

Sequence for Spinal Damage (Above, Below and On).

The diagram illustrates Left sequence Energy Spheres only. Refer to Figure I-7.

LEFT Sequence application only, sit on the **Left side** of the body.

Procedures For Hands	(to)	Positions On Body E.S.'s
-------------------------	------	-----------------------------

step 1	right	to	L and R 4	
	and	left	to	One vertebra above the damage (or disc)
step 2	left	to	One vertebra below the damage (or disc)	
step 3	left	to	Directly on the damaged vertebra (or disc)	

Vital: Apply this process three times consecutively to accomplish one application.

When applied to another person, sit on his or her left side while the person receiving the application is lying flat on his or her back.

Step 1 Place right hand under the entire base of the skull (gently cradle the base of the occipital area with the right hand). Fingers will rest on the right side and the base of your hand will rest on the left side (left and right E.S. #4).

And, place left finger pads one vertebra above the injured area.

Step 2 Place left finger pads just below the injured area.

Step 3 Place left finger pads on the injured area.

REPEAT this three times while the right hand remains on the base of the skull.

Example: Using the L4 vertebra as an example of the injured area (as in the diagram to the right), first place the right hand to cradle the base of the skull (E.S. #4 bilaterally) and the left hand's fingers to the L3 vertebra (Above on L3), then move the left fingers to the L5 vertebra (Below on L5), then left fingers to the L4 vertebra (On L4).

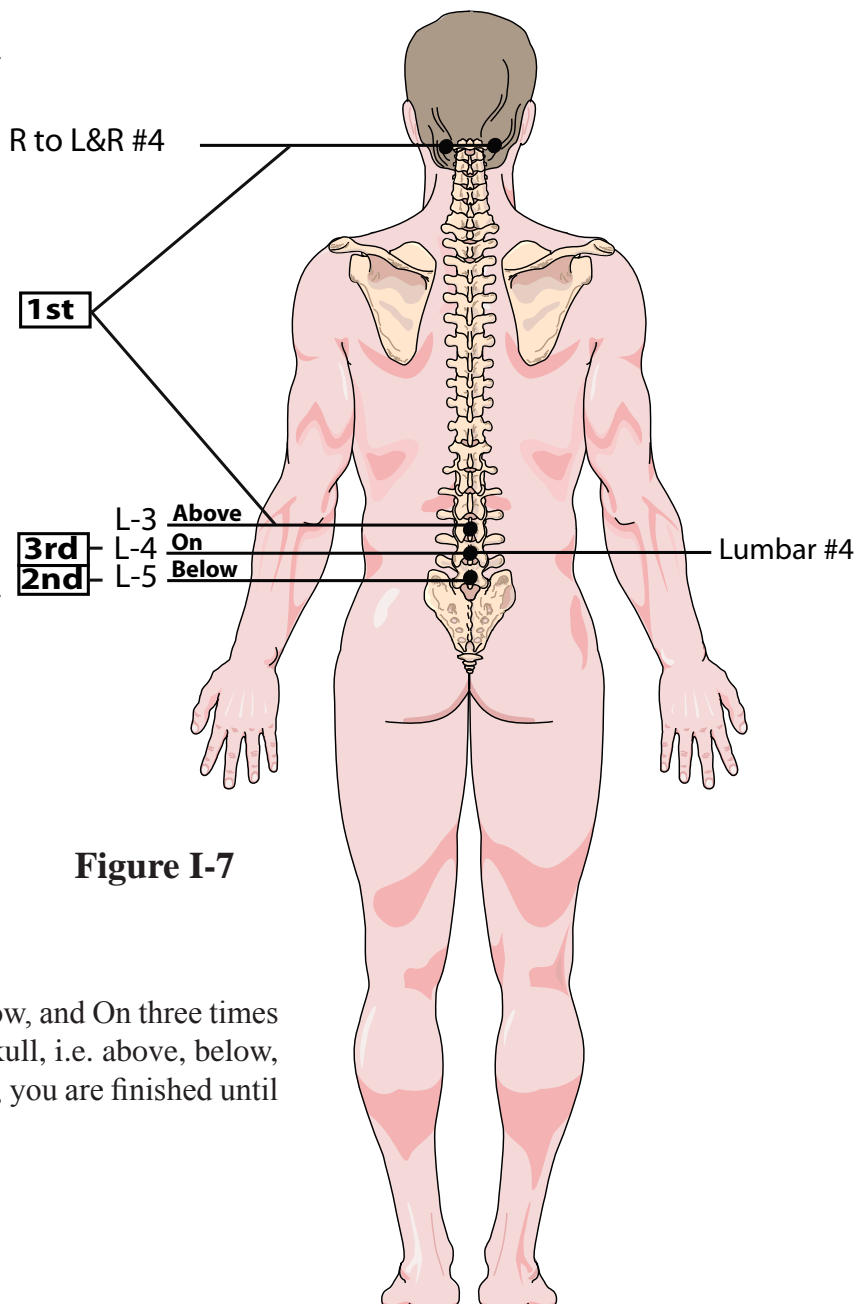


Figure I-7

Important: Repeat this procedure of Above, Below, and On three times while the right hand remains on the base of the skull, i.e. above, below, on, above, below, on, above, below, and on. Then, you are finished until the next application. Apply it this way each time.