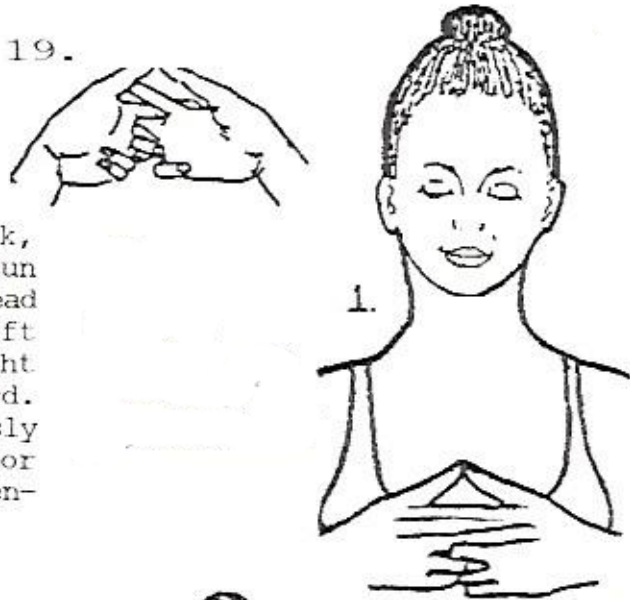


TO REMOVE
NEGATIVITY January 19.

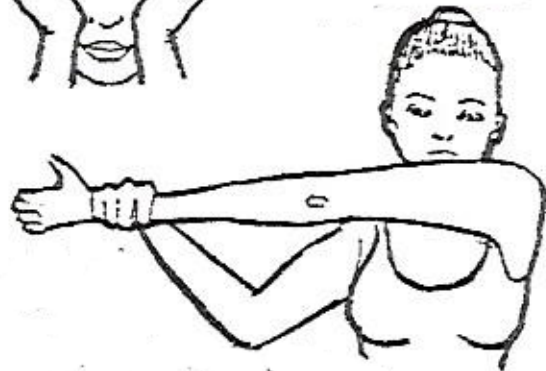
1. Clasp fingers in Venus Lock, but curl Mercury (little) and Sun (ring) fingers into the palms instead of crossing them. Then hook left Saturn (middle) finger over right Sun (ring) finger and pull, hard. Focus at the 3rd eye, continuously pulling hard on the finger lock for 1 -3 minutes. Removes anger and enthrones the neutral mind.



2. Fit base of palms under the cheek bones and push as hard as you can for 1-3 minutes. It doesn't have to hurt, but if it does, you have the right spot. Makes you feel happy!



3. Grasp left wrist with the right hand and pull the left arm as far to the right as possible, and then some more!, for 1-3 minutes. Removes tension across the shoulder blades.



4. Make wrist lock behind the back with the hands touching the spine and try to bring elbows together. Pull! Arch the spine forward and apply chin lock for 1-3 minutes. Raises energy up the spine and elevates you!



COMMENTS: This short set leaves you feeling great! Perfect for depression, anger, fatigue or stress.