

### AREAS OF PAIN



A second Earth Card can be used to place on specific areas of pain or problems while performing the 11 points alignment & tuneup.

### RATE YOUR PAIN FROM 0-10



TOP OF HEAD



UNDER EYE



TOP OF EYE



SIDE OF EYE



ON THE CHIN



COLLAR BONE



ON THE EAR



BACK OF HEAD



TOP OF WRIST



INSIDE OF WRIST

# ENERCHI ALIGNMENT & TUNEUP



# HELIXLIFE

# ENERCHI

# ALIGNMENT

## HIP ALIGNMENT



MEASURE THE TOP OF THE HIPS TO SEE IF THEY ARE ALIGNED. PLACE AN ENERGY TOOL IN EACH HAND AND SAY, "HIPS LINE UP" AS YOU HOLD THE TOOL ON EACH SIDE OF THE HIPS. REMEASURE THE HIPS AND CHECK FOR ALIGNMENT.

## COLLAR BONE ALIGNMENT



MEASURE THE COLLAR BONE BY TOUCHING THE TOP OF THE BONE.

## JAW BONE ALIGNMENT



MEASURE THE JAW BONE. PLACE AN ENERGY TOOL IN EACH HAND AND SAY, "JAW BONES LINE UP" AS YOU HOLD THE TOOL ON EACH JAW BONE. THEN REMEASURE THE JAW BONES AND CHECK FOR ALIGNMENT.

## OCCIPITAL ALIGNMENT



MEASURE THE OCCIPITALS

PLACE AN ENERGY TOOL IN EACH HAND AND SAY, "COLLAR BONES LINE UP" AS YOU HOLD THE TOOL ON EACH COLLAR BONE. THEN REMEASURE THE COLLAR BONES.

## AREAS OF PAIN



ANY ENERCHI TOOL CAN BE USED TO PLACE ON SPECIFIC AREAS OF PAIN OR PROBLEMS. AFTER DOING THIS PERFORM THE 11 POINTS OF THE ENERCHI ALIGNMENT & TUNEUP. ONCE AGAIN RATE THE PAIN.

PLACE AN ENERGY TOOL IN EACH HAND AND SAY, "OCCIPITALS LINE UP" AS YOU HOLD THE TOOL ON EACH OCCIPITAL. THEN REMEASURE THE OCCIPITALS AND CHECK FOR ALIGNMENT.

THESE TECHNIQUES  
CAN BE TAUGHT TO ANYONE!

