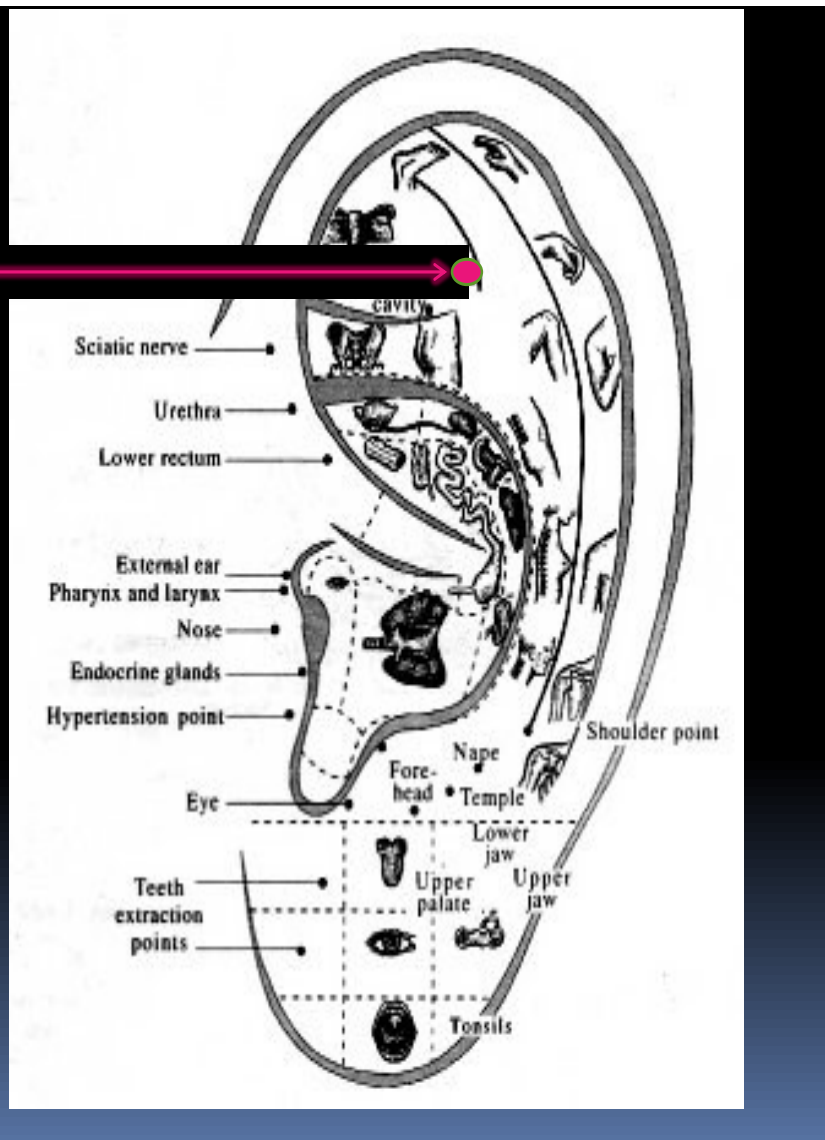


BODY HOLOGRAM ON THE EAR

SHEN MEN POINT
TO RELIEVE STRESS



SHEN MEN:

A wonderful way to relax and connect to your deep inner core wisdom:

Hold or pinch the Shen Men or Spirit Gate Point on your ear, or tape a small seed, bead or pellet there-

It is safe to experiment with stimulating the points in the picture that correspond to the organs or limbs that you want to strengthen & heal.