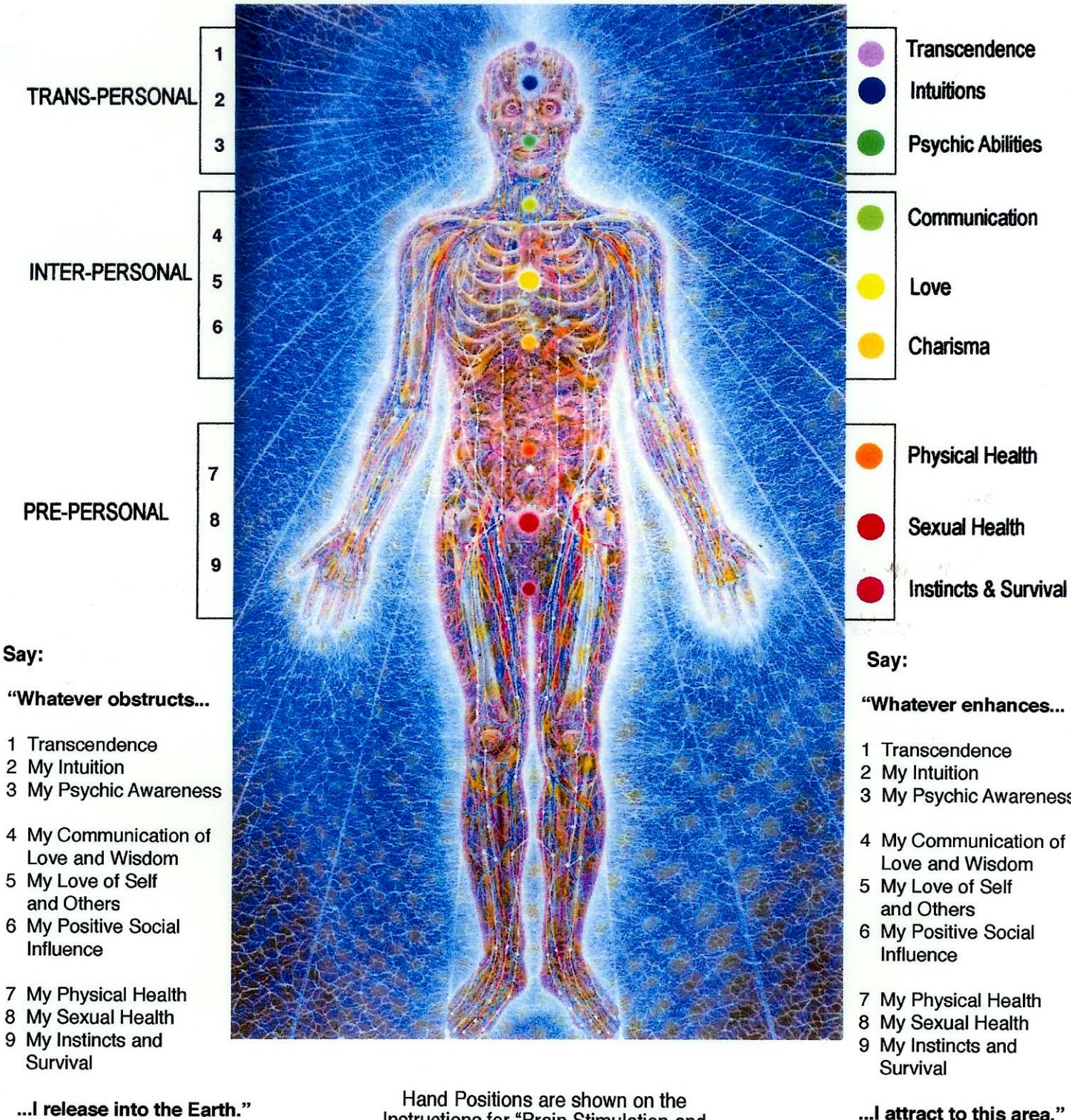


Emphasis is on the Exhale, with your hands moving down over the body toward the ground, energetically clearing each area. 1-3x, up to 9 seconds on each.

The Auric Body

Emphasis on the Inhale and storing energy. 1-3x, up to 9 seconds on each.



Hand Positions are shown on the Instructions for “Brain Stimulation and Integration.” You can also visualize the specific Chakra colors