

The Median Plumblines

(Sequence for Self-Help)

Preparation: Sit, or preferably lie, in a comfortable position. For best results, remove all metallic objects from the body and from clothing. One hundred percent cotton clothing is best suited. Position pillows beneath the 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 4-5 minutes or up to 20 minutes if needed.

Application: Use the fingerpads (palm side down) of all four fingers (index, middle, ring and little) to apply contact with each location vertically.

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 energy conductivity.

When to apply: We suggest 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 the most productive and complementary to most schedules. The entire sequence usually takes approximately 30 minutes to an hour for proper results.

Sequence Procedure:

Step 1 Place right hand's fingerpads to top center of head and place left hand's fingerpads to center of the forehead vertically (between and above eyebrows).

Step 2 Place left hand's fingerpads just below where they were placed vertically. For example, the fingers are placed vertically on the body. When you move to each next step, place your index fingerpad where your little fingerpad was. The purpose is to not miss touching any section along the solid line from the forehead to the perineum (between the anus and the scrotum or vagina) on the midline of the body. Once you have reached and held the perineum for the proper time, your left fingerpads will remain on the perineum while the right fingerpads move their position. **Note:** Step 2 actually has many steps to accomplish this procedure. Notice the right hand remains on crown of head until step 3.

Step 3 Place right hand's fingerpads to the tip of the coccyx, while left fingerpads remain on the perineum.

For best effects and for chronic conditions apply the following: Once you complete step 3, reverse the entire process. Example: Left hand remains on perineum and right hand returns to top of head, then the left hand's fingers reverse each position back to the forehead. That completes this very effective process!

Support: The Spleen Sequence and the #23,25 sequence can be included for a more thorough effect.

This procedure helps the sympathetic and parasympathetic nervous system, all organs and their bioelectromagnetic relations. It helps calm the mind, relieve stress, relax the body and rejuvenate the bioelectromagnetic energy conductivity. It assists the body in correcting acute and chronic health disorders involving the immune system. Not limited to but includes thyroid, thymus, digestion, all spinal projects, cancer, impotency, HIV positive, headaches (chronic), all viruses, all slow viruses, herpes, chronic fatigue, Epstein-Barr, and many others. This is not for everyone, but it is very important for those with any serious immune system deficiency or the projects listed above. Category correlations are the same as the standard Median Sequence.

