

## **Self-Hug**

**\*\*Highly recommend that this one be used daily for well-being maintenance\*\***

- Cross your arms, putting fingertips on edge of shoulder blades (under arm area)
- While doing this, breathe 36 conscious breaths – 4 sets of 9 exhales & inhales

(1st set of 9 breaths clears physical body, 2<sup>nd</sup> set; mental body, 3<sup>rd</sup> set; emotional body and the 4<sup>th</sup> set; spiritual body)

Recommended to be used:

\*At least once daily for cleansing your energetic bodies & fields.  
(Likened to taking a bath or shower to clean your physical body)  
Some find it helpful to do in the morning upon awakening and in the evening before going to bed.

\*When feeling off, out of sorts or unbalanced and/or unable to focus

\*When experiencing intense emotions.  
(Such as stress, impatience, anger, irritation or even joy. Intensity of any emotion when experienced for a long period may cause imbalance in the body and inefficient use of your life force.)