

FINGER HOLDS

HOLDING FINGERS BALANCES, CLEARS & HARMONISES ENERGY



THUMB ENERGY

Physical - spleen & stomach. Astrology - Cancer & Gemini.
Mental & emotional - WORRY, GUILT. DEPRESSION, INCREASES ENERGY. ,

Ability to move forward & let go of the past, digestion, clears skin surface, helps clear back & leg energy, balances sugar cravings, helps money to flow, clear thinking & transforms the mind, helps our self esteem, balances weight, allows us to feel secure, balances acid in the body, clears bad breath, helps nervousness, sleep disorders, lumps in breasts, puffy cheeks, red & white blood count, tongue control, helps wrinkles, tonsils, lips, bloat, knee projects, talkative people; thinking in circles; reflux; central nervous system; food transformed into energy; bleeding, yawning, people using drugs, shingles, vitamin D, hiccups, run down, allergies, coccyx, releases toxins.



INDEX FINGER ENERGY

Physical - kidney & bladder. Astrology - Scorpio & Libra.
Mental & emotional - FEAR, FEEL SAFE, PERFECTIONISM.

Adrenals, addictions, eating disorders, muscle aches & pain, back projects, arthritis, helps cholesterol, blood pressure, clear past karmic patterns, neck & shoulder issues, balances hormones, clears emotions, helps thyroid & parathyroid functions, assimilation of vitamins, clears destiny, strengthens immunity, helps metabolism, helps prostrate, balances body chemistry, balances water in the body, grinding teeth, reproduction projects, releases toxins, kidney stones, itching, sexual energy, ears discomfort, hot feet, fevers, sneezing, nose bleeds.

Hold each finger/thumb for 4-5 minutes - do both left and right fingers - left fingers help left side of the body - right fingers help right side of the body.