

FINGER HOLDS

HOLDING FINGERS BALANCES, CLEARS & HARMONISES ENERGY



MIDDLE FINGER ENERGY

Physical - liver & gall bladder. Astrology - Pisces & Aquarius.
Mental & emotional - ANGER, FRUSTRATION, INDECISION, CRITICISM.

Migraines, menstruation, fertility specialist, eye & vision projects, blood disorders, impotence, natural body antibiotic, immune system, lymphatic system, respiratory & breathing, regenerates the body, energises the mind, stubbornness, skin pigmentation, gas in the body, helps speech projects, veins in legs, gout, easily bruised, hips, gall stones, yawning, difficulty bending, frozen emotions, chronic neck projects, allergies, sex - too little - too high, balances acid & alkaline in body.



RING FINGER ENERGY

Physical - lung & large intestine. Astrology - Aries & Taurus.
Mental & emotional - SADNESS, GRIEF, LOST RELATIONSHIPS,
NEGATIVE ATTITUDES.

Neck, breathing, asthma, deep skin projects, bowel projects, aligns back, legs & spine, head & eye discomforts, raises consciousness, clears headaches, nausea, throat, lips, dizziness, helps lifestyle changes, digestion, central nervous system, intuition, teeth & jaw, shoulders, tennis elbow, lumps in breasts, immature people, coughing, sweating during sleep, pores of skin.

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.