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