

## FINGERS AND TOES

Holding opposite fingers and toes is like using a vacuum on the inside of your body. This will clear away daily stresses, calm the nerves, relieve muscle tension, back pain and at the same time revive, regenerate and support ALL the organs and systems within your body. This is so powerful that it can actually rebuild your entire spine over time.

Lightly hold a finger and the opposite toe. Hold each finger/toe combination 2 to 5 minutes (or longer if you choose). Then you move to the next combination until you have gone through all fingers and toes on both hands & feet. You can do this while laying down, sitting watching tv, sitting on chairs next to each other or opposite each other or on the floor, one on the couch and one on the floor; it doesn't matter just get comfortable. Hold each combination for the same amount of time.

Note: "L" means left hand "R" means right hand

The following instructions are for the person giving

- #1 - with your Left hand place your finger tips in the center of the palm of receivers right hand
  - with your Right hand place your finger tips in the center of the receivers sole of left foot
- #2 - move your L hand to hold the receivers right thumb
  - move your R hand to hold the receivers left little toe
- #3 - move your L hand to hold the receivers right index finger
  - move your R hand to hold the receivers left ring toe
- #4 - move your L hand to hold the receivers right middle finger
  - move your R hand to hold the receivers left middle toe
- #5 - move your L hand to hold the receivers right ring finger
  - move your R hand to hold the receivers left index toe
- #6 - move your L hand to hold the receivers right little finger
  - move your R hand to hold the receivers left big toe
- #7 - with your right hand place your finger tips in the center of the palm of receivers left hand
  - with your Left hand place your finger tips in the center of the receivers sole of right foot

- #8 - move your R hand to hold the receivers left thumb
  - move your L hand to hold the receivers right little toe
- #9 - move your R hand to hold the receivers left index finger
  - move your L hand to hold the receivers right ring toe
- #10 - move your R hand to hold the receivers left middle finger
  - move your L hand to hold the receivers right middle toe
- #11 - move your R hand to hold the receivers left ring finger
  - move your L hand to hold the receivers right index toe
- #12 - move your R hand to hold the receivers left little finger
  - move your L hand to hold the receivers right big toe

You CANNOT do any harm with this. You cannot do it too long. If you get your rights and lefts mixed up - don't worry it will still work; maybe not as efficiently, but it still works. The only way you can do this wrong is by not doing it at all.

The more often you can do this the more benefit you will see. To use this as preventative health maintenance it is recommended that you do this at least 3 times a week. Of course, doing once a month is better than not doing it at all.

This is a good way to spend quality time with a partner, a child, parent or friend and what a wonderful gift you can give and share with each other by just spending as little as an hour for both people to benefit.

(You be the giver first and then be sure to be the receiver.)

This is a good harmonizer for any big family or holiday gathering. Have everyone pair up and do this you will be surprised at how it transforms the environment of your gathering and group.

Utilize this for anyone that is in the hospital. It helps Everything. Every time you go to visit hold opposite fingers and toes. Ask other visitors to do the same. You will be amazed at the difference it makes in recuperating and healing time.