

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)

