

- Teenagers and college students love this Spiral Up Energizing Option when they are feeling frustrated, nervous, lacking in self-confidence or while taking an exam. You have probably observed that many children naturally do quite a few of these Spiral Up Energizing Options, instinctively feeling drawn to do them, like shaking out their wrists when stressed or pulling their fingers when they need energy.

### **How To:**

- (**mcs**) I need to work on my thumb (throat center) • index finger (heart center) • middle finger (solar plexus center) • ring finger (pelvic center) • little finger (base of spine center)?
- Press with the tip or side of your index finger and thumb into each finger and toe: side to side and front and back, especially working into pain spots and each joint, where energy is blocked.
- Finally hold each finger firmly at the base joint and pull; repeat the finger pulling from the middle joint and finally from the top joint.

## **7. Harmonizing Contact**

- This contact uses the power of the belly button – the center of vital energy for the body, where the fetus is connected to life through the umbilical cord – combined with an equally powerful Acupuncture point on the Triple Heater Meridian.
- One of the functions of the Triple Heater Meridian is to balance our temperature and bring harmony to all functions of the body-mind system.
- The contact point for the Triple Heater Meridian is a spirit level point known as ‘Heavenly Window’. This point brings a sense of light and harmony when you are experiencing darkness, disharmony or a lack of love.