

Harmony Points

**Secret Points,
Modern People's
Longevity**

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As a general rule

- For General, modern peoples health maintenance
 - Modern lifestyle that includes many different stressors of society (political turmoil, job stress, fear, over intake medicine, etc.).
- At Hari treatment step 0 and step 4
- Indurations, gummies or pressure-pain
- 1). Cold pattern sho/pattern: uses one point in the area of heaven, earth, and man needle with #00 needle.
- 2). Heat pattern sho/pattern: about two points may be chosen in each of the above areas with #1 needle.

Step 0 – Front Heaven area

- Main point is located half cun posterior to Taiyang. Additional points are YinTang, GV20 and a point that can be found between LU5 and LI11. These points are used to calm the Shen and reduce stress. The point between LU5 and LI11 is used to increase and circulate Ki.

Step 0

Human area

- CV12 is the main human point. This point assists the post-natal Ki, and the digestive function, it also increases Yang Ki. An additional point is ST19. ST19 helps reduce stress and aids to move digestion from excessive food consumption.

Step 0

Earth area

- CV4 helps pre-natal Ki. Additional points include KD7. KD7 is 1.5 cun above KD3. It assists the KD Jing/Yin. You can use these points even if they do not present a KD diagnosis. A busy lifestyle contributes to individuals wasting their KD Jing.

Step 4 – Back Heaven

- Point is located between BL10 and GB20. This point helps to clear the mind, help fatigue and alleviate stiffness in the neck, head and shoulder. Additional points include GB21, SI15.
- GV12 and BL17. These points help calm the Shen and unite the mind and the spirit.

Step 4

Human Point

- Glomus Root. The location of the point is lateral and slightly superior to BL52. This point aids digestion and to separate Yang Ki from the food.

Step 4

Earth

- Tonifying Jing/Yin palace point. 1 cun distal to KD10, medial to BL55. Additional point is BL59 that tonifies KD yang.