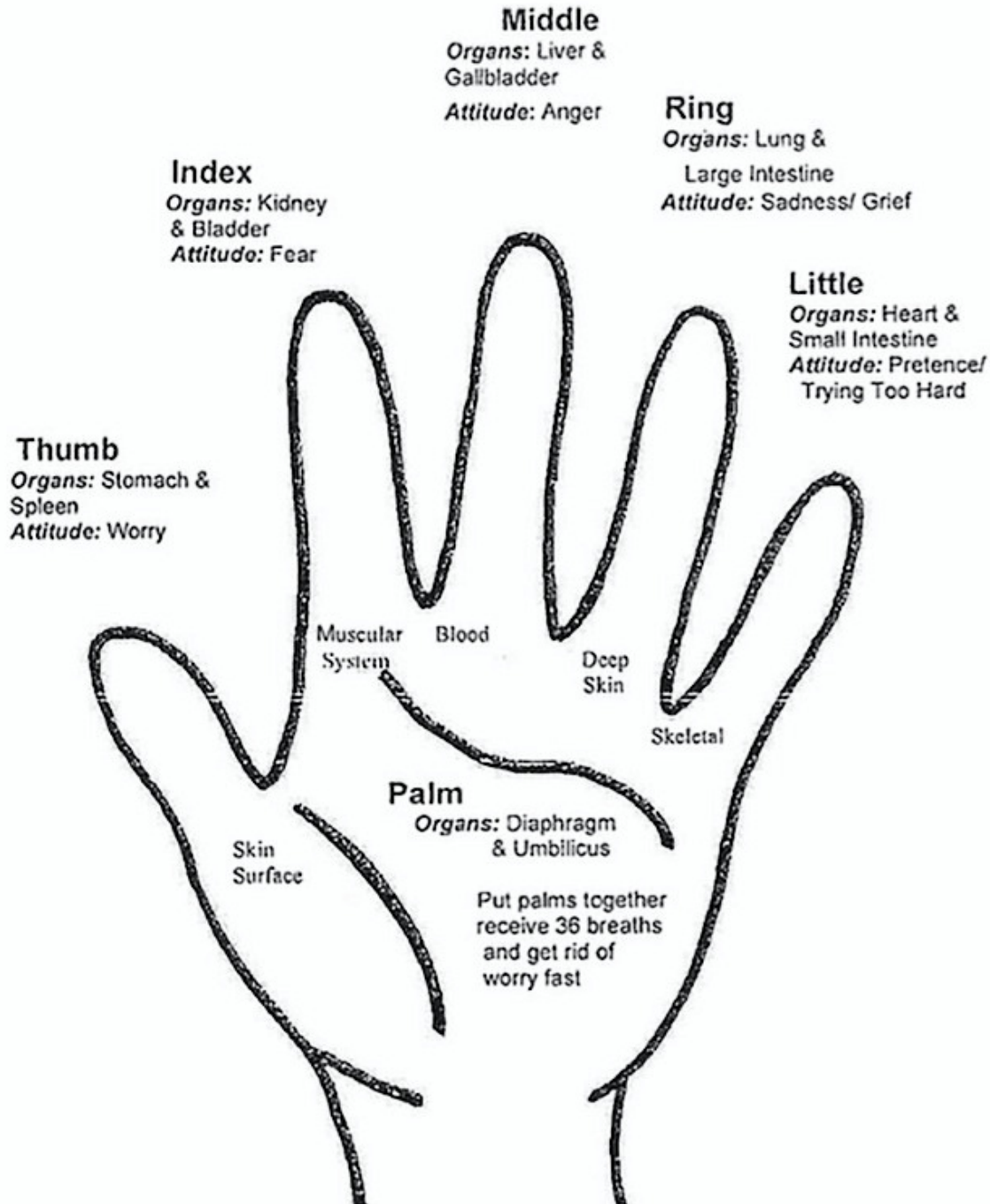


HARMONIZING 36 BREATHS USING FINGERS

One of the simplest ways to keep your body in balance is to hold each of your fingers and the palm of your hand every day. As the diagram below indicates, each finger has an associated attitude when it is out of balance. Begin by encircling each finger of one hand with the other hand and taking 3 relaxing breaths for each finger and include the center of your palm and then switch hands. This takes about 20 minutes and if done at bedtime each night for 21 days can establish a relaxation pattern that can be very beneficial for insomnia and for harmony.

HAND CHART



Daily Care Plan: Encircle each finger, one at a time, for about 3-5 minutes, or longer until you feel calmer. Use this for both hands.