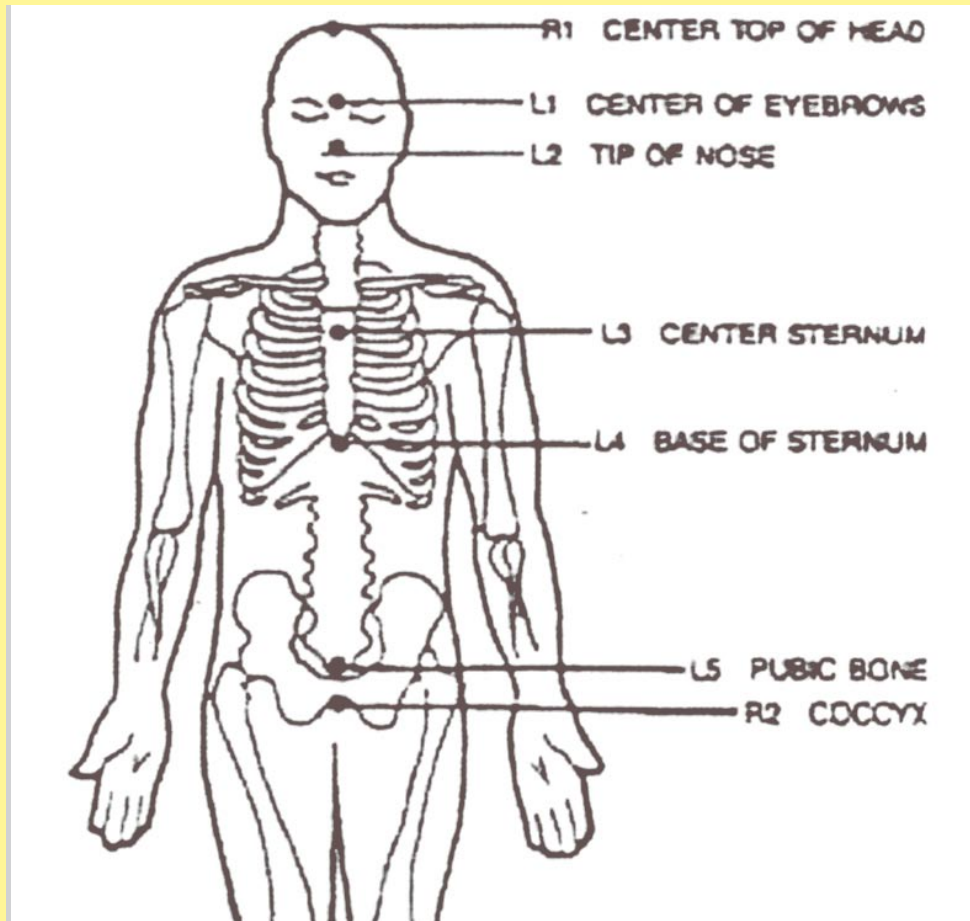


MAIN CENTRAL ENERGY

Welcome to a very powerful tool for self help and the maintainance of the source of our life force energy. The six simple steps of the Main Central Energy will help you to recharge and revitalise all body energy.



STEP 1

Place the fingers of the right hand on the top of the head (where they will remain until step 6).

Place the fingers of the left hand on your forehead between your eyebrows. Hold for 4-5 minutes or until the pulses you feel at your fingertips synchronise with each other.

STEP 2

Now move the left fingertips to the tip of the nose.

Hold them there for 4-5 minutes, or until the pulses synchronises.

STEP 3

Move the left fingertips to your sternum (centre of your chest between the breasts).

Stay there for 4-5 minutes, or until the pulses synchronises.

D; hiccups; run down; allergies; coccyx; releases toxins

STEP 4

Move your fingers to the base of your sternum (centre of where your ribs start, above the stomach).

Hold them there for 4-5 minutes, or until the pulses synchronises.

STEP 5

Move your fingers to the top of your pubic bone (above the genitals, centre).

Stay there for 4-5 minutes, or until the pulses synchronises.

STEP 6

Keep your left fingertips in place & move your right fingertips to cover your coccyx (tailbone).

Hold for 4-5 minutes, or until the pulses you feel at your fingertips synchronise with each other.