's right hand
- Repeat for the left side of the body using client's right hand**



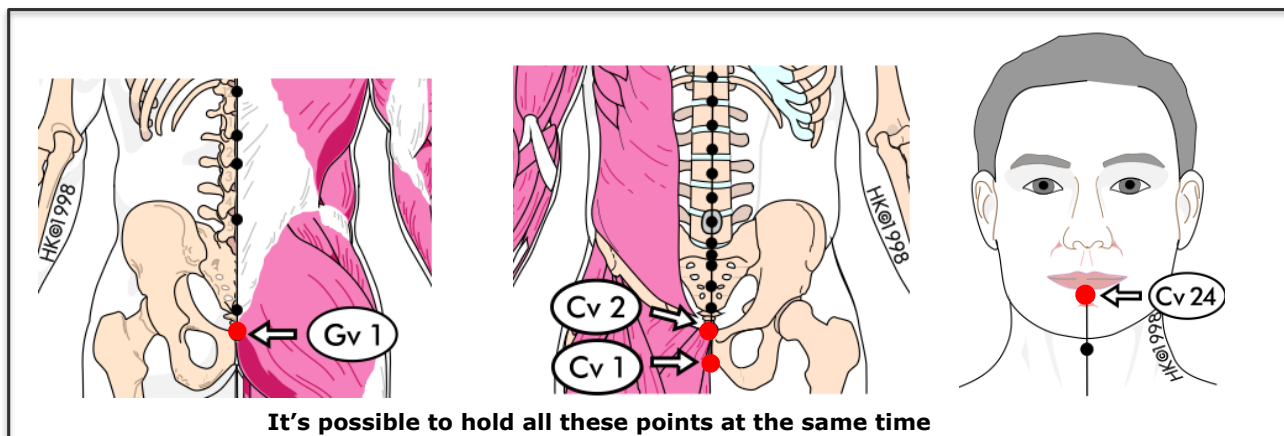
ECS: MEMBRANE CONFIGURATION FEELING – Element 6 (SI 7 + SI 1 and H 5 + H 9)

- Client** holds their thumbs over their little fingernail to get both SI 1 and H 9
- You** hold SI 7 on the topside of their arm (posterior), in the groove between the anterior border of the ulna and the muscle belly of flexor carpi ulnaris and H 5 on the underside (anterior), one thumb width from the wrist crease on the arm nearest to you and hold the same two points on your opposite arm



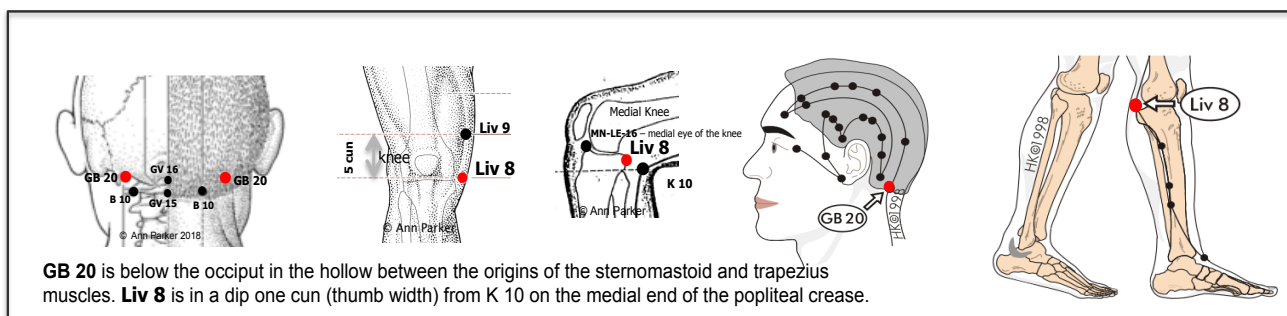
ECS: MEMBRANE CONFIGURATION KNOWING – ELEMENT 0 (GV 1 + CV 1 AND CV 24)

- **Client** places one hand on CV 1 (pubic bone) and GV 1 by placing hand palm down under tailbone
- **You** hold CV 24



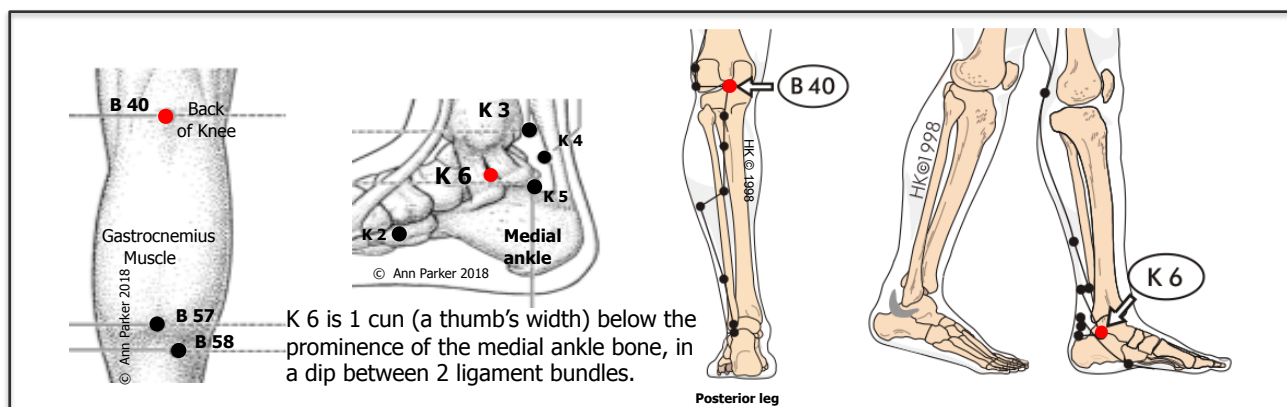
ECS: MEMBRANE CONFIGURATION KNOWING – ELEMENT 1 (GB 20 AND Liver 8)

