

Self Full Body Connection

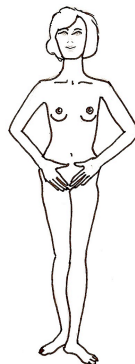
Healing Touch as Self-Care

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1. Place your right hand over the space between your legs just below your pubic bone, and your left hand slightly below your navel as you imagine a vortex of energy spinning under each hand. You may have a sense of warmth or vibration. Hold until your sense is they match, balance, or feel equal.



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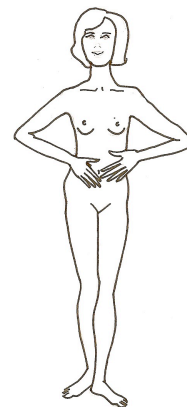
2. Place you hands on your lower abdomen, as shown. On a woman her hands will be over the area of her ovaries. Again, imagine a vortex of energy spinning under each hand, and relax as you sense warmth or vibration, holding until you have a sense of internal balance.

3. Slide your right hand back to a position slightly below your naval, and move your left hand to a position just below your breasts over the solar plexus. Spin the centers clockwise in a downward spiral, matching the depth between your hands. Continue to spin clockwise until the energy feels smooth and even, or until you are aware that you have held it long enough.



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4. Keeping your left hand just below your breasts, over the solar plexus, move your right hand to the right side of your body, over your liver area. Then move your left hand over your spleen area, on the left side of your body, over the lower edge of your rib cage. Hold until you sense a smooth flowing and balance under each of your hands.



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5. Move your right hand back to your solar plexus, just below your breasts, and place your left hand between your breasts over your heart area. Hold as you breathe deeply and relax completely, until your sense is that you have held it long enough.



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6. Place your right hand on your chest above your right breast, and your left hand on your chest above your left breast. Clear your lungs as you hold this area until your sense is one of a smooth, even balance.

7. Next, place your right hand on the underside of your left wrist, while at the same time lightly grasping your right wrist with your left hand. Hold in a very gentle touch until you sense balance and an even flow.



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8. Now gently slide your hands up to your elbows, and hold there in a very light and relaxed hold until you have a sense that you have held long enough.



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9. Maintaining contact with your arms, continue to slide your hands up until your right hand rests lightly on your left shoulder, and your left hand rests lightly on your right shoulder. Relax your arms as they are crossed over your chest. Breathe deeply, and continue to hold lightly.



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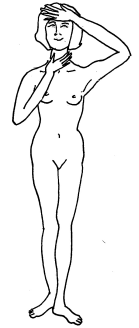
10. Return your right hand to the heart area between your breasts. Your left hand is held lightly over the notch of your neck, between your collarbones and over your throat. The heel of your left hand rests lightly on the top of your right hand. Hold until you sense balance.

11. Slide your right hand up to hold the position over your throat, and place your left hand on the back of your throat. Allow yourself to relax completely as you imagine or notice a sense of balance between the front and back of your throat.



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12. Leave your right hand over your throat, and bring your left hand to the middle of your forehead. Breathe deeply and continue to relax completely. Hold until you sense balance or completeness, or you are aware that it is time to move your hands.

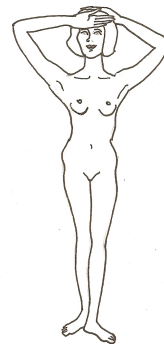


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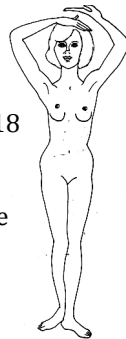
13. Gently place your right hand over your right cheek, and your left hand over your left cheek, over the TMJ (Temporo Mandibular Joints). Allow for a total release of tension in this part of your body. Hold until you sense a relaxation in your jaw and face muscles.



14

14. Place your right hand in the middle of your forehead, and move your left hand to the top of your head. Your arms can relax as you continue to hold and notice a sense of well-being. Release the hold when you have a sense of balance or completeness, or you are aware that it is time to move your hands.

15. Move your right hand onto the top of your head, and hold your left hand about 18 inches above it with the palm of your left hand upward. Hold this position as you breathe deeply, and continue to appreciate that profound sense of well-being.



15

16. Place your right hand on your low back over your right kidney area, as you place your left hand over your liver area to vitalize your adrenal gland. Relax your arms as you hold your attention on your sense of peace and completeness.



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17. Now place your left hand on your low back over your left kidney area, as you place your right hand over your spleen on the left side of your body, over the lower edge of your rib cage. Complete the process as you breathe in peace and know a sense of high-level wellness through your entire body.



18

18. Return your hands to your sides a comfortable location. Allow any thoughts you have to assist you to remember who you really are. Give the benefits of this balance permission to amplify automatically—the rest of today, tonight (even while you sleep and dream), tomorrow, and the rest of your life.