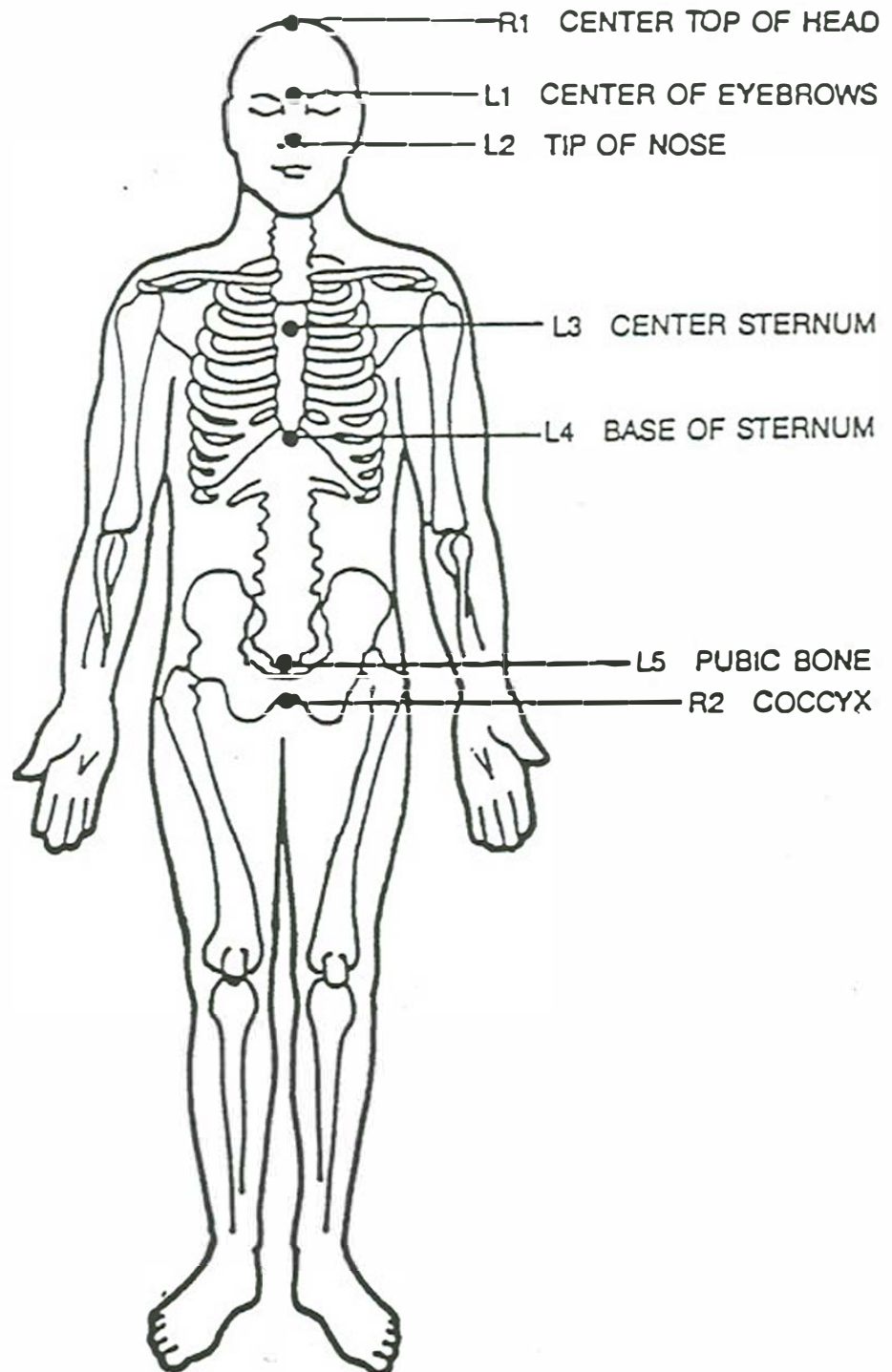


Main Central Vertical Harmonizing Energy



Using your fingertips, lightly touch and hold each of the areas shown above for 2 – 5 minutes before moving to the next area. **Your right hand stays on the top of your head while moving your left hand to the other areas. When you get to the last area move your right hand to the coccyx (tailbone) while the left hand stays on the pubic bone. (R1 = right hand 1st step L1 = left hand 1st step etc. in diagram above) You can do this lying down or sitting up, whichever is more comfortable. If need be, prop up the right arm with a pillow or lean it on the back of a chair.

*****DO THIS DAILY to return your body back to harmony AND to maintain harmony in the body*****