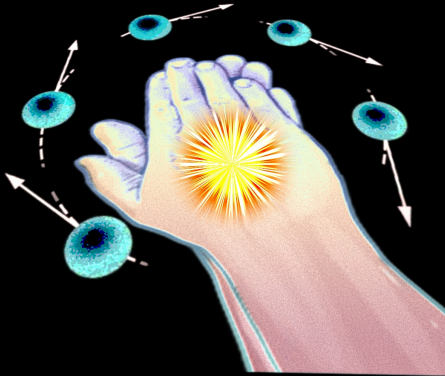


## Ancient Egypt Technique For Opening the Palm Chakras From Apollon

*Keep in mind: 7 second interval, 1 second pause in between changing motions*

Start with:



1. Left hand palm facing up and the right hand on top of the left hand palm, facing down

2. Breath in slowly for 7 seconds, at the same time rubbing the left hand, fingers included, with the right hand in a circular motion from right to left

3. Flip the left hand over, do the same circular motion while exhaling for 7 seconds

4. Do the same with for right hand but rotate the left hand in a circular motion from left to right