

Here's how to perform the *Healing Code* for neutralizing external stress:

Always perform the *Healing Code* in a quiet, private, place where you can relax without distractions or interruptions. Aim all five fingers of both hands at the healing centers listed below for the amount of time indicated. The fingers need to be 2 to 3 inches away from the healing center they're aiming at (as shown on the diagrams).

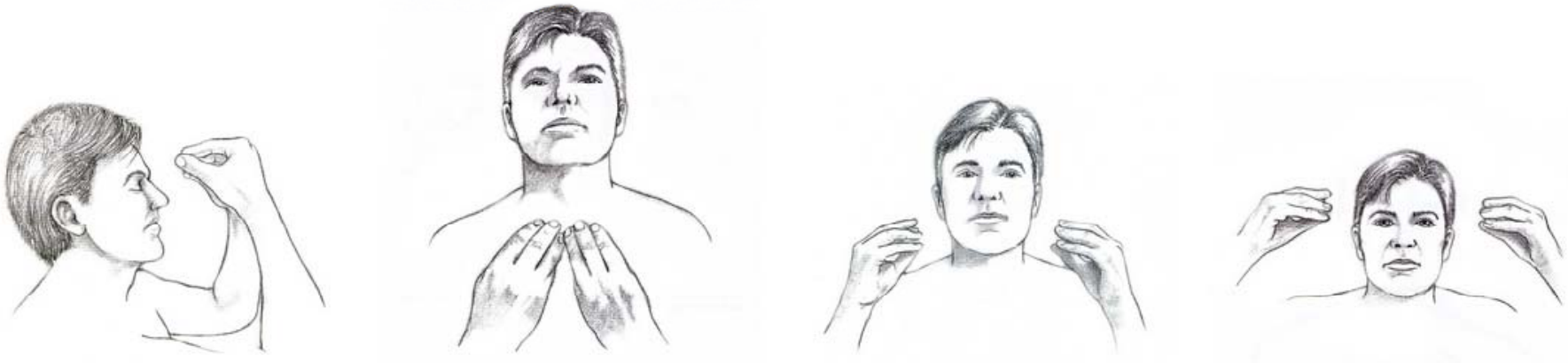
Here's the sequence:

Fingers of both hands pointing towards bridge -- 20 seconds

Fingers of both hands pointing towards the Adam's apple -- 20 seconds

Fingers of both hands pointing towards the jaws -- 20 seconds

Fingers of both hands pointing towards the temples -- 20 seconds



Continue to rotate through the positions in the specified order for 6 minutes. Do this 3 times per day. You can start with as little as 1 per day, and increase frequency as needed.

And that's all there is to *The 6-Minute Antidote to Stress*.