

Releasing Negativity

This short set leaves you feeling GREAT!

Perfect for DEPRESSION, ANGER, FATIGUE or STRESS.

If you feel afraid, lack self confidence , self-esteem - these are all symptoms of a closed heart.

We try to protect ourselves by 'physically bending in' at our heart center.

Need Strong back muscles to support our hearts.

Releasing Negativity & Heart Opener

jan 19, 1973

1



HOOK

LEFT SATURN FINGER (middle)

to RIGHT SUN FINGER (ring)

INTERLACE rest of fingers

(LEFT last 2 fingers and RIGHT baby finger just bend -)

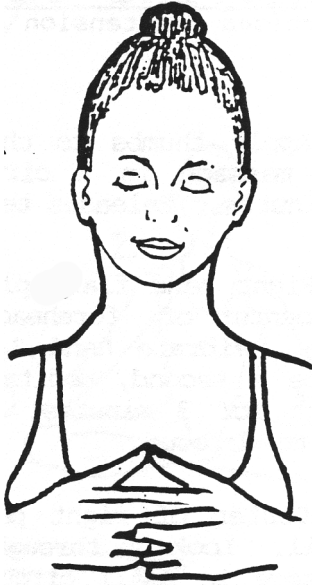
THUMBS are touching

pull hard on the hooked fingers
breathe into your solar plexus

EYES - focused on 3rd Eye

(1-3 mins)

Removes ANGER and engages the Neutral Mind.



2



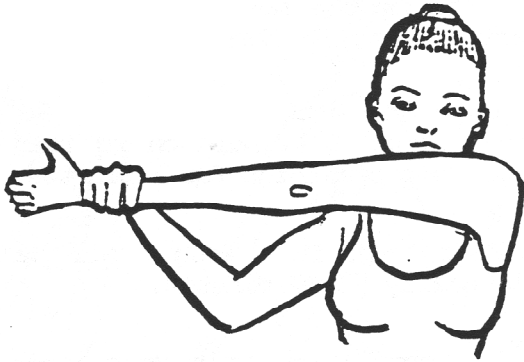
Fit base of palms under the CHEEK BONES and
PUSH as hard as you can.

If it hurts a bit you have the RIGHT SPOT.

(1-3 mins)

Removes stress out of the Head.
Makes you feel HAPPY !

3



Grasp LEFT WRIST with RIGHT HAND

PULL the LEFT ARM as far RIGHT as possible.

(1-3 mins)

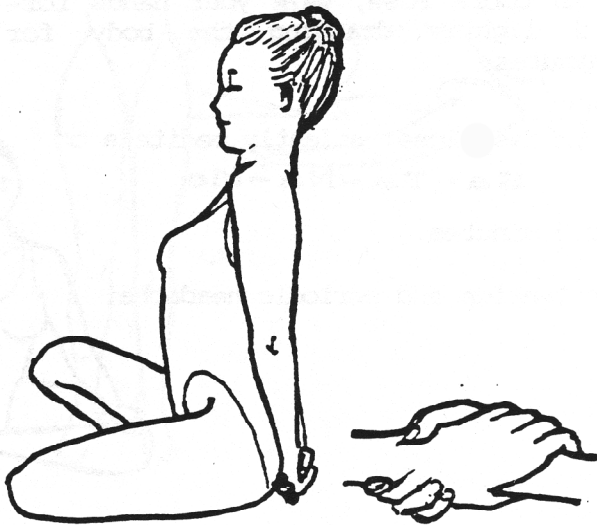
Removes tension across the shoulder blades.

Opens back and heart.

Helps numbing in hands + arms

Connects energy between hands, arms, + heart

4



GRASP the WRISTS of both HANDS

Put Behind your back

Try to BRING ELBOWS together.

PULL arms back. Chin in Chest Out.

APPLY NECK LOCK

Feel shoulder blades move down and together

Raises energy up and you'll feel elevated.

(1-3 mins)