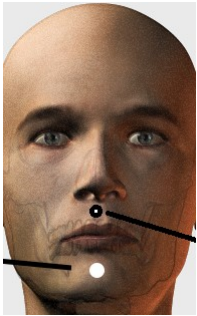


3 STEP MIDLINE INTEGRATION:

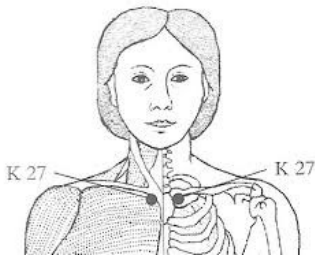
Hold Navel: with all fingers and thumb as if plugging them into a socket (Just hold hand flat over navel if you want to be inconspicuous)

WHILE HOLDING NAVEL:

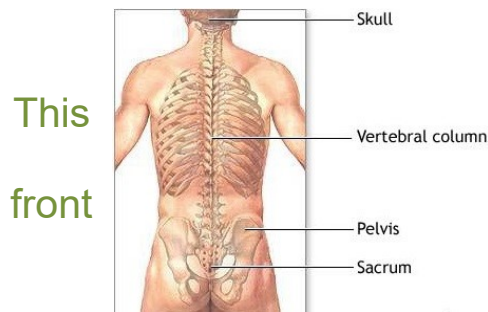
1. **Hold Above and Below Lip:** Thump or rub these points while holding navel



2. **Hold Under Collarbone, next to Breastbone** These points are called Kidney 27 in meridian system. Use thumb and fingers to stimulate them while holding navel.



3. **Rub Sacrum:** while holding navel with one hand, rub up and down on the sacral bones at the base of the spine, to ground your energies and help you contact the earth, when feeling 'up tight and unsupported'



three step process integrates:
& back of body
Right and left sides of body
upper and lower parts of body