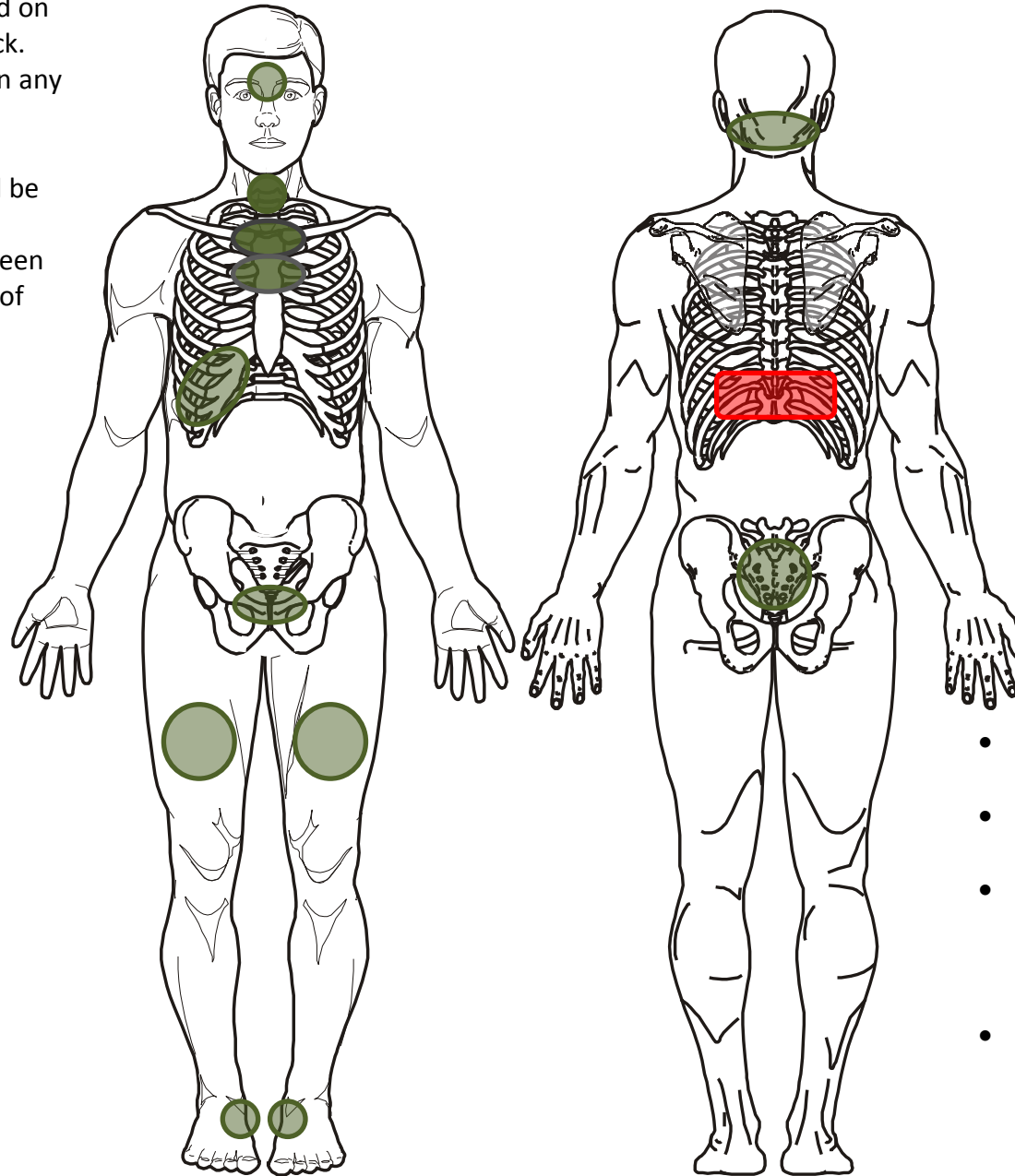


Shock Protocol

- 1) One hand is always placed on the red square on the back.
- 2) The other hand(s) rests on any green circle.
- 3) Hold these for at least 2 minutes. Best time would be 15 minutes each.
- 4) Then go on to the next green circle and repeat until all of them are done.



- You can do this with many people, or by yourself.
- Keep your hands light, you don't need any pressure.
- You can do this while watching a movie; you don't have to focus (all though that can help).
- You can use the palm side of your hand, or the back side.