

# 12 Spirit Point Protocol with Rose Petals

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When Triple Warmer has a long-standing habit of feeling the impulse to run the show—I often find that pushing back just makes that TW impulse stronger. I have found that creating the habit of cultivating the 12 Spirit Points seems to ease TW into the intended role of servant. The Spirit Points ground us to the earth in the best way possible by enabling the bodies to expand and extend into the BIG PICTURE. The 12 Spirit Points nourish and ground the Potential. Also, for those who feel directionless and lost, burnt out, bitter or otherwise uninspired by life—all indications that the Potential is not able to ground the form.

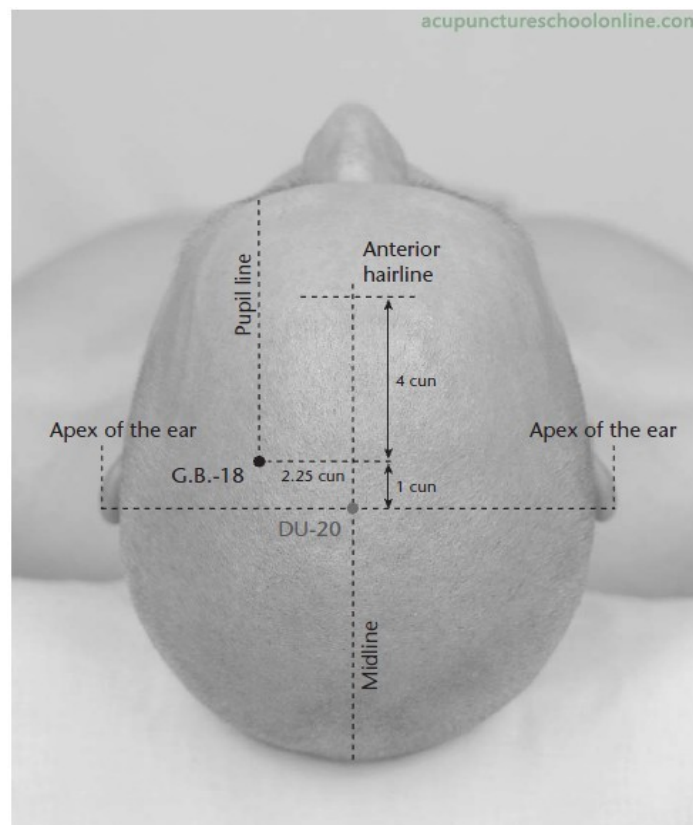
Lonny Jarrett - author of *Nourishing Destiny* - is my source for the 12 Spirit Points.  
There are many sources for these points—but he is my favorite genius on the subject.

## 1<sup>st</sup> Spirit point: GB 18

**Chinese Name: Cheng Ling**

**English Translation: Receiving Spirit**

This point unifies the mind and body by relaxing the rational mind and allowing one to reconnect to the unconscious mind. This point allows one to receive the ancestral Spirit, which reconnects one to a sense of destiny and purpose.

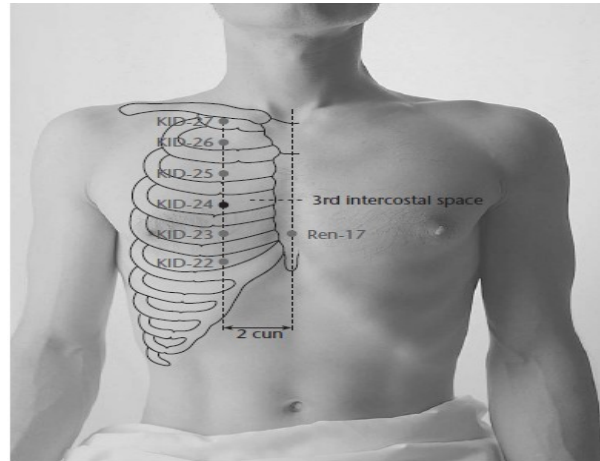


## **2<sup>nd</sup> Spirit Point: K24**

**Chinese Name: Ling Xu**

**English Translation: Wild Land of the Spirit**

This point is on chest and is used to revive the Spirit by reconnecting you to a profound Source of wisdom. This point is also called the Spiritual Burial Ground. It's a good point to resolve karma: helping you let go of anything obstructing your spiritual awakening. This point allows you to sense the unresolved 'baggage' weighing you down and understand how to gracefully let it go! This point imparts a deep connection with your Soul while boosting vitality! K 24 is an excellent point to reawaken hope and wonder.

