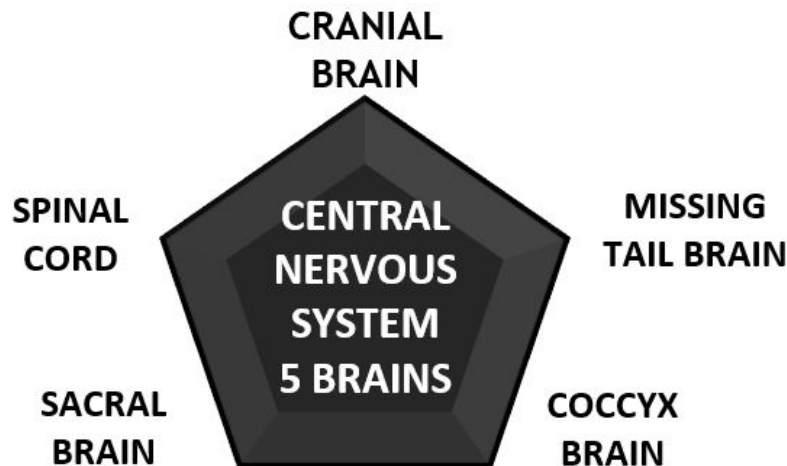


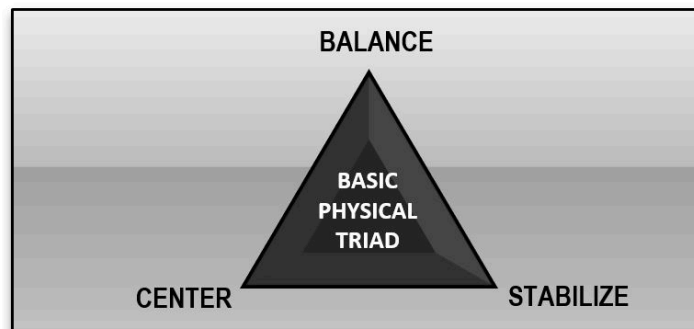
Physical Intelligence

Integrate and Activate the CNS



- Strengthen the brain
- Strengthen the connection of the brain to the spinal cord, and strengthen the connection of the spinal cord to the brain
- Strengthen the vertebrae, the discs, the soft tissue, the empty spaces.
 - Strengthen down the cervical level (1-7)
 - Thoracic level (1-12)
 - Lumbar level (1-5)
 - Sacrum/Coccyx level (1-2)
- Strengthen the 3 lower brains, sacral, coccyx and missing tail
- Strengthen the integration of the components of the CNS**
- Strengthen internal CHI**
- Activate the CNS**

- Strengthen the connection to Physical Intelligence
- Strengthen to physical surroundings
- Strengthen to presence in the physical plane
- Strengthen Balanced, Center, Stable



Balance

Regaining balance is the goal of every health regime.

For physical balance, you might compare the right side of the body to the left.

When this tests strong, no strengthening is needed. The right side of the body is already in balance with the left side of the body. When it tests weak, it means the right side of the body is out of balance with the left side.

A strengthening is essential to redress the imbalance. If your right side is weaker, strengthen the right side of your body to be in balance with the left side 100% infinite potential, and delete all weaknesses causing this imbalance to zero minus infinity.

Likewise, balance also deals with the correct alignment of the body and its structure. Check for the general tilt of the body. Does the body lean to the front or back? Does it tilt to the left or right? Does it rotate back to the right

or back to the left? An incorrect tilt or rotation will weaken the body's energy field.

Centering

Placing one of your hands vertically along your body's midline increases your energy flow at the centerline or the core of your body. Placing your hand outside of the midline, to the left or the right of the midline will create a general body weakness.

Just thinking about your body's midline will strengthen you. This simple drill of thinking of your midline assists you to improve focus, and makes it easier for you to make things happen.

Centering strengthens you physically and mentally.

Stabilization

Stability is created by your feet, ankles, legs, knees and hips, sacrum, coccyx, spinal column and cranium.

Standing erect strengthens you as opposed to leaning backward or forward. Leaning with your body to the left or right will also weaken you. When your ankles, knees, and hips joints are loose, you can stand in a stable position without much effort. Effortless rotations and strengthening of the joints enhance looseness in these areas.

