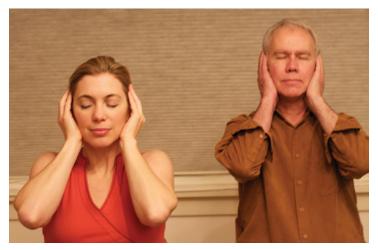
Hand Positions: Self-Treatment



ST #1Good for centering prior to meditation or anytime centering is needed.



ST #2 Balances the right and left brain.



ST #3A