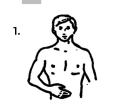
MIND GEMS

Hold Each Point For 12 Seconds









6. CROSS & TOUCH BACK OF NECK clears anger and being

hold - reverse top arm - hold.

1. TOUCH & HEAR switches on hearing

With right palm, cover a point located 2" to the right and 11/2" down from the navel.

2. TOP OF HEAD brings attention to present time

Cover soft spot on top of head with right hand - hold - cover with left hand - hold.

3. CROSS & TOUCH BACK OF HEAD clears fear, switches on the brain

Cone fingers and touch the left and right bones at the base of the skull, crossing wrists - hold - reverse top wrist - hold.

4. SWITCH ON clears electrical systems, restores balance

Touch finger pads together - hold.

5. CROSS & TOUCH AT SHOULDERS balances the negative/positive charges and polarity

Place right hand on left shoulder, left hand on right shoulder - hold reverse top arm - hold.

uncentered

Place right hand on left shoulder where back connects to neck, do the same with left hand -

8.

10.



8. CROSS & TOUCH MID-FOREHEAD clears negative emotions, alters thoughts that change emotions

Cone fingers and touch at the hair-

line, crossing at the wrists - hold -

7. CROSS & TOUCH AT HAIRLINE

restores color hues, use when yelling, feeling rage/violence

reverse top wrist - hold.

Cone fingers and touch mid-forehead, crossing at the writs - hold reverse top wrist - hold.

9. CROSS & TOUCH NAVEL clears hate, terror, rage

Cone fingers and touch either side of the navel, crossing arms - hold reverse top arm - hold.

10. CROSS & TOUCH AT CROWN clears remembrance of what has traumatized you

Cone fingers and touch crown of head, 11/2" from soft spot, crossing at the wrist - hold - reverse top wrist - hold.

11. CROSS & TOUCH THYMUS clears shock, anxiety, self-destruction

Cone fingers and touch thymus gland, 2" down from top of sternum, crossing at the wrists - hold reverse top wrist - hold.

12. IN-Vision use to bring to you all your desires

Cone fingers of dominant hand, touch pineal gland between the eyes, visualize all you desire - hold.





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One of the biggest wins has been overcoming anxiety and depression, which has plagued me since I was young. I had been diagnosed with dysthymia, which is genetic depression, and told I would always feel depressed.
Fortunately, with Louise's guidance, we have cleared the ancestral energies keeping me there, and I feel awesome!
Other wins from the past year include a more fulfilling marriage, eliminating debt, changing the way I view and interact with other people, and generally becoming a more compassionate and satisfied human being.
- Charlotte MacFarlane Canada

Mastermind Member