

Central Channel Self-Help

The Central Channel is the first meridian to form in the body; holding its points restores a primal sense of balance and rest. Try it daily, lying down or sitting comfortably. Follow the order of these 10 easy steps,

2. L Fingertips in middle of forehead (*third-eye*)

3. L Fingertips to tip of nose

4. L Fingertips to top notch of sternum (*breast bone*)

5. L Fingertips to hollow below mid-sternum

6. L Fingertips just below sternum bottom

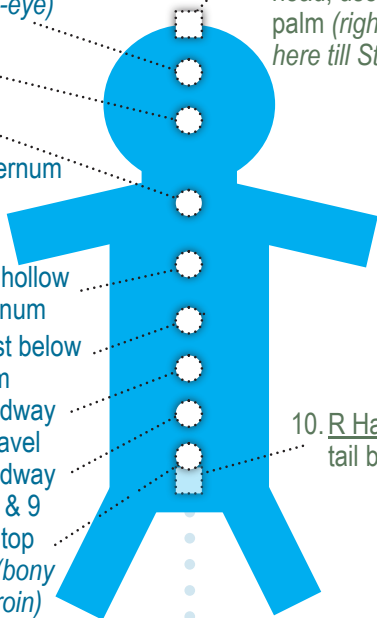
7. L Fingertips midway between 6 & navel

8. L Fingertips midway between navel & 9

9. L Fingertips to top of pubic bone (*bony ledge above groin*)

1. R Hand on top of head, use fingertips or palm (*right hand stays here till Step 10*)

10. R Hand to tip of tail bone,



please share this card with a friend once you've learned the pattern