



# Reiki for all Creatures Acupressure for all Creatures

## CALMING POINTS



**GB 20** Right behind the skull or occipital bone one finger off the cervical spine on either side in the divots. Also a good relaxation point good point to ease over thinking. Pulls the energy down from the head. *Use this one in the morning and at night or as needed.*

**GV I7** Right behind the skull in between the GB 20 points. Little divot under the bump. Great point to disperse energy and create calm. *Use this one in the morning and at night and as needed.*

**Ht 7 Pe 7** in the depression between the tendon and the ligament it is a natural depression and pretty easy to find just above the bend in the wrist. Your fingers will slide in the groove on either side. Hold bold sides that is actually 2 points Ht7 and Pe7 this clears the mind and calms the spirit great relaxation point if you can do both front legs that is great if they will only let you do one that is ok too... *Use this one in the morning and at night.*

