



Opening Prayer



1. Top of Shoulders



2. Back of Head



3. Eyes, Brow, Temples



4. Ears



5. Jaw, Throat



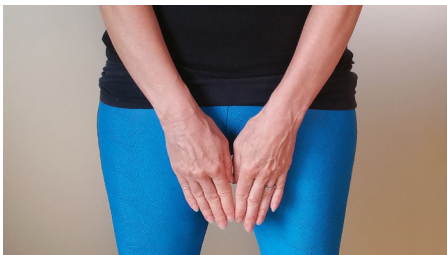
6. Heart



7. Solar Plexus



8. Sacral



9. Base Beam / Root



10. Knee (back and front)



11. Other Knee (back and front)



12. Foot (top and bottom)



13. Other Foot (top and bottom)



14. Rear Base Beam / Root



15. Back of Sacral



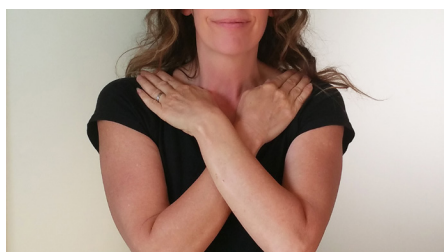
16. Back of Solar Plexus



17. Back of Heart (self-hug)



17. Back of Heart (alt. position)



18. Arms Crossed Clavical



Closing Prayer