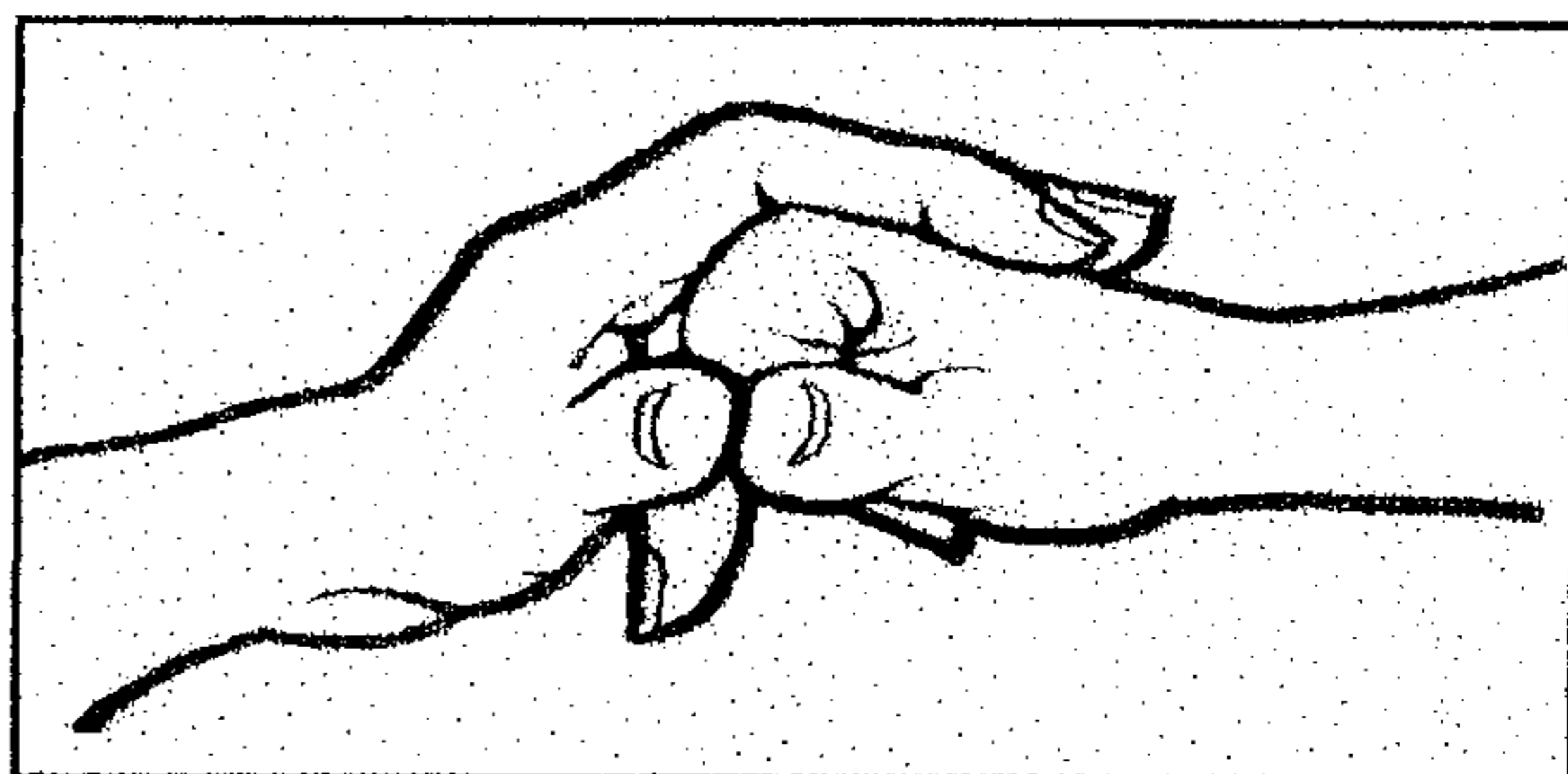


BRAIN STIMULATION TECHNIQUES

(read all instructions first before attempting these techniques)

1. TOUCH YOUR THUMBS TOGETHER
2. MAKE YOUR RIGHT HAND (SUN) INTO A FIST
3. YOUR LEFT HAND (CRESCENT MOON) HOLDS YOUR RIGHT FIST
4. EXTEND MIDDLE FINGER OF YOUR RT. HAND DOWN

