Here are the instructions and video of the SourcePoint protocols I showed you. They are from Bob Schrei www.sourcepointtherapy.com

Always begin with the four points around the body: Order, Balance, Harmony, and Flow. About the size of a nickel in diameter, the points may be visualized as gold balls residing several inches off the body at the level of the middle layer or coronal plane of the body (the middle layer, neither front nor back). Bob calls these The Diamond Points, as they create a diamond or kite shape around the body.

While visualizing the gold lines that connect the points, move your awareness from your navel to your right side at the point to right of the navel (Order), then back to the navel and from the navel to below the feet on the midline (Balance), then back to the navel and then to the left of the navel (Harmony), and then back to the navel to above the top of the head (Flow). Draw a straight line down the length of the body along the Central Channel from Flow to Balance, then from Harmony to Order across the Horizontal line going through the Navel. Finish with contacting the points in a counterclockwise pattern: Order, Balance, Harmony, Flow, and finally finishing back at Order.

Once you've completed this protocol, you may proceed with the Guardian Points.

The Guardian Points:

All the guardian points are in pairs except the one at the top of the head. Hold the Mantra or Intention "I invite the healing power of this body" invocation with a very light touch with the index and middle fingers in the "Jesus Benediction" gesture, the ring and little finger gently out of the way. The intention seems more important than getting the points precisely. The order is essential, though. After you connect with all of the points, you may rest while holding the sense of the Diamond Points around the body.

1. On the front of the pelvis at the bony protuberance on the iliac crest, the anterior superior iliac spine (ASIS)

2. At the public notch, about two finger widths from the pubic symphysis along the top of pubic ramus

3. At the sacroiliac joint in the back where the sacrum meets the innominate bones of the pelvis

4. At the sternoclavicular joint where the collar bone and sternum meet

5. On the occipital skull bone, directly behind the eyes

6. At the base of the nostrils, along the laugh lines, at the edge of the nasal foramen

7. At temples near where the eyebrows terminate, on the sphenoid bone

8. At the top of the head at the apex of the cranium at the vertex

Close by simultaneously holding the four Diamond Points around you with your awareness and feeling the diamond pattern they generate around your body, then allow the pattern to dissolve.