

Aura - Leaks, holes and tears

To test:

Scan slowly a foot out, or arm's length if particularly vulnerable

To fix:

Circle hands clockwise over area for \geq a minute.



Allow kneading / milking impulses.



Finish with large ∞ in the field.



Toxins in aura

To test:

If leaks and tears persist – make small ∞ s over areas with leaks and tears.

A weak test indicates likely toxins.



To fix:

Continue to make small ∞ over areas.



+ Connecting Heaven and Earth / other stretching techniques.

+ Blowout / other techniques that involve outward movement.

+ Strengthen aura with magnet spinning forward and backwards if applicable / or with selenite / crystal.

+ In order to prevent/ reduce further exposure consider possible source of toxins and strengthen aura.

Polarity Issues

Corrections

Spoon feet



Work gaits on feet with love

Help energy cross ankles from calves, squeeze sides of feet.

Tape North side of magnet or selenite under arch of foot so South is to the Earth.

Work gaits on hands.



Hook up



Spin a magnet or crystal along bottom of feet, weaving ∞ 2 – 6" from soles of feet.

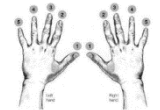
Spin a magnet or crystal over beginning and end points of meridians / Tap beginning and end points of meridians, simultaneously.



Brazilian Toe Technique



Toe #	Thumb and Finger #
3	Thumb 3
4	Thumb 4
5	Thumb 5
2	Thumb 2
1	Thumb 2 and 3 *



Walk barefoot outside /

Sit with back against tree.



Check whether K1 is frozen. (Ideally use magnet as hand test may not be accurate where polarity is off). Correct by spinning magnet or crystal over point for 10-15 seconds. Or hold North against point for 10s then South for 10s.