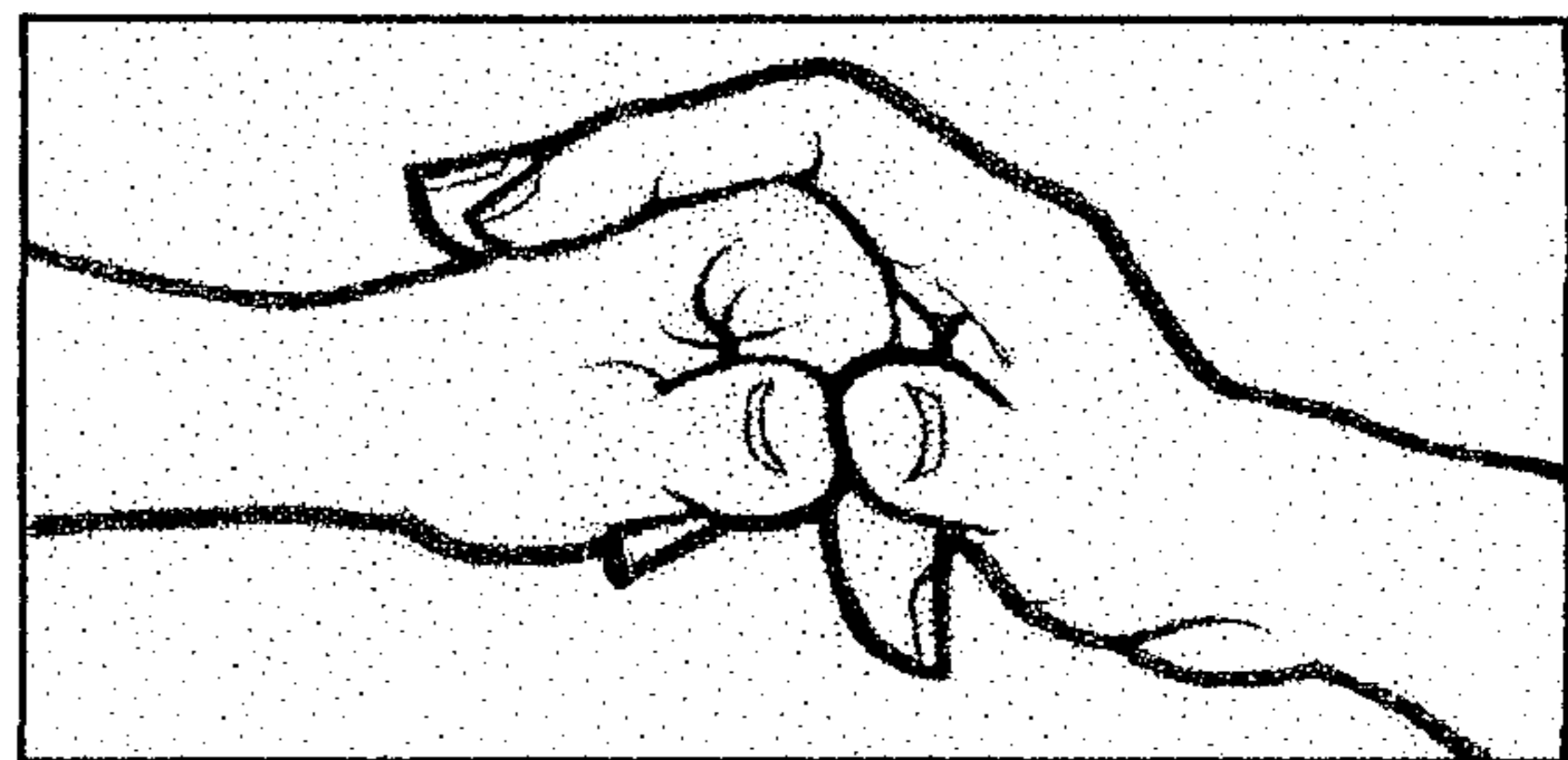


Stimulate by tapping lightly the #1 spot on the top of your head (see below for exact position) with the extended middle finger of your right hand for around 9 seconds. Try to feel the energy from your finger penetrate down through that region of your brain. (think: **stimulate**)

Go to the #2 spot and do the same stimulation there. Continue stimulating all the numbers where they reside until you complete all 9 numbers. Do the cycle of nine, three times.

BRAIN INTEGRATION TECHNIQUES

1. TOUCH YOUR THUMBS TOGETHER
2. MAKE YOUR LEFT HAND (SUN) INTO A FIST
3. YOUR RIGHT HAND (CRESCENT MOON) HOLDS YOUR LEFT FIST
4. EXTEND MIDDLE FINGER OF YOUR LEFT HAND DOWN



Stimulate by touching the #1 spot on the top of your head with the extended middle finger of your left hand for one second. Slide your finger across the top of your head to the #2 spot. (think: **connect**)

Repeat the process of connection by sliding your finger to the #3 spot while thinking #2 connect to #3 then #3 connect to #4 etc. until you have connected all 9 numbers together in the correct order. Do this cycle of nine, 9 times.

Do both of these techniques several times a day and in a few weeks you should start seeing positive results in your quality of life.

THE VIEW BELOW IS LOOKING DOWN ON THE TOP OF YOUR HEAD

