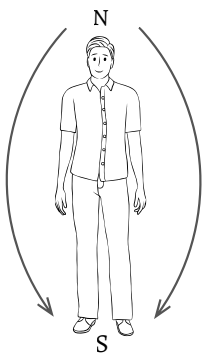


HOW TO TEST THE FLOW OF YOUR POLARITY

1. Stand with your feet shoulder-width apart and bend your knees slightly.
2. Place either hand palm down over your head. Allow your body to naturally move forward or backward.
3. Place hand palm up over your head. Allow your body to naturally move forward or backward.
4. Write down on the lines whether you went forward or backward.

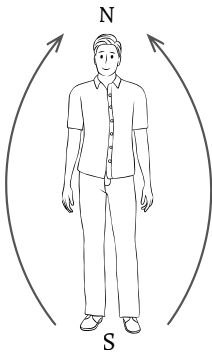
Palm Down: _____

Palm Up: _____



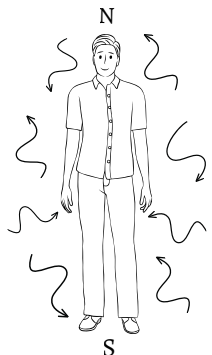
ORGANIZED (flowing north to south)

- Palm down - forward
- Palm up - backward



REVERSED (flowing south to north)

- Palm down - backward
- Palm up - forward



DISORGANIZED

- Palm down - forward
- Palm up - forward
- Palm down - backward
- Palm up - backward

HOW TO CORRECT THE FLOW OF YOUR POLARITY

#1: SHOULDER TO HIP CROSSOVERS

1. Put your right hand on your left shoulder then swipe down to your right hip.
2. Put your left hand on your right shoulder then swipe down to your left hip.
3. Do the crossovers 10-20 times then retest your polarity. *

#2: ANKLE AND WRIST CROSSOVERS

1. Cross one ankle over the other.
2. Extend your arms out in front of you with your palms facing the floor.
3. Cross your hands at the wrists making the top hand opposite of the top leg.
4. Turn your hands inward with palms facing each other and interlace fingers.
5. Fold your arms inwards to bring your hands to your chest.
6. Press the tip of your tongue to the back of your top teeth.
7. Stay in this position and count for 30 seconds, then retest your polarity. *

#3: THE 5-POINT FIX

1. Place either hand over your navel and keep it there while rubbing the following points in sequence with your other hand.
2. Rub the K27 points (end points of the kidney meridian).
3. Rub the center of your chin (conception vessel endpoint).
4. Rub between the upper lip and nose (governing vessel endpoint).
5. Rub the tailbone for 5 seconds then retest your polarity. *

* If your polarity is still not flowing correctly, repeat the exercise then retest.