**SELF-HELP UMBILICUS FLOW**

*Do Frequently!*

* To help you to sleep well.
* To keep your joints well oiled.
* To bring love into your life in all ways.

**LEFT FLOW**

1)    RH on top of LEFT shoulder (Safety Energy Lock 11)\*\*

LH on RIGHT side of neck (Safety Energy Lock 12)

2)    LH on RIGHT forehead just above eyebrow (Safety Energy Lock 20)

3)    LH on LEFT side of neck (Safety Energy Lock 12)

(\*\* RH remains on SEL 11 throughout the entire LEFT FLOW)

**RIGHT FLOW**

1)   LH on top of RIGHT shoulder (Safety Energy Lock 11)\*\*

RH on LEFT side of neck (Safety Energy Lock 12)

2)   RH on LEFT forehead just above eyebrow (Safety Energy Lock 20)

3)   RH on RIGHT side of neck (Safety Energy Lock 12)

(\*\* LH remains on SEL 11 throughout the entire RIGHT FLOW)

Helpful Links:

[Sharing JSJ Self Help](http://www.jsjinc.net/pagedetails.php?id=sharing-self-help)