

## STANDARD CHAKRA PATTERNS

There are two different chakra patterns that appear frequently at the end of treatments. These are called Standard Chakra Patterns, One and Two. They are almost always interchangeable. Once you have read through and used these chakra patterns a few times, you may simply say "Standard Chakra Pattern Number One or Number Two" at the end of any QT code."

You input the chakra pattern by thinking about each chakra location as you tap under the nose 5 times per each location. These two standard chakra treatments are:

1. Standard chakra pattern 1:

- Forehead
- Crown
- Back of Head
- Back of Throat (neck)
- Back of Heart
- Crown
- Forehead
- Crown
- Forehead
- Throat
- Heart
- Solar Plexus
- Pelvis
- Tailbone

2. Standard chakra pattern 2:

- Forehead
- Crown
- Back of Head
- Back of Throat (neck)
- Back of Heart
- Back of Solar Plexus
- Crown
- Halo
- Crown
- Forehead
- Crown
- Forehead
- Throat
- Heart
- Solar Plexus
- Pelvis
- Tailbone
- Crown
- Tailbone
- Crown
- Crown