

Three Intentful Corrections



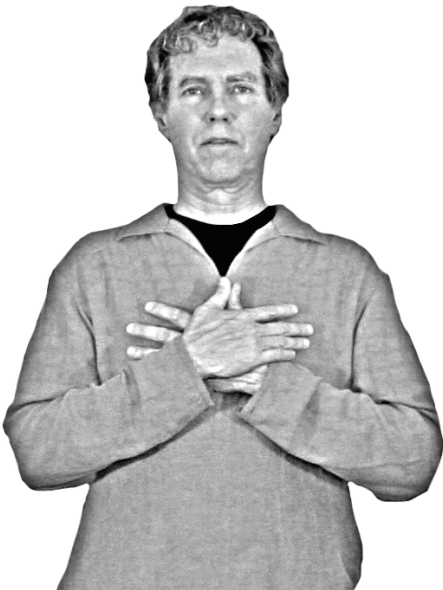
1.

Correct Posture



2.

Breath



3.

Mind

Aligning



Rest head directly on top of the spine — — — — — →

Relax jaw & facial muscles — — — — — →

Relax shoulders down and slightly back — — — — — →

Allow arms to hang slightly away from the body as if you were holding an egg under your arms — — — — — →

Allow coccyx (tailbone) & to swing slightly underneath the spine by tipping pelvis forward — — — — — →

