

Dr Harada's codes with modifications by DrJinLA

This exercise can be used as a meditation or a relaxation. Expect Healing!

First, become conscious of the space encompassing your body. In Biodynamic Osteopathy we speak of a "Fluid Body". A space about a foot and a half outside of your physical body works as well. This space can be described as your cocoon, egg, or auric space.

Be aware of the fluidity in that space.

Next imagine the paired numbers going up side by side or one on top of the other in this space set by set (eg. 20-20 first then 30-30 and so on). Run each set up and down in this fluid space several times.

20-20

30-30

40-40

50-50

60-60

70-70

80-80

02-02

03-03

04-04

05-05

06-06

07-07

08-08

90-90

09-09

10-10 (mind/mental)

01-01 " "

26-26 Nerves,muscle, bone

27-27 ""

28-28 ""

36-36 LV/GB

37-37 LU

38-38 SI/LI

46-46

47-47

48-48

56-56

57-57

58-58

59-59

67-67

68-68

69-69

76-76 KI/UB

77-77 KI/UB

78-78 KI/UB

89-89 Emotion

Next think of some positive concept words, like Patience, Love, Faith, Hope, Trust, Health, Wholeness, Grace, Truth, Happiness, Joy, Acknowledgment, Purity, Security, ...

Take the sense of one of these words at a time. For instance Joy- what is the sense of Joy. Now, double the sense and move that sense up and down in your 'fluid body'.

Continue with the next sense of the next concept word.

Live in Peace and Joy and Hope and Love.

A gift to you from DrJinLA!

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