

# Healing Relaxation



Support for the dissolution  
of shocks and negative stress

Recover inner balance  
after upheaval

Yashi



## SUGGESTIONS FOR USAGE OF THE HEALING RELAXATION

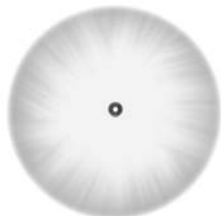
**During the exercise your cells will become more and more radiant**



1) Cells before the exercise



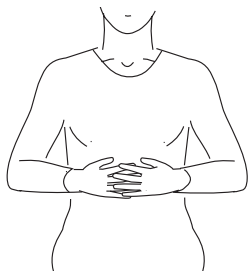
2) During the exercise



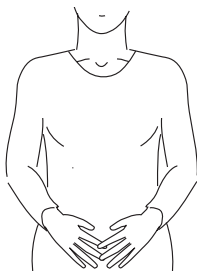
3) One day the cells will always shine like this

Source: The book "Phenomenon Healing" by Yashi Kunz and Gordon Müller-Eschenbach, 2008

**During the exercise, place your hands as illustrated below:**



1) Hands on your upper belly



2) Hands on your lower belly



3) Hands on your chest



4) Hands on the side of your head

**Light radiates from the middle of you palms like this**