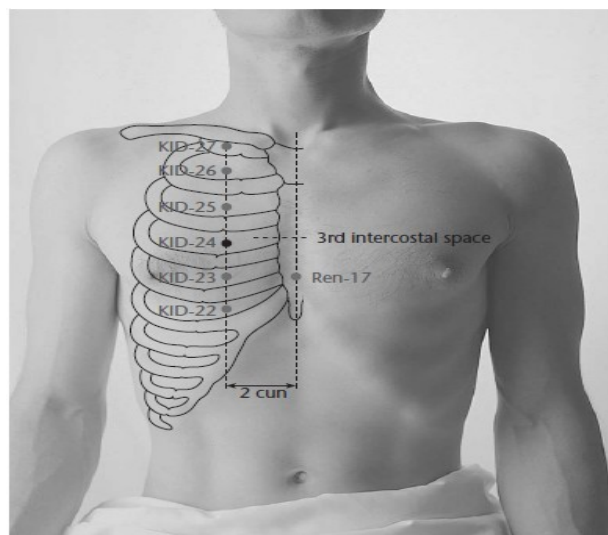


## **3<sup>rd</sup> Spirit Point: K 25**

**Chinese Name: Shen Cang**

**English Translation: Treasury of Hiding Place of Spirit**

Shen Cang is the safe storehouse of the treasures of the spirit. Here the reserves of the spirit, the pantry of dreams, visions, secrets of the Heart and the reaches of destiny....here our soul can feed on what it needs to grow and develop...here is man's search to understand what the heavens need to reveal...gives our spirit the dreams and visions we need.

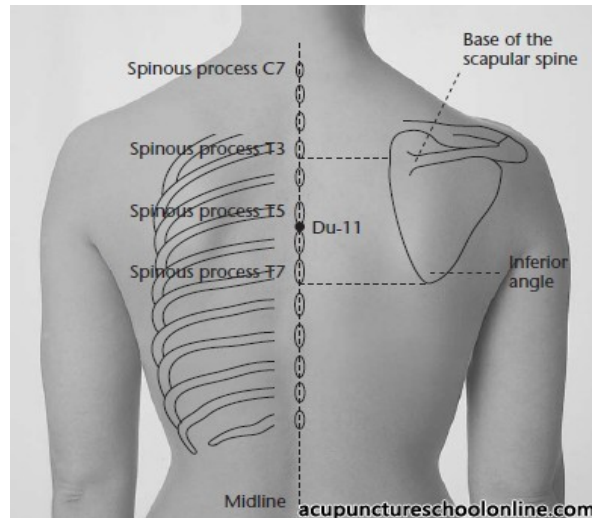


#### **4<sup>th</sup> Spirit Point: GV 11**

**Chinese Name: Shen Dao**

**English Translation: Path of God**

This point awakens our internal Spiritual compass, giving us direction and guidance as well as a sense of timing. This point can take us deeper into who we are and help us mature.

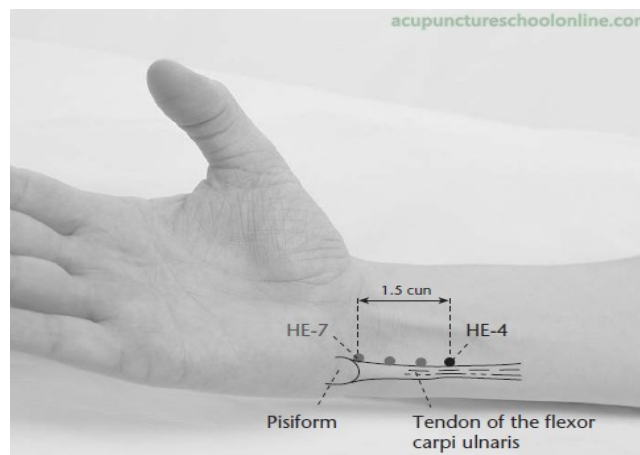


#### **5<sup>th</sup> Spirit Point: HT 4**

**Chinese Name: Ling Dao**

**English Translation: Spirit Path**

The Ling Dao is about turning receptivity into organized intent responding to Shen's Spirit insight. Shen is the inspiration and motivation of Spiritual energy while Ling is the focused, organized intent of manifesting purpose. HT 4 reconnects the heart to a spiritual path prompting a shift in habits to support your intent. This point helps to resolve the pain and bitterness from grief harbored in the heart. Self-destructive and self-defeating habits dissipate, and self-empowering and self-guiding habits create a positive momentum towards a spiritually guided path of Spiritual Self-actualization. Aligning your heart with your talents to manifest your purpose.