Keep Knees slightly bent — — — — — →



Opening Sequence



A



B



C



D

Harmonizing Yin and Yang



A



B



C



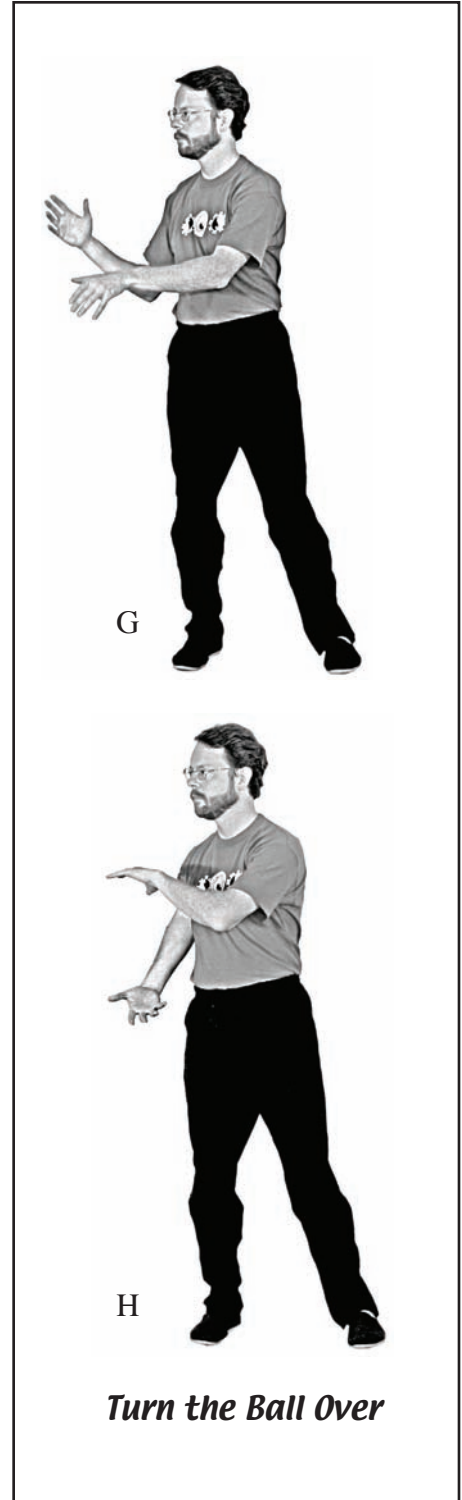
D



E



F



G

H

Turn the Ball Over

Brush Knee - Send Qi



A



B



C



D



E



F



G



H



I



J



K



L

Cutting the Path to Clarity





Watching Clouds Pass



A



B



C



D



E



F



G



H



I



J



K



L

Gathering from Heaven and Earth



A



B



C



E



F



G



J



A



B



C



D



E



F

Closing Sequence



A



B



C



D



E



F



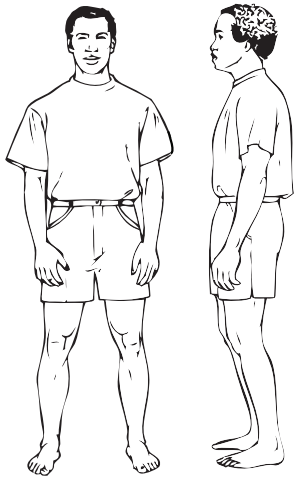
G



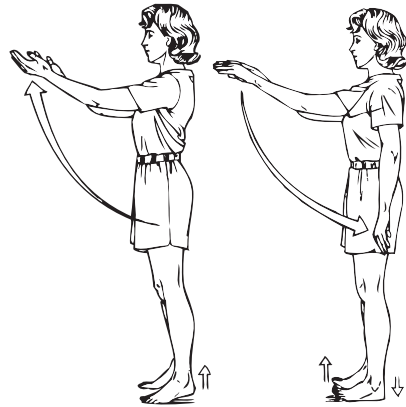
H



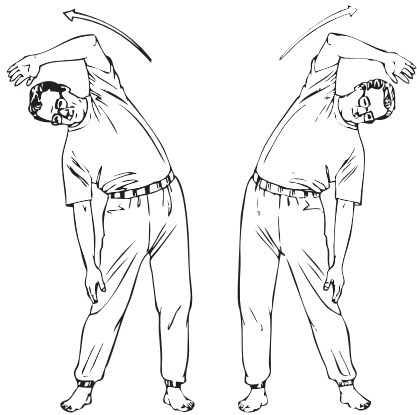
I



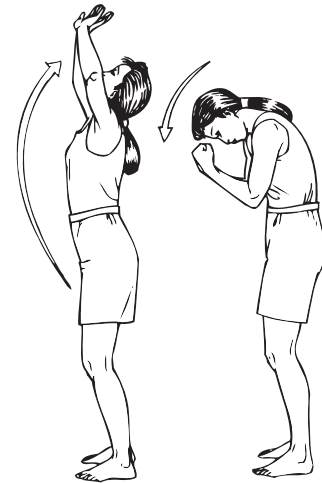
The Preliminary Posture



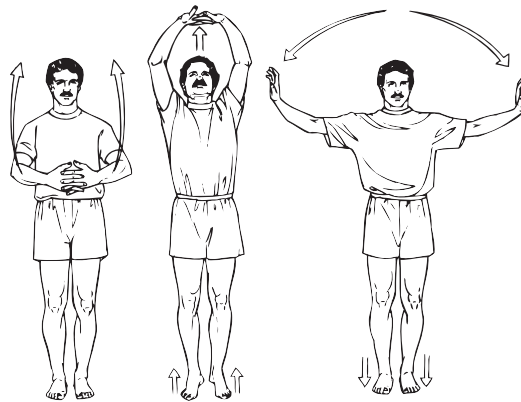
The Flowing Motion



Right and Left Bending of the Spine



Front and Back Bending of the Spine

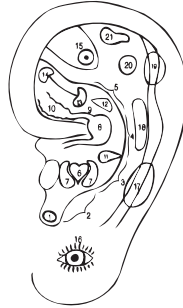
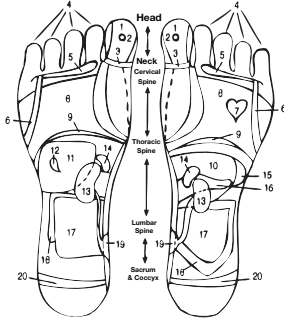
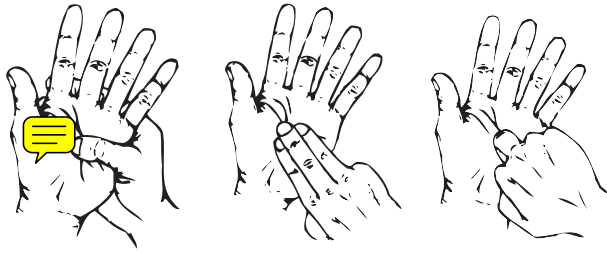


