

FINGER HOLDS

HOLDING FINGERS BALANCES, CLEARS & HARMONISES ENERGY



LITTLE FINGER ENERGY

Physical - heart & small intestine. Astrology - Leo & Virgo.
Mental & emotional - CONFUSION, PRETENSE, SELF ESTEEM,
FEEL JOY & HAPPINESS.

Bone issues, nerves, sore throats, blood pressure, blood circulation, sleep disorders, grounding, feel peace, calm mind, adrenals, deep fatigue, clears destiny, releases jealousy & revenge, stuttering, strokes, hair loss, heart-burn, parkinsons disease, working too much, brain functions, shock, stress, forgetfulness, stuffy noses, b12 producer, hot flushes, stiff neck, gray hair, deafness, balances alkaline in body.



PALM ENERGY

Physical - umbilicus & diaphragm. Astrology - Sagittarius & Capricorn.
Mental & emotional - CLEARS ALL ATTITUDES, BLISS,
HARMONISES RELATIONSHIPS.

Pituitary gland, pineal gland, 3rd eye functions, bored people, blood composition, correct growth of the brain, nightmares, thirsty all the time, insomnia, regulates body temperature, jaundice babies, repairs the heart, tumors in uterus, dark puffy eyes, helps joint function, balances estrogen, ringing in ears, clears hereditary disfunctions, nourishes all the organs, helps us to be practical, lupus, reproductive functions, helps us to receive, heart pulsations, create order in our lives.

Hold each finger/thumb for 4-5 minutes - do both left and right fingers - left fingers help left side of the body - right fingers help right side of the body.