- **Client** holds GB 20 at the base of the skull – in the tender hollow between the origins of the sternomastoid and trapezius muscles. Find the occipital protuberance and move medially up into the hollow.
- **You** hold Liv 8 on the leg nearest to you and Liv 8 on your opposite leg Liv 8 is just above the medial end of the popliteal crease, in a dip about 1 cun or a thumb's width in from K 10 at the crease of the medial knee.



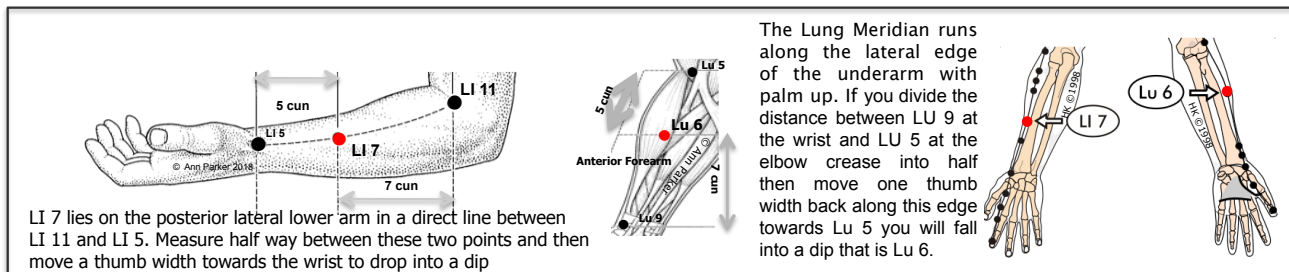
ECS: MEMBRANE CONFIGURATION KNOWING – ELEMENT 2 (B 40 and K 6)

- **Client** sits up and holds B 40 behind the knees
- **You** stand up and hold K 6 in a dip, a thumb width below their medial ankle bones



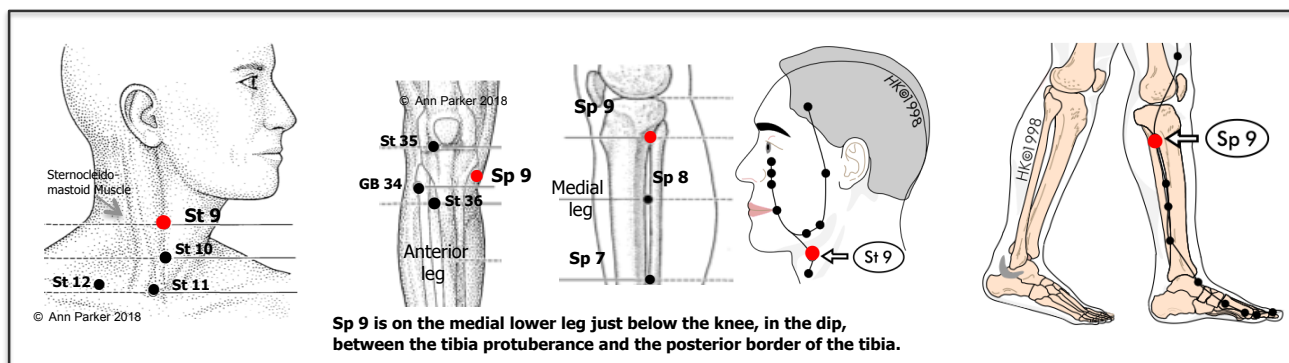
ECS: MEMBRANE CONFIGURATION KNOWING – ELEMENT 3 (LI 7 and Lu 6)

- **Client** holds LI 7 on the topside (posterior) and Lu 6 on the underside (anterior) with their thumb and index finger of their hand nearest to you
- **You** hold the same points on the opposite arm



