

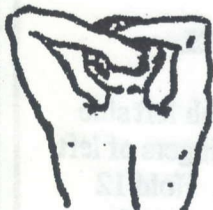
MIND GEMS



1. **TOUCH AND HEAR** – *Switches on hearing*
With palm of right hand, cover Point 1, which is located 2" to the right side of navel and 1½" down from the navel. Hold 12 seconds.



2. **TOUCH TOP OF HEAD** – *Brings attention to present time*
Cover soft spot on top of head with fingers of right hand. Hold 12 seconds. Cover soft spot on top of head with fingers of left hand. Hold 12 seconds.



3. **CROSS AND TOUCH BACK OF HEAD**
Clears fear, switches on the brain
Cone fingers of right hand and touch left bone at base of skull. At the same time, cone fingers of left hand and touch right bone at base of skull. Hold 12 seconds. Reverse action. Hold 12 seconds.



4. **SWITCH ON** – *Clears electrical system, restores balance*
Touch pads of all four fingers and thumb of left and right hands together at the same time. Hold 12 seconds.



5. **CROSS AND TOUCH AT SHOULDERS**
Balances the negative and positive charges and polarity
Place right hand on left shoulder. At the same time place left hand on right shoulder. Hold 12 seconds. Reverse action. Hold 12 seconds.



6. **CROSS AND TOUCH AT BACK OF NECK**
Clears anger and being uncentered
Place right hand on left back of neck where it connects to the shoulder. At the same time, place left hand on right back of neck. Hold 12 seconds. Reverse action. Hold 12 seconds.