

## **Energy Balancing Technique**

Cross the left ankle over the right ankle.

Cross the right wrist over the left wrist and interlock your fingers.

Fold your hands toward your body and under your chin.

Repeat the following three times while breathing deeply and slowly.

I fully and completely love and accept myself, including all of my defects, all of my limitations and all of my strengths.

--Do not attempt to do this perfectly, just relax and follow as much as you are able.--