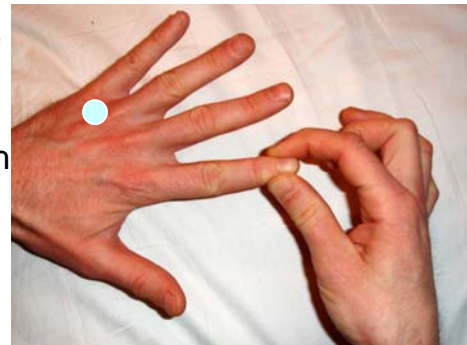


- F. Squeeze the inner and outer edges of the fingertips on all five fingers on one hand, beginning with the thumb. Hold for a few seconds, like a pincer, at the base of each fingernail.



- G. Stimulate “gamut” point (see above diagram) while making 2 slow clockwise and 2 slow counterclockwise sweeps of your closed eyes.

- H. Finish with a brain balancer (fronto-occipital holding), using gentle palm contact (right hand to back of head, left hand to forehead) until feeling a sense of release, balance, completion. (eyes open or closed)



- I. Reassess distress level, and be aware of any new insights you’ve gained. Repeat treatment until distress level is at a satisfactory level.