

The FEEL-GOOD-AGAIN Polarity Practice

Our bodies are alive with trillions of electro-magnetic flows and swirls. When these are strong and orderly we feel good and are generally healthy. At such times our bodies will be polarized at ninety degrees — positively at the feet and negatively at the head. When stress overcomes us, our polarity weakens and shifts toward the polarity (107 degrees) of the scavenger forms of bacteria, mold, yeast, parasites, and viruses whose purpose is to break the body down when we die. Overgrowths of scavengers in the blood result in fatigue and other symptoms of illness. The Practices below, done repeatedly during the day, will restore our body to 90 degrees polarity, roll back the overgrowths, and help us to . . .

FEEL-GOOD-AGAIN

The Steeple

Correct the Flow

Up the Left — Down the Right



Hold For One Minute

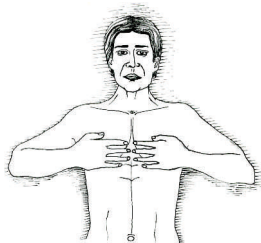
Correct The Flow Of Your Energy

“The Steeple” helps restore our polarity and brings order to the energy moving in the body. (Do not press the palms together). In a healthy person energy flows **up the left side** of their body and **down their right side**. Our too-stressful lives can shift our polarity toward that of the scavengers mentioned above. At 97 degrees our energy flows reverse. We become tired, depressed, and agitated. Our thinking becomes “foggy,” and we don’t feel good. These are symptoms warning us that serious illness could be overtaking us.

Forming **“The Steeple”** by touching the ends of the fingers together (as shown at the left) will correct the flow of energy, and energize the whole body.

The Gorilla Thump

Correct the Spin
Of All Your Chakras



Thump For Three Seconds

Correct The Spin Of Your Chakras

“The Gorilla Thump” energizes and promotes health in our bodies. It also corrects the spin of all **Chakras**. Gorillas thump their chests when they are anxious, frightened, or feel threatened in some way. Thumping corrects the spin of their Chakras and enlivens their whole body. It gives them courage.

Stress disturbs polarity. It is epidemic in the modern world and often causes Chakras to spin in reverse. This makes frequent thumping of the chest a matter of good sense for everyone.

We can learn from the gorillas. **“The Gorilla Thump”** corrects the spin of *our* chakras and enlivens us. It also helps *us* to face life with courage.

The Personal Power Pose

Opens Your Chest
Revives Your Exhausted Adrenals



Hold For One Minute

Revive Your Exhausted Adrenal Glands

“The Personal Power Pose” opens our chest, improves our breathing, and sends energy to the **Adrenal Glands** and **kidneys** found slightly above the lowest rib in our back.

When we exhaust our Life Force, and “keep going,” our body thinks we are under attack. It responds by pumping us full of adrenaline. Soon the Adrenal Glands become exhausted. If we ignore that exhaustion, illness is sure to follow.

Healthy people are full of **Life Force**. They get it from **regular hours, good food, clean water and air**, and the **touch** of those who love them. They get it from **laughter and smiles**, and **positive thought and speech**. Healthy people **run their lives on Life Force**. Doing **“The Personal Power Pose” - a lot - every day** can help us **FEEL-GOOD-AGAIN**.