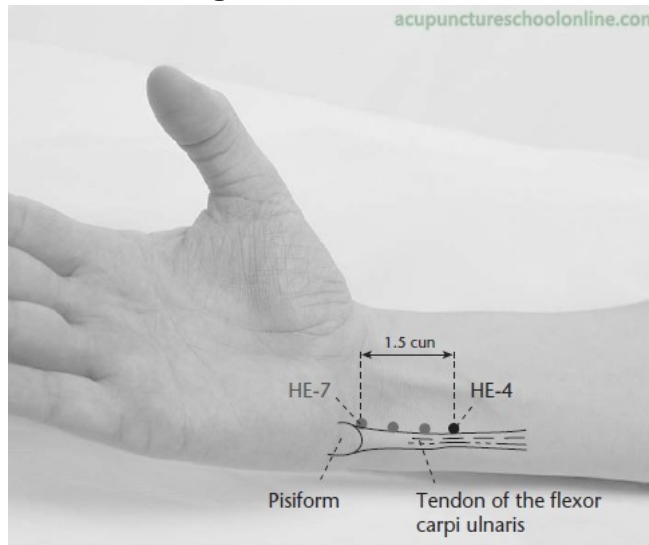
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### 6<sup>th</sup> Spirit Point: HT 7

**Chinese Name: Shen Men**

**English Translation: Spirit Gate or Gate of God**

As the Earth point on the Heart meridian this point gathers together and grounds a scattered Spirit reigning and focusing the wandering Mind. This gateway opens the beauty of someone's spirit. It allows them to both see the richness around and reveal their inner beauty. ***This is the Source and Earth Point of the heart meridian out of which comes the nourishment of warmth and love that bears security and stability to the inner tender feelings of the heart\*.***



### 7<sup>th</sup> Spirit Point: GV 24

**Chinese Name: Shen Ting**

**English Translation: Courtyard of God**

In the courtyard, you sit in mindful meditation effortlessly and listen. Here those who seek Spirit's wisdom can sit in quiet contemplation to prepare themselves for a great spiritual meeting.

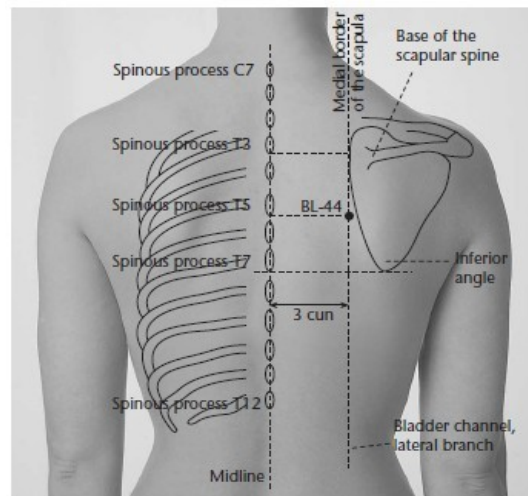


### 8<sup>th</sup> Spirit Point: BL 44

**Chinese Name: Shen Tang**

**English Translation: Spirit Hall – God’s Parlor**

The caring center of our inner nature. It is where we are one with the spirit of the earth. Here are the nourishing thoughts of the heart able to feed the hopes, desires, and cares of all the meridians. This point liberates the Mind from a tendency to dwell on thoughts and events by empowering the process of digesting and learning from life’s experiences; being nourished by life events we creatively express one’s Spirit by activating a congruence between mind and body.

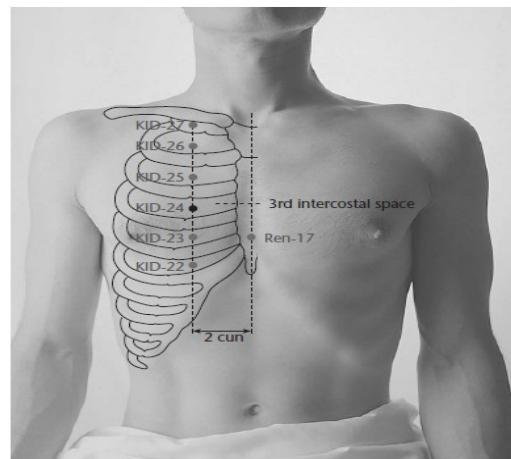


### 9<sup>th</sup> Spirit Point: K 23

**Chinese Name: Shen Feng**

**English Translation: God’s Area – Spirit Seal**

K 23 unblocks the expression of the heart for some it can take months to fully appreciate the energetics of this point. This point is located on the chest. Here is the quality and essence of our own unique inner seal receiving the guidance of the heavens. Shen Feng opens our soul seal. This touches the deep inner essence of who we are and what we can become. Shen Feng opens our hearts to the wonders and special gifts within.



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**10<sup>th</sup> Spirit Point: CV 8**

**Chinese Name: Shen Que**

**English Translation: Shrine of God – Spirit Tower Gate**

The location is at the belly button and it is not ever needed. Here is the complete flowering of the greatness of our spirit.

