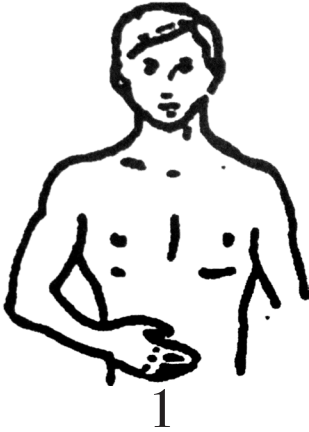


# Mind Gems

⌚ hold for 12 seconds  
↻ reverse the action

Say your affirmations that are pertinent to your daily intentions while doing your mind gems.

If you are performing certain mind gems for a specific reason, confirm what it is clearing. For example, #6 clears anger and being uncentered - for this one you can say something like: "I choose to feel calm and centered."



1

## Touch and hear

*Switches on hearing*

With palm of right hand, cover near navel: 2" to the right and 1 1/2" down. ⌚



2

## Touch top of the head

*Brings attention to present time*

Cover soft spot on top of head with fingers of right hand. ⌚  
Switch to left hand. ⌚



3

## Cross and touch back of head

*Clears fear - switches on the brain*

Cone fingers of right hand and touch left bone at base of skull. At the same time, cone fingers of left hand and touch right bone at base of skull.

⌚ ↻ ⌚



4

## Switch on

*Clears electrical system, restores balance*

Touch pads of all four fingers and thumb of left and right hands together at the same time. ⌚



5

## Cross and touch at shoulders

*Balances the negative and positive charges and polarity*

Place right hand on left shoulder. At the same time, place left hand on right shoulder. ⌚ ↻ ⌚



6

## Cross and touch at back of neck

*Clears anger and being uncentered*

Place right hand on left back of neck where it connects to the shoulder. At the same time, place left hand on right back of neck. ⌚ ↻ ⌚



7

### Cross and touch at hairline

*Restores color hues. Use when yelling, or feeling rage or violence.*

Cone fingers of right hand and touch left side of forehead at hairline. At the same time, cone fingers of left hand and touch right side of forehead at hairline. 🕒🕒🕒



8

### Cross and touch at mid-forehead

*Clears negative emotions, alters thoughts that change emotions*

Cone fingers of right hand and touch left mid-forehead. At the same time, cone fingers of left hand and touch right mid-forehead. 🕒🕒🕒



9

### Cross and touch at navel

*Clears hate, terror & rage*

Cone fingers of right hand and touch left side of navel. At the same time, cone fingers of left hand and touch right side of navel. 🕒🕒🕒



10

### Cross and touch crown of head

*Clears remembrance of what has traumatized you*

Cone fingers of right hand and touch left side of crown of head (1 1/2" back from soft spot). At the same time, cone fingers of left hand and touch right side of crown of head. 🕒🕒🕒



11

### Cross and touch at thymus

*Clears shock, anxiety, & destruction of self*

Cone fingers of right hand and touch left side of thymus gland, 2" down from top of sternum (just below prominent bone of sternum). At the same time, cone fingers of left hand and touch right side of thymus gland. 🕒🕒🕒



12

### In-vision

*Use to bring to you all you desire to have in your world (e.g. happiness, prosperity, perfect colors, perfect sounds, etc.)*

With dominant hand, cone fingers and touch pineal gland area between eyes.

Hold until you have visualized all you desire.