



TAO OF
HEALING

The Four Energy Gates: Universal Pathways to Health



On the web between the thumb and index finger of the left hand: With firm pressure from the right thumb, make small circles for 4 to 5 minutes. Repeat on right hand. Note: the outside, active hand supports and protects.



On the center line of the body between the breasts: Place one palm flat over the other, and using light pressure only, circle in a clockwise direction at least 200 times. Note: can also be done counter-clockwise.



Four fingers below the navel: Alternately tap the area with two fingers of each hand. Tap this area for 4 to 5 minutes.



In the center "dimple" of the main muscle of the buttocks: Keeping arms, shoulders and hips relaxed, hold a loose fist and alternately punch this area for 4 to 5 minutes.