

Time Saver Codes

All points are bilateral

Face and Body Points (Refer to Chart)

3rd	Third eye, or the point between the eyebrows
eb	Eyebrow, where it goes into the bridge of the nose
oe	Outside of the eye on the bone between the eye and the temple
e	One inch under the eye
un	Under the nose, above the center lip
ch	Chin, the depression between the bottom lip and the chin
c	Collarbone spot-one inch down from the notch in the throat and one inch to either side
a	Four inches under the armpit on the rib cage
liv	Liver point: two inches below the nipple on the right or left side

Hand Points (Refer to Chart)

th	Thumb, on the side of the thumbnail, on the side opposite the fingers
if	Index finger, on the thumb side of the finger nail
mf	Middle finger, on the thumb side of the fingernail
lf	Little finger, on the thumb side of the finger nail
sh	Side of the hand midpoint between the wrist and first knuckle of the little finger
g50	Gamut spot, on the back of the hand between the knuckles of the little finger and the ring finger.
9g	Nine gamut procedure (Refer to the instructions on the following page).

Chakras (Refer to chart)

HA	halo spot 6 inches above the head
CR	crown, on the top of the head
FO	forehead
TR	throat
HT	heart
SO	solar plexus, stomach above the navel.
PEL	pelvis, 3 inches below the navel
TAIL	tailbone at the base of the spine