**1 Change Your Attitude, Improve Your Health and Wellbeing**

**THUMB** harmonizes worry, depression, and anxietyand energizes us to be present in the now, so that we can move forward with confidence, love and compassion for life. Holding the thumb supports the **Stomach and Spleen Function Energy** to ease stomach ache, headaches, nervousness, depression, anxiety, skin problems and physical fatigue. Hold at the first sign of a headache hold the thumb for relief of pain.

**INDEX FINGER** harmonizes fear, uncertainties, perfectionism so that we can stay in the flow of life. Fear prevents physical healing. Research in immunology attributes a cheerful, positive attitude to a strong immune system, greater health. Holding the index finger is for all things flowing, the muscular system. Holding the index finger strengthens our desire for life as it supports the **Kidney and Bladder Function Energy** assisting with digestive issues, constipation, muscles aches, arthritis, jaw tension, teeth and gums. When the back begins to hurt, hold the index finger.

**MIDDLE FINGER** harmonizes anger, rage & irritability so our creative desires may be expressed. Holding the middle finger will calm all emotions while protecting the **Liver and gallbladder energy** which are associated with blood circulation, tiredness, migraines, eye tension, and indecision. Holding the middle finger helps to transform our creative energy into action.

**RING FINGER** harmonizes sadness, disappointment, negative thinking, and guilt. Holding the ring finger empowers us to let go of all that is not for our highest good. This letting go opens the door for grief and tears which when expressed can be transformed into joy, optimism and hope. Holding the ring finger harmonizes **Large Intestines and Lung Energy** assisting in respiratory problems, excessive mucus, digestion, deep skin issues (fascia, fibromyalgia), ringing in the ears.

**LITTLE FINGER** harmonizes pretense/trying-to and is associated with **Heart and Small Intestine Energy**. Too much busyness, always “trying-to” and stress causes disharmony that may manifest with bone issues, nerves, blood pressure, heart conditions, bloating, self-esteem. Holding the Little finger reminds us to live from the heart and to be true to thine self. Feel lighter, more serene as your heart opens to joy.

**HOLDING THE PALM** of the hand either in a prayer positon or the fingers of one hand resting in the palm of the other, connects us with the eternal energy source available to everyone. Holding the palms connects with **Diaphragm and Umbilicus Energy** giving us that gift of equilibrium and order, the life force energy that sustains all cells in our body and harmonizes all depths of our being.