

Meaning and positions of the 26 Energy Locks of MAN

Energy Lock (EL)	Position	Meaning
1	Inside of the knee	Prime Mover
1a	A hand above EL1	
2	Upper edge of hip bone	Wisdom, Life force
3	Upper back, the inside and upper corners of the shoulder blades	Door
4	Base of skull, at the occipital ridge	Window to Consciousness
5	Inside of the ankle, between the ankle bone and the heel	Transformation
6	On the arch of the foot, about midway between the sole side of the big toe and the end of the heel.	Balance, Discrimination
7	Tip of the big toe	Victory
8	Lateral side of the back of the knee	Rhythm, Strength; as Above, so Below
8a	A hand above EL 8	
9	Bottom of the shoulder blades, towards the spine	Ending of One Cycle, Beginning of Another
10	Medium, inner edge of shoulder blade	Abundance
11	Angle between neck and shoulder	Releasing the Past
12	Midway between skull and shoulders, left and right to cervical vertebra nr. 4	Not my Will (ego), but Thy Will (Higher Self)
13	On the front of the rib cage, by the third rip	Love Thy Enemies
14	On the front bottom of the rip cage	Equilibrium

15	In the groin	Happiness
16	On the outside of the ankle, between the ankle bone and the heel	Breaking down of existing forms in Favor of New Ones.
17	Outside of the wrists, on the little-finger side.	Relaxation of nerves
18	Palm side of the base of the thumb.	Body Consciousness
19	Crease of the elbows, on the thumb side	Authority
19a	A hand above EL 19	
20	Above the eyebrow	Eternity
21	Underside of cheekbones	Escape from Mental Bondage
22	Under the collarbones	Complete Adaptation
23	On the back, under the costal arch	Controller of Human Destiny
24	Outer top of the foot, about midway between the little toe and the ring toe	Harmonizing Chaos
25	On the sit-bones	Quietly Regenerating
26	Outer edge of the shoulder blades near the armpit	Complete; That which was, is and will be