

## Infinite Heart Catalyst

Rub the following two points in the order they are presented.

The points are on both sides of the body or on the central line.  
Both sides require rubbing.

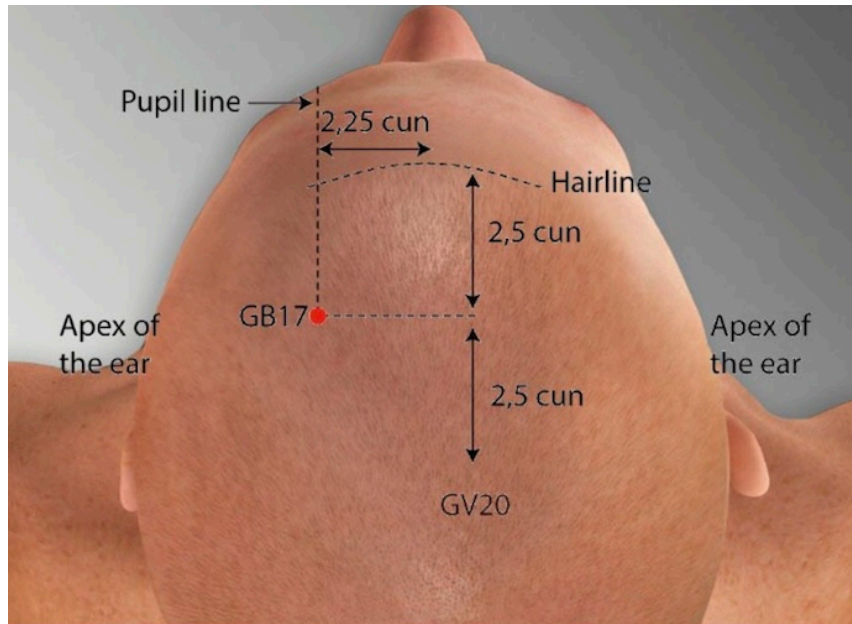
Use two fingers or the thumb.

Rub in both directions.

Do so for 15 seconds.

Best practice is twice daily.

## Gallbladder 17



This catalyst point allows for the energy of straight forward activation and a stabilised expansive attunement to truth and possibilities.

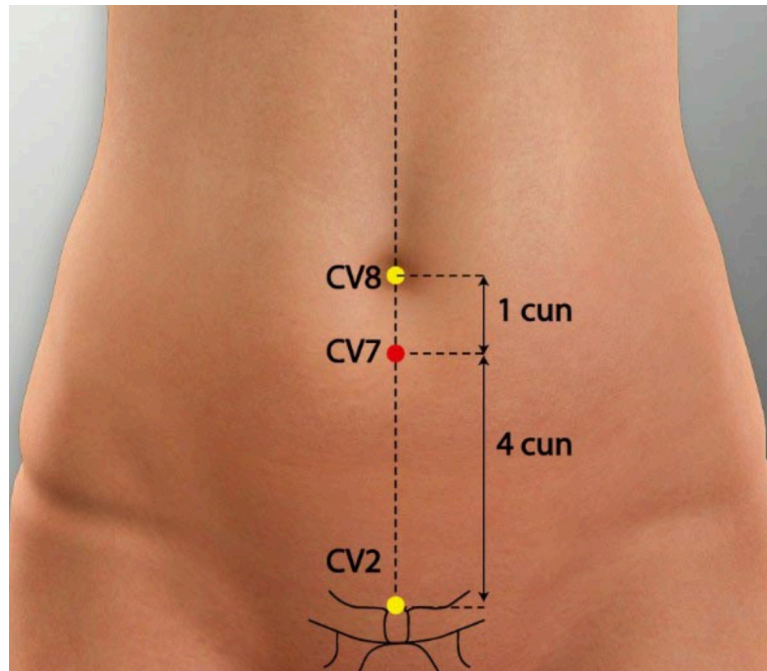
It stimulates illumination and self realisation attuned to different visions of one's fullest possibilities.

It simultaneously nourishes one's own true essence while building connectivity to Beings of Conscious Expansion.

It strengthens the capacity to stay in truth, despite external influences.

It nourishes authenticity, integrity and benevolence for greater possibilities to actualise as you.

## Central 7



This catalyst point invites deep pure exploration of our energy bodies- spiritual, mental and emotional.

There is a tenderness developed through acceptance of all versions of self - seen and unseen.

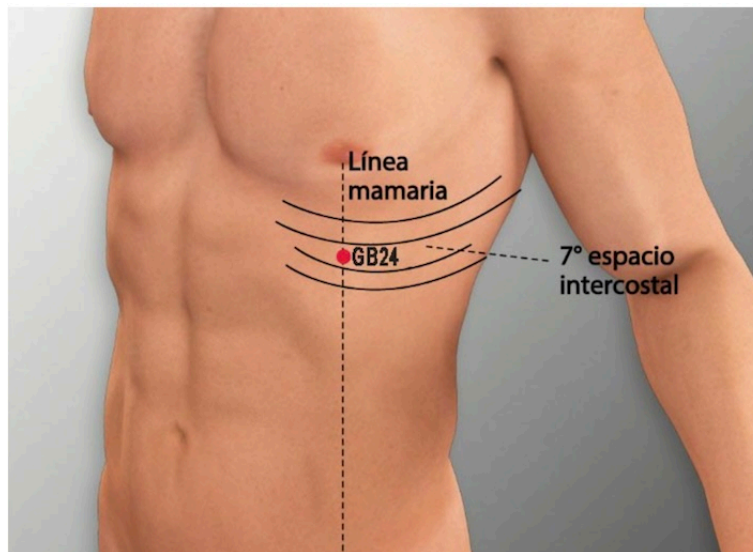
It allows the intersection of expanded awareness in a space that provides stability, centering and anchoring.

The core's capacity to unite harmoniously with the entire field of consciousness including physicality.

There is a pulsation of internal consciousness and outward joyful action generated by activating this point.

After using the two points above for a week, add or replace with this point. Not in sequence but more as a stand alone catalyst.

### Gallbladder 24:



This catalyst point brings together two seemingly opposites - the Sun and the Moon. It begins to dissolve polarity by bringing together the outer illumination of the sun with the inner illumination of the moon. In this instance dissolving the distance between the human self and the infinite self.

It increases our sensory capacity for new perspectives.

This point is all about harmonisation - bringing in unity. The energetic shift of harmonised opposites. It aids in releasing judgement to facilitate new perspectives with ease.

### Disturbance Patterns:

*Seeing life as extreme opposites in contest with each other. Examples like Optimism versus pessimism, seeing life only as good or bad. Only finding solutions for everyone else.*