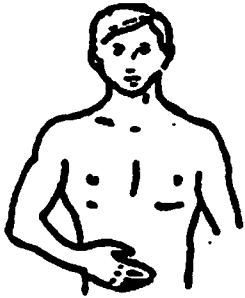
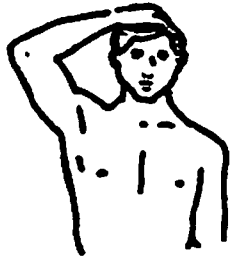


MIND GEMS



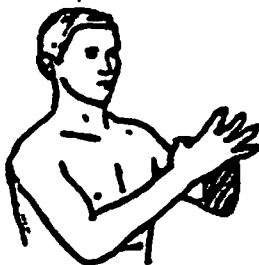
1. **TOUCH AND HEAR** – *Switches on hearing*
With palm of right hand, cover Point 1, which is located 2" to the right side of navel and 1½" down from the navel. Hold 12 seconds.



2. **TOUCH TOP OF HEAD** – *Brings attention to present time*
Cover soft spot on top of head with fingers of right hand. Hold 12 seconds. Cover soft spot on top of head with fingers of left hand. Hold 12 seconds.



3. **CROSS AND TOUCH BACK OF HEAD**
Clears fear, switches on the brain
Cone fingers of right hand and touch left bone at base of skull. At the same time, cone fingers of left hand and touch right bone at base of skull. Hold 12 seconds. Reverse action. Hold 12 seconds.



4. **SWITCH ON** – *Clears electrical system, restores balance*
Touch pads of all four fingers and thumb of left and right hands together at the same time. Hold 12 seconds.



5. **CROSS AND TOUCH AT SHOULDERS**
Balances the negative and positive charges and polarity
Place right hand on left shoulder. At the same time place left hand on right shoulder. Hold 12 seconds. Reverse action. Hold 12 seconds.



6. **CROSS AND TOUCH AT BACK OF NECK**
Clears anger and being uncentered
Place right hand on left back of neck where it connects to the shoulder. At the same time, place left hand on right back of neck. Hold 12 seconds. Reverse action. Hold 12 seconds.



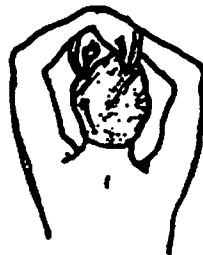
7. **CROSS AND TOUCH AT HAIRLINE**
Restores color hues. Use when yelling, or feeling rage or violence.
Cone fingers of right hand and touch to left side of forehead at hairline. At the same time cone fingers of left hand and touch to right side of forehead at hairline. Hold 12 seconds. Reverse action. Hold 12 seconds.



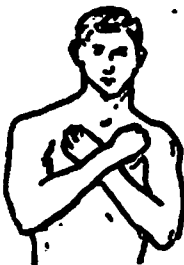
8. **CROSS AND TOUCH AT MID-FOREHEAD**
Clears negative emotions, alters thoughts that change emotions
Cone fingers of right hand and touch left mid-forehead. At the same time cone fingers of left hand and touch right mid-forehead. Hold 12 seconds. Reverse action. Hold 12 seconds.



9. **CROSS AND TOUCH AT NAVEL**
Clears hate, terror, rage
Cone fingers of right hand and touch left side of navel. At the same time, cone fingers of left hand and touch right side of navel. Hold 12 seconds. Reverse action. Hold 12 seconds.



10. **CROSS AND TOUCH CROWN OF HEAD**
Clears remembrance of what has traumatized you
Cone fingers of right hand and touch side of crown of head (1½" back from soft spot). At the same time, cone fingers of left hand and touch right side of crown of head. Hold 12 seconds. Reverse action. Hold 12 seconds.



11. **CROSS AND TOUCH AT THYMUS**
Clears shock, anxiety, destruction of self
Cone fingers of right hand and touch left side of thymus gland, 2" down from top of sternum (just below prominent bone on sternum). At the same time, cone fingers of left hand and touch right side of thymus gland. Hold 12 seconds. Reverse action. Hold 12 seconds.



12. **IN-VISION** – *Use to bring to you all you desire to have in your world (e.g., happiness, prosperity, perfect colors, perfect sounds, etc.)*
With dominant hand, cone fingers and touch pineal gland area between eyes. Hold until you have visualized all you desire.