

Group	Pattern	Needling Sequence
Harmonizing	Clarity	Du20 > LV-3 > GB-41 > SI-3 > Ren 4
	Anterior Qi Flow	Du20 > YT > LI-4 > LV-3 > LI-11 > ST-36
	Posterior Qi Flow	Du20 > BL-13 > BL-15 > BL >18 > BL >20 > BL-23 > Coccyx Pt
	Heart Yin	Du20 > PC-6 > HT-7 > Ren 17
Chakra	Root	Du16 > BL-57R > BL-57L > Coccyx Pt
	Root	Du3 > BL-26R & L > BL-27R & L > BL-29R & L > Du2 > Coccyx Pt
	Second	Du5 > BL-52R, > BL-52L > Ashi @ L-3 > Du4
	Third = Solar Plexus	Ashi @ T-8 > BL-47R > BL-47L > Du6 > Du8
	Fourth = Heart Yang	Ashi @ T-4 > BL-44R > BL-44L > Du10 > Du11
	Fifth = Throat	Ashi @ C-5 > BL-42R > BL-42L > Ashi @ T-4 > Du12
	Sixth = Ajna	Ajna 1 Sup > Indigo 2 R > Indigo 3 L > YT (= Ajna 3 Inf) > Ajna 2 Middle
	Seventh = Crown	Shishencong Ant > R > L > Post > Du20
Encoding	Pattern of Truth	LV-14R > LV-14L > Ren 15 > Ren 8.5 > Ren 10
	Spirit Path	Du20 > SI-11L > SI-11R > Du11 > Du14 > Du16
	Soul Journey	Outer Ajna Pattern + SI-17R > SI 17L > Ren24 > SJ-15R > SJ-15L > Ren22 > Ren17 > Du26 > Ajna 2
	Integration Synthesis	Du20 > PC-8R > PC-8L > Ren17
	Know the One	Du20 > BL-7R > BL-7L > Ajna 1 > Ajna 2 > YT > Ren17 > Ren6 > Ren4
	Discern the Whisper	Outer Crown Pattern + GB-9R > GB-9L > Du16 > SI-11R > SI-11L > Du11 > Du4 > Du14 > Du20