

## Spiral Up to Success

 <p>Permission to Heal</p>	 <p>Angelic Uplift</p>	 <p>Subtle Bodies</p>	 <p>Power Up</p>	 <p>Heart Ease</p>
<p>Cupped hands over affected chakra or body part</p>	<p>Cupped hands over upper pecs</p>	<p>Cupped hands over temples</p>	<p>Cupped hands over 2<sup>nd</sup> and 6<sup>th</sup> chakras with fingers pointing up/down</p>	<p>Cupped hands over heart.</p>
 <p>Lighten Up</p> <p>Cupped hands over upper shoulders</p>	 <p>Centered Brain</p> <p>Hands cupped horizontally over top of head</p>	 <p>Participation</p> <p>Hands cupped at bottom of lungs near diaphragm</p>	 <p>Walk Your Talk</p> <p>Hands cupped, wrapped around throat with wrists touching</p>	 <p>Support</p> <p>Cupped hands over 2<sup>nd</sup> and 6<sup>th</sup> chakras with fingers pointing right/left</p>