Reaching Upward, Stretching Outward

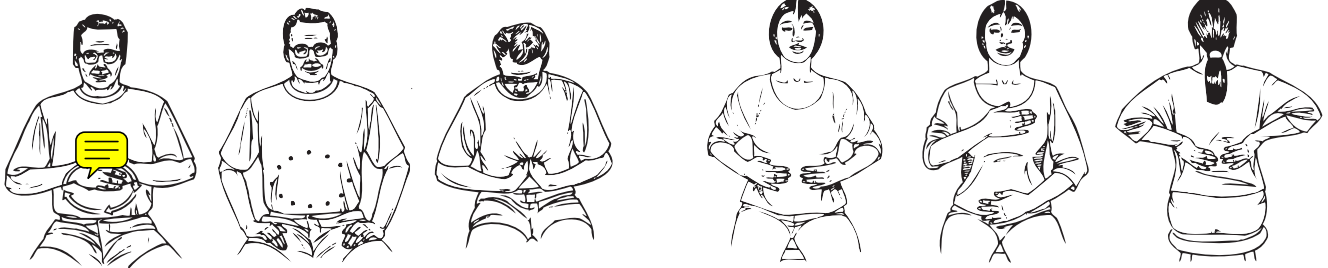




Healer Within Method 2: Self-Applied Massage



Massage Hands, Feet, Ears, Neck & Shoulders



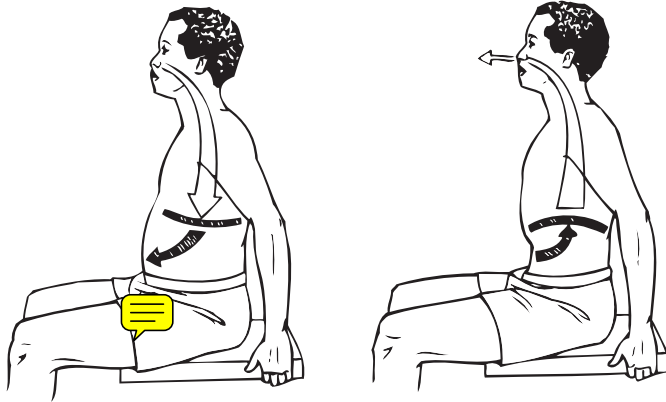
Massage the Abdomen

Energizing the Organs



Tracing the Acupuncture Energy Channels

Healer Within Method 3: Breath Work & Deep Relaxation

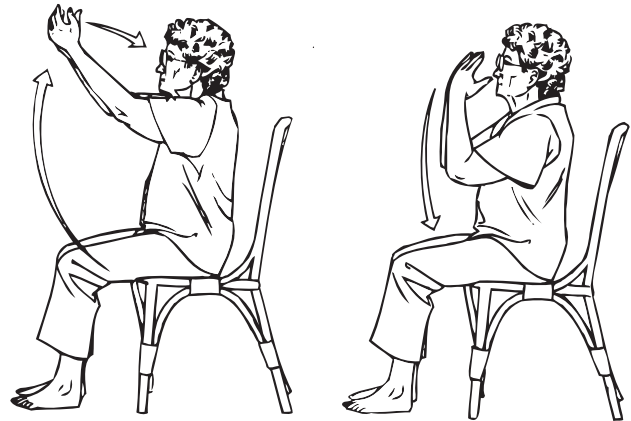


The Essential Breath

The Remembering Breath

A Sigh of Relief

In, In, Out



The Gathering Breath

Healer Within Method 4: Progressive Relaxation

1. Now my **feet and toes** are relaxed
2. Now my **calves up to my knees** are deeply relaxed
3. Now my **thighs** are completely relaxed
4. Now my **buttocks** are completely relaxed
5. Now my **hands and fingers** are completely relaxed
6. Now my **arms** are fully relaxed
7. Now the **muscles and organs in my pelvis** are relaxed
8. Now the **muscles and organs n my abdomen** are deeply relaxed.
9. Now my **chest** is completely relaxed.
10. Now my **back** is relaxed.
11. Now my **shoulders** are relaxed.
12. Now my **neck** is fully relaxed.
13. Now my **face and jaw** are relaxed.
14. Now my **eyes** are deeply relaxed.
15. Now my **temples and forehead** are relaxed.
16. Now my **scalp** is relaxed.
17. Now my **head** is totally relaxed.