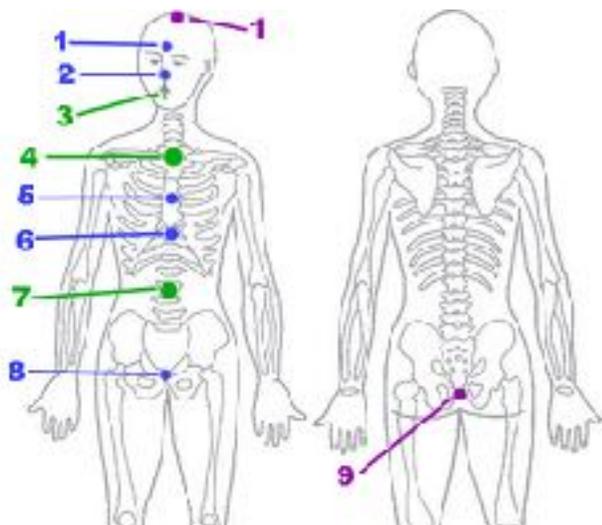


## Main Central Flow with Optional Extra Steps

- (1) **R1:** Place right hand on top of head - maintain this position during the routine
- (1) **L1:** Place left fingers between eyebrows (center SEL 20)
  - ◆ Revitalizes the deep energy circulation, improves memory, helps to prevent senility, harmonizes the pituitary and pineal glands, acts as a diuretic and helps control blood pressure
- (2) **L2:** Place left fingers on tip of nose (center SEL 21); Right hand remains on top of head
  - ◆ Revitalizes superficial body energy circulation, releases tension in the pelvic girdle and reproductive organs
- (3) **\*L3\*:** Place left index finger between nose and upper lip with remaining left fingers on chin
  - ◆ Revitalizes speech; useful for stroke conditions, stutters, or other speech impediments
- (4) **\*L4\*:** Place left fingers on base of neck between collarbones (top of manubrium - center SEL 22)
  - ◆ Revitalizes thyroid and parathyroid glands, helps with facial muscular projects, helps prevent heart attacks, strokes, regulates calcium intake, metabolism and helps to maintain mental balance. Helps us to adapt to our surroundings and situations
- (5) **L5:** Place left fingers on center sternum (thymus - center SEL 13)
  - ◆ Revitalizes the immune system for the prevention of cancer and other critical conditions. Assists in child growth and mental development. Governs respiratory functions. Assists with breathing
- (6) **L6:** Place left fingers on base of sternum (diaphragm - center SEL 14)
  - ◆ Revitalizes the energy path of the spleen and the adrenals, assists in digestion. Revitalizing the nervous system, helps prevent diabetes
- (7) **\*L7\*:** Place left fingers about one inch above umbilicus
  - ◆ Revitalizes abdominal muscle tone, intestinal function
- (8) **L8:** Place left fingers on pubic bone (center SEL 15)
  - ◆ Revitalizes descending energy, strengthens the spine
- (9) **R2:** Right hand moves from top of head to base of spine (coccyx - center SEL 25); Left hand remains on pubic bone
  - ◆ Revitalizes ascending energy, helps circulation in legs and feet, helps cold and clammy hands



**Start at the top and work your way down.**  
**Your right hand remains on top of your head until the final step.**  
**Hold each step for 2-5 minutes, depending on how much time you have.**

**Purple:** Right Hand  
**Dark Blue:** Left Hand  
**Green:** Left Hand - optional extra steps