

Contents

- A is Aura Soma
- B is Brain Hemisphere Integration
- C is Cook Hook Ups
- D is Destress
- E is for Eyes
- F is Feel/Want/Willing
- G is Grounding
- H is Headache Relief
- I is Inner Ear
- J is Jacaranda
- K is K-27
- L is Lymph System
- M is Mellow Mudra
- N is Neck/Shoulder Release
- O is OMG Points
- P is Polarized Breathing
- Q is Questions
- R is Relieving Pain
- S is Star of Bethlehem
- T is Thymus/Spleen Tap
- U is Understanding Self-Care
- V is Visualizing
- W is Wounded Spirit
- X is X-Patterning
- Y is You – The Only Source of Information
- Z is Zip-Ups