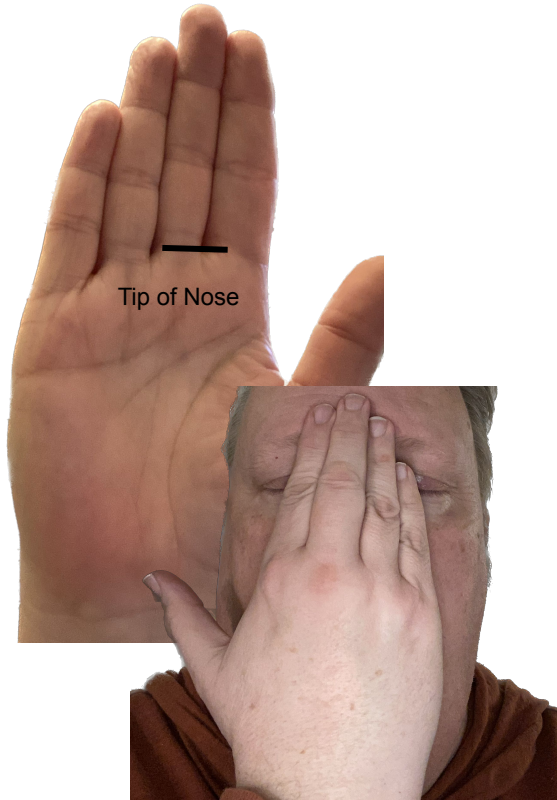




Sobolance Self-Balancing Method  
*Infinite Healing Through Awareness*

## Step 1 Forehead Resting



Place the bend of the middle finger on the tip of your nose. Allow finger to follow the bridge of your nose. Apply slight pressure on the point where your fingertips rest on the forehead

**Close Eyes and count to 30. Release.**

## Step 2 Ear Palming



Palm cupping full ear. Apply SLIGHT pressure to engage the reflexes. Should be comfortable



Fingers wrap around the head resting along the occipital ridge

**Count to 30 then release by lifting thumbs upwards to release the pressure. Then proceed to step 3.**

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## Step 3 Heart Resting



**Bring hands into heart resting position for a count of 30.**

**Repeat steps of 1,2&3 for a total of 3 rounds.**

After 3 rounds remain in 3rd position for as long as your mind remains still. If desired work ear reflexology points to soothe any sore reflexes.

Sobolance Ear Reflexology Chart



● Self Balancing Points

For best results repeat several times a day.