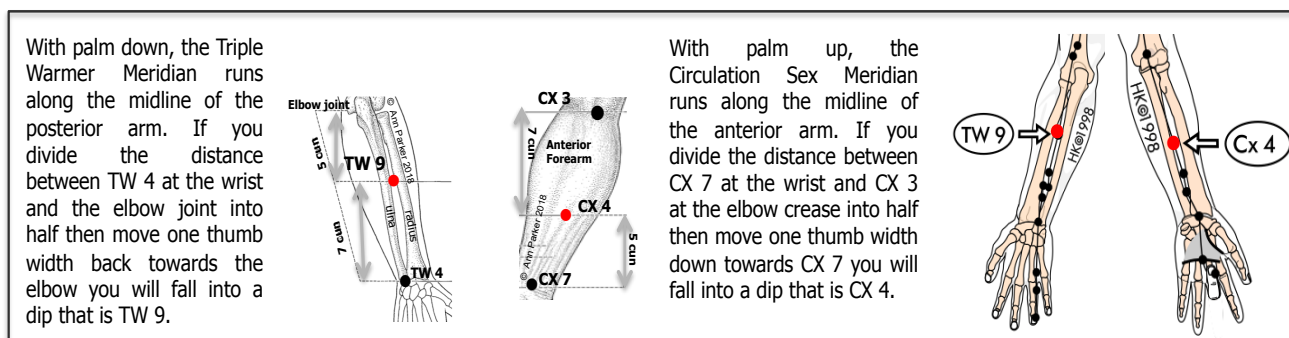
ECS: MEMBRANE CONFIGURATION KNOWING – ELEMENT 4 (St 9 and Sp 9)

- **Client** holds St 9 on their throat either side of the Adam's apple
- **You** hold Sp 9 on the edge of the bone below the knee on the inside of the client's leg nearest to you and Sp 9 on your opposite leg



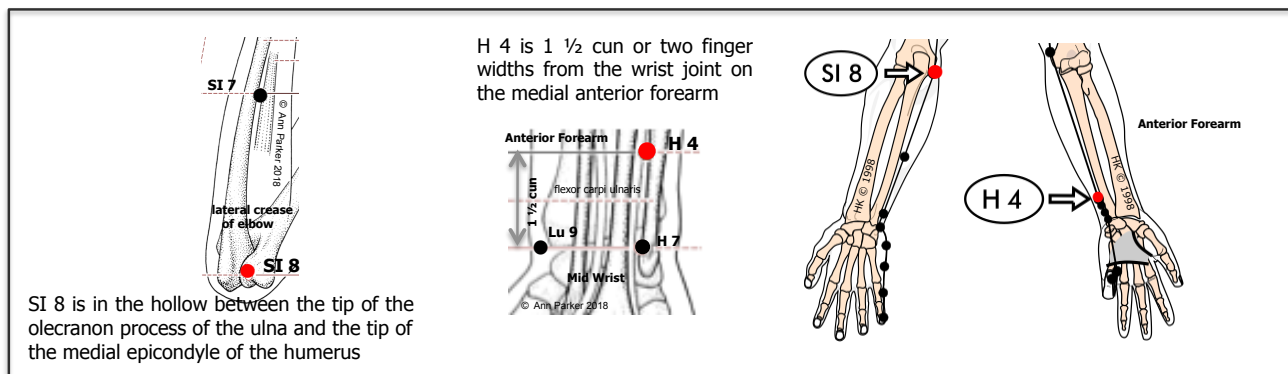
ECS: MEMBRANE CONFIGURATION KNOWING – ELEMENT 5 (TW 9 and CX 4)

- **Client** uses one hand to hold TW 9 on the topside (posterior) of their arm with their middle finger and holds CX 4 on the underside (anterior) with their thumb
- **You** hold the same points on their opposite arm



ECS: MEMBRANE CONFIGURATION KNOWING – ELEMENT 6 (SI 8 and H 4)

- **Client** holds SI 8 on the lateral posterior edge just below the elbow joint when palm is down
- **You** hold H 4 on the medial underside (anterior) of the arm nearest to you and H 4 on your opposite arm



The ECS: Membrane Configuration is one of the most important and powerful of all the Energy Correction Factors on your menu regardless of how many HK courses you have done and in order to do the very best work for your client **it is critical that you hold the points** when doing these corrections as they are such different flows to the regular Energy Circuits. Do not shortchange your clients by using cosmic batteries or any other tools you might have for energy work.

Nobody expects you to learn these ECS: Membrane Configuration Points off by heart. When doing these corrections once you have identified the category and the Element always first look up the points and decide with your client how you will hold the points before you highlight the item. The client must resonate to the item for it to work at the level Dr Scott intended.

Re-configures the membrane and is fixing the metabolism within the membrane.

- Working at cellular level
 - Unblocks receptor sites in cell walls by reconfiguring the membrane and fixing the metabolism with the cells.
 - Every cell has numerous receptor sites on its walls to allow passage of nutrients and wastes into and out of the cells. These receptor sites can become blocked by look a-like molecules, particularly drugs, but also by our emotions.
 - The ECS: MC items unblock the receptor sites thus allowing either the passage of nutritional minerals, vitamins, water, lipids and metabolic products to pass through and nourish the cell or release toxic levels of substances for the body to safely offload.
- Each group of ECS: MCs target a specific tissue area of the body. Because we often hold different categories and even sometimes when all the items are in the same category I think of the specific tissue area as being 'the glue' that binds the group of ECS: MCs. Whereas with regular HK Corrections, it is the Reflex and Element held for each item in the group that is 'the glue' that binds the group.

Remember there are no short cuts to doing the very best work for your clients!