

## Finger (and Thumb) Mode Chart

<b>Little Finger – Electrics</b>		
1	Heart (energy localise)	Firmly trace Heart meridian. Hold strengthening points
2	Electrics (energy localise)	Hold Electric points at back of head, or full treatment
3	Gaits (energy localise)	Press / buzz gaits
4	Distracted (hold hands 1-2" from ear and test)	Pull ears out
5	Crossover pattern	Tibetan Rings, Cross crawl, Homolateral repatterning, Poi balls
6	Electromagnetics (test PP)	Magnets / Crystals
7	Vivaxin Syndrome	Magnet spins at ends of meridians
8	Prematurely close to death	Figure 8s over and around the body, perhaps very far out
9	Ready to die	Figure 8s from body, out to beyond the aura
<b>Ring Finger – Emotional Issues and Nervous System</b>		
1	Relax and balance nervous system (solo)	Trace energy slowly down the front and sides of the body / trace Stomach meridian slowly & deliberately.
2	Relax and balance nervous system (with partner)	<b>Leg to Belly Hook-up</b> – Client lies face up, with knees bent, soles of feet together. Practitioner puts index finger between K1s and wraps this hand around both feet. Hold 30-60 seconds with other thumb in navel, pulling up. Client stretches legs, then sweep energy off legs.
3	Chakras weak (all)	Darth Vader Breath
4	Feeling upset	Neurovasculars or Black Pearl
5	Lack joy / happiness	Radiant Circuits
6	Stressed out	Spinal Flush
7	Overwhelm	Wayne Cook, TW Smoothie
8	Worried	Sedate Stomach Meridian
9	Nervous	TW Smoothie, Hook-up, Tap fear point on hand, sedate Bladder Meridian
10	Confusion re: perspective / calling	Assemblage Point
11	Unable to know one's feelings	Star Diagnostic
12	Need to break a habit	Temporal tap / Energy Psychology Tapping
13	Same issue repeating	Vortexes
<b>Middle Finger – Metabolism / Nutritional / Circulation</b>		
1	Dehydration	Drink more water
2	Food and vitamin needs	Test substances
3	Circulation problems	Sedate Circ Sex and / or Small Intestine
4	Allergies	Sedate Triple Warmer, Strengthen Spleen
5	Toxins	Spinal flush, Triple point Liver
6	Toxic liver	Press / buzz deeply along the edge of the scapula
7	For improved metabolism	Tap Spleen and Liver, flush Spleen
<b>Index Finger - Structural</b>		
1	Constricted cranials	Crown Pull, Rub entire head, Memory exercise, suck thumb
2	Prone to headaches	Crown Pull, Neck pull up the meridians, Electric & Power Points, Headache Isometric Press
3	Hip Stability or hip pain	Ileocecal / Houston, Diaphragm, Triple Point Large Intestine, Circulation Sex and Gallbladder (or just sedate)
4	Osteoporosis / weak bones	Triple point Kidney and Bladder / Isometrics
5	Shoulder issues	Releasing the Scalenes (the muscles attached to and above the clavicle)*
6	Weak feet	Clear gaits
7	Weak legs / thighs	Sedate Small Intestine / Triple point Small Intestine
8	To build strength in legs	Neurolymphatic press, circles on legs and 'Leg to Belly Hook-ups'
9	Tight muscles	Work with frozen energies and muscles
10	Spinal weakness	Spinal flush, Hopi technique, press / buzz the edge of the scapula
<b>Thumb encased by the Fingers – Aura / Etheric</b>		
1	Weak chakras	Balance chakras, Darth Vader Breath, Taking down the Flame
2	Energies not crossing in aura	Celtic Weave or Rhythmic Eights
3	Repeated vulnerabilities	Vortex work
4	Lack of direction, no firm perspective, or heart ache	Assemblage Point
5	Aura collapsed / disconnected	Weave figure 8s, or scan, circle and knead aura
6	Diamond Inlay, Regression, Grid	Advanced Classes

\*1. Place several fingers on top of the left clavicle at the corner's edge (directly above K27)

2. Take deep breath in – as you release turn your head slowly to the right, as far as it will go, *while* you slide fingers with deep pressure along the top of the clavicle towards left shoulder – all the way to the end of the scapula.

3. Repeat 2x more. On the first repetition, fingers start about an inch closer to the shoulder than the clavicle.

On the second repetition, fingers start about two inches closer to the shoulder.

4. Repeat on the right, looking to the left.