

**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.**

