

# The Median Sequence

(Sequence for Self Help)

**Preparation:** Sit, or preferably lay, in a comfortable position. For best results remove all metallic objects from the body and from clothing. 100% Cotton clothing is best suited. You may position pillows beneath arms as needed in order to completely relax while applying each step of the procedure.

**Length of time:** Hold each step (location) a minimum of four to five minutes or up to twenty minutes if needed.

**Application:** Use the finger-pads (palm side down) of your first three fingers (index, middle, and ring) to apply contact with any location. Or, you may use all finger-pads if you wish.

**Always:** Hold two locations when applying a sequence, one with each hand.

**Important:** Pressure is not necessary to achieve results, in fact, it may inhibit the process. Contact is all that is needed to stimulate improved energy circulation.

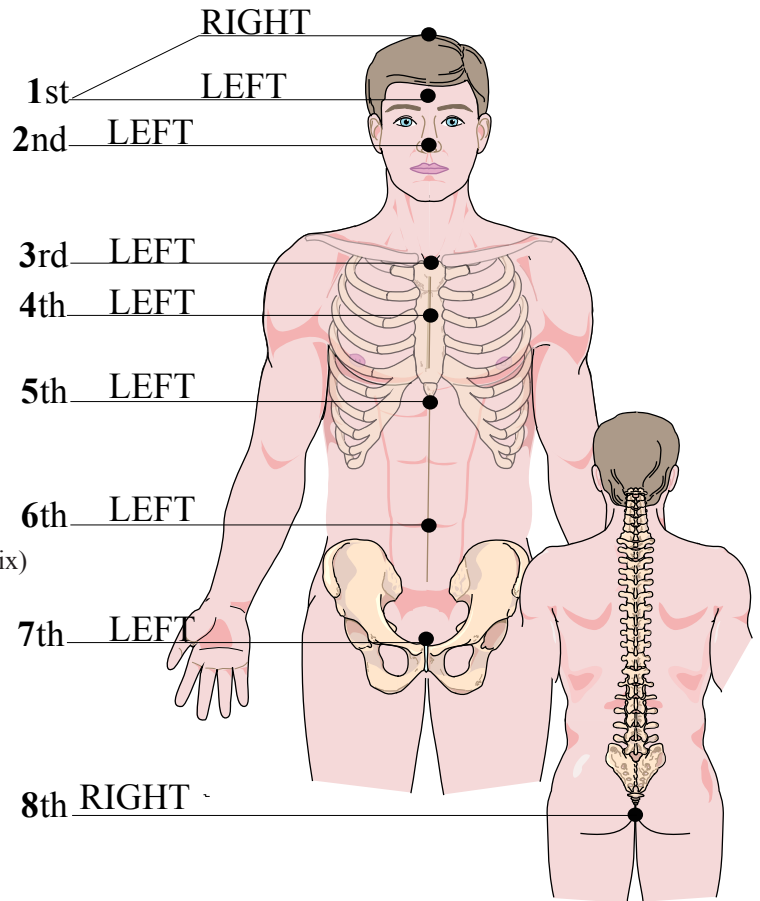
**When to apply:** The first thing in the morning before rising from bed and the last of the day when lying in bed. Although, this can be accomplished at other times, these are productive and complementary to most schedules.

The entire sequence usually takes approximately thirty to forty minutes for proper results.

Notice: The right fingers remain on top of the head until the 8th step.

## Sequence Steps:

| Procedure For the Hands  | (to) | Positions On the Body   |
|--|------|---|
| step 1 Place right hand's fingers <u>and</u> Place left hand's fingers | to   | Top center of Head<br>Center of the Forehead<br>(between, but above eyebrows) |
| step 2 Place left hand's fingers                                       | to   | Tip of the Nose<br>(very light touch)   |
| step 3 Place left hand's fingers                                       | to   | Center of Collar Bone<br>(center on interclavicle notch)                      |
| step 4 Place left hand's fingers                                       | to   | Center of the Chest<br>(on sternum at center of gladiolus)                    |
| step 5 Place left hand's fingers                                       | to   | Bottom of Sternum<br>(tip of sternum, ensiform or xiphoid appendix)           |
| step 6 Place left hand's fingers                                       | to   | Umbilicus (Navel)   |
| step 7 Place left hand's fingers                                       | to   | Center of Pubic Bone<br>(above, but against the top center of pubic bone)     |
| step 8 Place right hand's fingers                                      | to   | Coccyx<br>(tip of tail bone)  |



This procedure helps the sympathetic and parasympathetic nervous system, all organs and their bioelectrical energy. It stimulates and strengthens the immune system and helps calm the mind, relieve stress, relax and rejuvenate the body. It is an excellent preventative medicine practice and assists the body in correcting a multitude of acute and chronic health disorders.

This sequence also opens, strengthens, and balances the main bioelectrical energy circulation which allows the TKM® procedures applied afterwards, to be much more effective in helping health needs physically, mentally and emotionally.