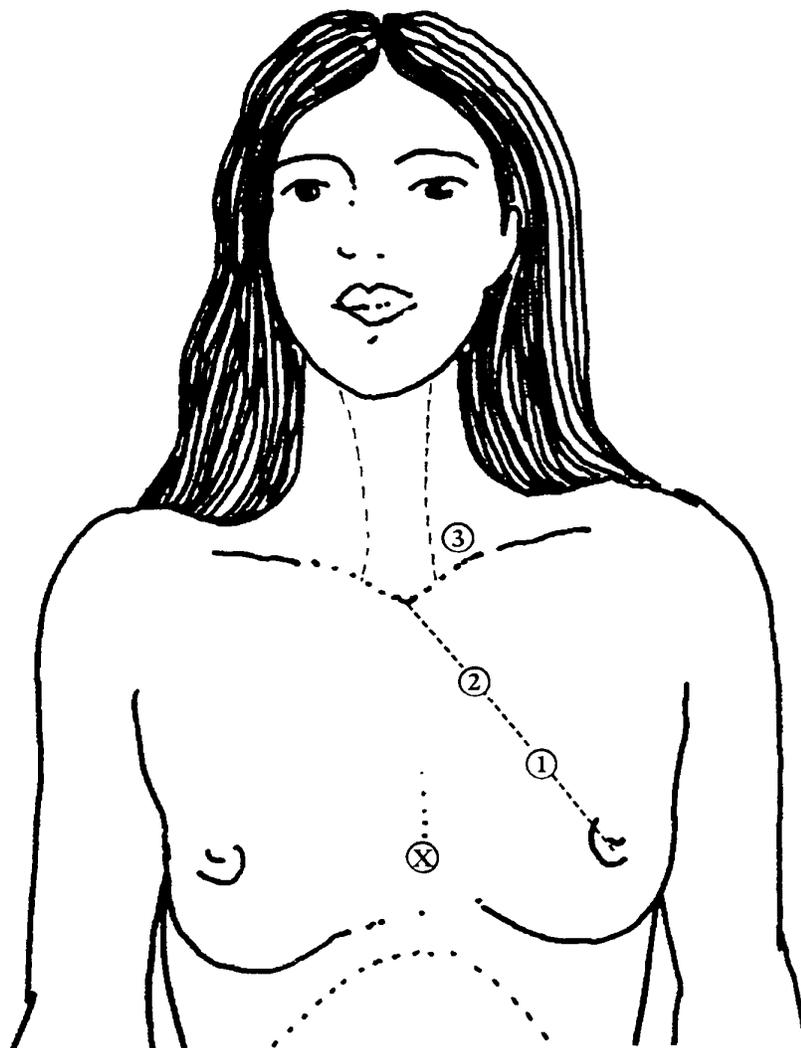


Heart, Veins, Blood Pressure & Circulation

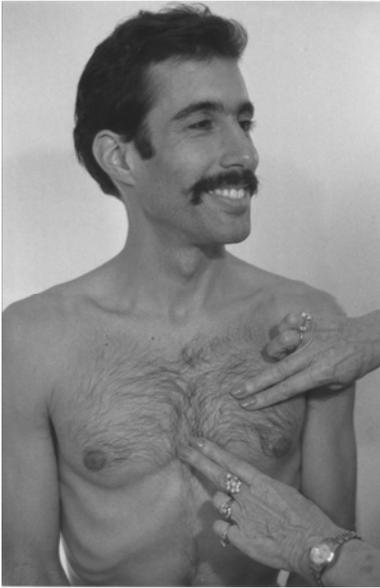
This set of points may be used to address any conditions relating to the heart, blood pressure, veins or circulation anywhere in the body. This may include, but is not limited to, arrhythmia, high or low blood pressure, poor circulation to the extremities, and varicose veins.



It is important to observe that this procedure, while it may prove helpful, is not the proper recourse for an emergency or crisis situation. When an emergency exists, use emergency procedures. If the only thing you know is this procedure, it may be beneficial to perform it while waiting for trained emergency personnel to take over.



To address the well-being of the heart: Hold “X” and touch points “1” and “2”.
To address blood pressure and circulation: Add point “3” to points “1” and “2”.



X and Point 1



- Use the first 2 fingers of each hand.
- Touch on the skin.
- Use a butterfly-like, light touch.
- Touch each point for 6-8 seconds.

To address the well-being of the heart: Hold “X” and touch points “1” and “2”.

Hold point “X” is on the breastbone above *Greeting* point “1” on a line directly between where the nipples would be on a youth. Another description of this point is on the breast bone, $\frac{1}{3}$ of the way up the breast bone from *Greeting* point “1”.

Points “1” and “2” are on an imaginary line running from the notch at the top of the breastbone to a place on the left breast where the nipple would be on a youth. Divide this diagonal line into thirds. Point “1” is at the top of the first third. Point “2” is at the top of the second third. (See the dotted diagonal line on the diagram.)



X and Point 3

To address blood pressure and circulation: Add point “3” to points “1” and “2”.

Point “3” is in the soft indentation just above the collar bone, above and to the left of the notch at the top of the breastbone. It is the same as point “1” of the *Metabolism* set.

In addition, an associate should endeavor to perform local work and enhancements using any combination of “Matching-fires”, “Through-fires”, “Sweeps” or “Hold points” in the area of the spine that relates to the heart. This area is in the upper part of the back between the shoulder blades as indicated on the diagram at the beginning of the *Back* set on page 10.