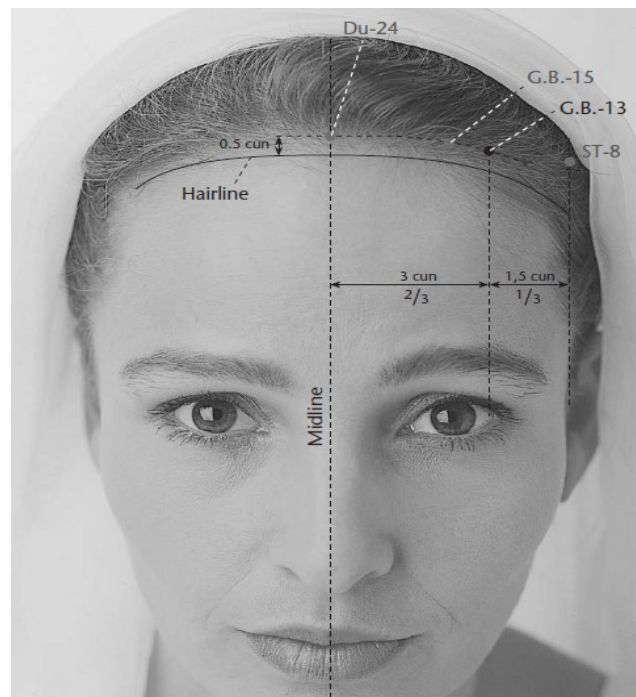


**11<sup>th</sup> Spirit Point: GB 13**

**Chinese Name: Ben Shen**

**English Translation: Root of God – Root of Spirit**

This point imparts a higher perspective by aligning with the highest emanation of Spirit. Ben Shen is the established root of spirit. It is by reaching this root of spirit, the diviner can see the universe in the crack of turtle shell. When we touch the inner roots of spirit, everywhere around us becomes an inspiration full of life and wonder.





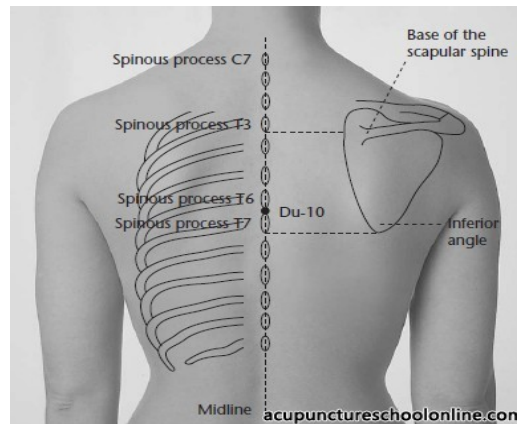
## 12<sup>th</sup> Spirit Point: GV 10

**Chinese Name: Ling Tai**

**English Translation: Tower of Spirit**

This is the Divine Terrace of the inner most garden of the Soul. This point bestows the blessing of sacred inspiration. This point cultivates the ability to listen and see, to receive marvelous, ingenious inspiration and guidance. GV 10 imports the ability to become meditative, quiet and still enough to receive guidance.

**It is to be within the garden terrace of one's Soul\*\***



\*my emphasis & \*\* my emphasis

Ok are you getting why I utterly hang on every word Lonny Jarrett writes.  
We are poetry and he certainly is a poet.

So, Lonny is an acupuncturist. He uses needles.  
So here is how I have been able to incorporate these points into a treatment.

Lonny does say that Spirit Points respond to acupressure. I concur – these points LOVE touch.

But I use my fingers – yep – but I most often incorporate flower petals.  
I usually use rose petals under my fingertips.  
I start at 1<sup>st</sup> point and end at 12<sup>th</sup> point.  
I also use flower essences and I also use essential oils.  
I drop a drop on the point and then hold that point with my fingers.

I always test any flower petal, or essence, or oil on my client first.

I have gone from 1<sup>st</sup> point and held with the 2<sup>nd</sup> point. Then the 2<sup>nd</sup> point I hold with the 3<sup>rd</sup> point.  
ETC... very much like the Xi Cleft process.

I have treated a single point.  
I have treated a combo that felt right.

I always test for regularity and correct if necessary.  
An irregular spirit point can be very telling about the suffering a client is experiencing.

I usually leave client face up and the points on the back – I just slip my hand under their back... but you can treat the front spirit points and then the back... you do not have to go in the order of 1 to 12.

While I do believe there is merit in going from 1 to 12 – I find it effective to just do it – you cannot make a mistake.

Lonny will often treat by splitting up the points into 6 sessions. His theory is that the space of the time between appointments can create a greater capacity for integration.

Acupoint pics: [www.steve-woodley.co.uk](http://www.steve-woodley.co.uk)

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