

MAIN CENTRAL VERTICAL

<u>Hands:</u>	<u>Depth</u>	<u>Name</u>	<u>Function</u>	<u>Physical Tune-Up:</u>
1.RH Centre top of head LH Centre between eyebrows	<u>Fifth</u> <i>Little Finger</i> <i>Trying To Pretence</i>	INTUITIVE KNOWLEDGE Being in a state of knowing instead of just thinking	<u>Skeletal</u> Responsible for receiving inspiration of the universe, densed-down life energy creates our skeletal system	<i>Deep body energy, memory and mind, endocrine system, balancing water, sleeping well, pituitary gland, tuning into situations</i>
2.LH Tip of the nose	<u>Fifth</u>			<i>Superficial body energy, reproductive organs, facial muscle relief, sinus, eyes, hormones, renewing cells and thoughts</i>
3.LH Centre between clavicles (throat)	<u>First</u> <i>Thumb</i> <i>Worry</i>	SUSTENANCE The sustainer of material form	<u>Skin Surface</u> Responsible for receiving and processing sustenance (internal and external)	<i>Sinus, breathing, ears, expressing feelings, neck/shoulder muscle relief, stroke prevention, calcium balancer, thyroid gland, clear speech</i>
4.LH Centre sternum	<u>Fourth</u> <i>Index Finger</i> <i>Fear</i>	FLOW The liquid of life	<u>Muscular System</u> Responsible for fluidity of motion, 'flow', overcoming impact of mental, emotional, or physical stagnation	<i>Lungs, pelvic girdle and hips, heart function, growing children ('child in us'), fertility, emotional balancer, thymus gland, old traumas and hurts</i>
5.LH Solar Plexus (base of sternum)	<u>Second</u> <i>Ring Finger</i> <i>Sadness</i>	ESSENTIAL RHYTHMS OF LIFE Rhythm and harmony	<u>Deep Skin</u> Responsible for releasing our grip on the old and being receptive to the new (physical and emotional)	<i>Source of life energy ↑↓, harmonises hormones, spleen, liver, kidney heart, nerve system, mental balance, all bleeding problems, adrenal glands, dispels violent emotions</i>
6.LH Navel (Umbilicus)	<u>Sixth</u> <i>Centre of Palm</i> <i>Despair</i>	TOTAL HARMONISER Man's consciousness in an undivided, unconditioned state	<u>Source of Life</u> Responsible for harmonising body, mind, and spirit with each other and with the universe.	<i>Stomach/digestion, back, (deeper) breathing, physical balance, helping body and mind rid itself of impurities</i>
7.LH Pubic Bone 8.RH Coccyx	<u>Third</u> <i>Middle Finger</i> <i>Anger</i>	HARMONISER OF ALL ELEMENTS The key to harmonising the elements	<u>Blood Essence</u> Responsible for modulating the body's own inner harmony, maintaining body's elements in correct proportions	<i>Emotional balance, reproductive system, confidence, warm feet and legs, spine, white blood cells, vitality, energy for physical body</i>

Self Help Main Central Vertical

A major centering flow, the Main Central Vertical gives energy and an overall tune up of the body.

Steps

1. RH (right) on top of head ... (hold)
LH (left) between eyebrows
2. LH on tip of nose
3. LH on V of throat
4. LH on centre of sternum
5. LH on base of sternum
6. LH on umbilicus
7. LH on pubic bone (hold)
8. RH on coccyx

