

The Daily Clean Your House Flow®

Gently touch and hold each energy balance point.

1. Hold upper arms by folding arms across chest



2. Sit on both hands



3. Sit on left hand with right hand on left shoulder



4. Sit on right hand with left hand on right shoulder



5. Lightly place both hands on opposite inner thighs



6. Place both hands simultaneously at top of calves



7. Place fingers on left and right base of skull



8. Fold hands (as in prayer) and relax

9. Jumper Cable each thumb and finger and

"Get Rid of Worry FAST..."

- Thumb - Worry
- Index - Fear
- Middle - Anger (frustration)
- Ring - Sadness (grief)
- Little - Try to's (too hard, too much; efforting)

