

TO BRING ENERGY TO CENTER:

- Hold each of the following 10 - 15 seconds:
- Crown & between eyebrows
- Crown & larynx
- Crown & between breasts
- Between breasts & 2" above naval
- Between breasts & 2" below naval

TO BALANCE MERIDIANS: Hold the following points for 10-15sec.

- Spleen: SP 2; SP 5
 - Liver: LV 8; LV 2
 - Lung: LU 9 LU 5
 - Stomach: ST 41; ST 45
 - Gall Bladder: GB 43; GB 38
 - Large Intestine: LI 11; LI 2
 - Heart: HT 9 (only)
 - Kidney: K 7; K 1 (under the ft)
 - Triple Heater: TH 3; TH 10
 - Small Intestine: SI 3; SI 8
 - Urinary Bladder: UB 67; UB 65
 - Pericardium: P 9; P 7
- Make sure to do the ARM MERIDIANS** (Large Intestines and Triple Heater) every day to keep the intestines healthy and moving.

