

**Personal Aspirin:** Left fingertips on outer left ankle (under bone)  
Right Fingertips on inside of left ankle (under bone)  
Switch sides  
Left fingertips on outer right ankle (under bone)  
Right fingertips on inside of right ankle (under bone)

**Personal Dentist:** Left fingertips on outside of middle left calf  
Right fingertips on outer of left ankle (under bone)  
or  
Right finger tips on outside of middle right calf  
Left finger tips on outer right ankle  
\*\*Hold leg opposite of tooth/gum/jaw pain\*\*

**To Pull something Out:** Splinters, insect bites, boils, burn from burns, pain etc.  
Left hand on area to pull out  
Right hand on top of left hand

**To heal:** Right hand on area needing to heal  
Left hand on top of right hand

\*\*\*It is always a good idea to heal the area after you pull something out\*\*\*

**Self-Hug** \*\*Highly recommend that this one be used daily for well-being maintenance\*\*

-Cross your arms putting fingertips on edge of shoulder blades (by under arms)  
-While doing this, breathe 36 conscious breaths – 4 sets of 9 exhales & inhales  
(First set of 9 breaths clears physical body, 2<sup>nd</sup> set; mental body, 3<sup>rd</sup>; emotional and 4<sup>th</sup>; spiritual body)

This clears the lymph system, clears all breast projects, aids liver and gallbladder functions and dissipates anxiety attacks, brings you into balance and brings you back into the present (now). This is also especially useful when experiencing intense emotions; stress, impatience, anger, irritation etc.

### **Clearing the front and back of the body**

-Right hand cupped over top of left shoulder  
-Left fingertips on left sit bone  
  
-Move left fingertips to left groin area (right hand stays cupped over left shoulder)  
  
-Left hand cupped over top of right shoulder  
-Right fingertips on right sit bone  
  
-Move right finger tips to right groin area (left hand stays cupped over right shoulder)

\*Hold each area at least a couple minutes; 15 - 20 minutes each spot is optimum

This keeps the energy moving down the front of the body and up the back of the body.  
This helps with all kinds of things; back aches, neck and shoulder pain/tightness, sciatica etc.