

# 61 Points Meditation/Relaxation

- 1 – center of forehead
- 2 – base of the front of the neck
- 3 – right shoulder
- 4 – right elbow
- 5 – right wrist
- 6 – right thumb
- 7 – right index finger
- 8 – right middle finger
- 9 – right ring finger
- 10 – right little finger
- 11 – right wrist
- 12 – right elbow
- 13 – right shoulder
- 14 – base of the front of the neck
- 15 – left shoulder
- 16 – left elbow
- 17 – left wrist
- 18 – left thumb
- 19 – left index finger
- 20 – left middle finger
- 21 – left ring finger
- 22 – left little finger
- 23 – left wrist
- 24 – left elbow
- 25 – left shoulder
- 26 – base of the front of the neck
- 27 – center of chest
- 28 – right of chest
- 29 – center of chest
- 30 – left of chest
- 31 – center of chest
- 32 – navel
- 33 – pubis
- 34 – right hip
- 35 – right knee
- 36 – right ankle
- 37 – right big toe
- 38 – right second toe
- 39 – right third toe
- 40 – right fourth toe
- 41 – right little toe
- 42 – right ankle
- 43 – right knee
- 44 – right hip
- 45 – pubis
- 46 – left hip
- 47 – left knee
- 48 – left ankle
- 49 – left big toe
- 50 – left second toe
- 51 – left third toe
- 52 – left fourth toe
- 53 – left little toe
- 54 – left ankle
- 55 – left knee
- 56 – left hip
- 57 – pubis
- 58 – navel
- 59 – center of chest
- 60 – base of the front of the neck
- 61 – center of forehead

