



10 Point Sonic Slider Routine

Instructions: Activate each point below starting at the feet and working your way up. Allow the fork to “run out” each time. Feel deeply into the sensation and notice energy moving. Breath to clear the energy.

1. **Feet (Right and Left)** – Place fork on the Kidney 1 (K1) point one inch below the space between the big and second toes; then place fork on the center of the sole of foot. These points ground energy in the body and drains excess energy from head, neck and shoulders.
2. **Knees (Right and Left)** – Place fork on the outside of each knee to activate the knees and the freedom to act and move spontaneously.
3. **Hips (Right and Left)** – Place the fork on the outside of each hip to activate energy that balances overdoing/thinking on right hip and inertia or frustrated non-doing
4. **Sacral chakra** – Place fork in the center of pelvis to supports reclaiming pleasure, worthiness and abundance.
5. **Liver** – Place fork right and below ribcage to stimulates the liver, which tonifies and detoxifies the body.
6. **Solar Plexus** – Place fork on the area just above belly button to activate life force energy -- the radiant inner sun
7. **Heart** – Opening to giving and receiving love
8. **High Heart (2 inches above the heart)** – Stimulates the thymus gland and activates the immune system
9. **Face and neck** – Start at the center of the forehead between the eyes, sweep down to the temples and jaw. Move fork under the eyes and cheekbones. Benefit: Accesses points throughout the entire body through face and lymph nodes
10. **Crown** – Place fork on the center of the top of the head to activate this center and open to life purpose and cosmic consciousness.

BONUS – slide fork out 12 inches from the heart and activate the faith/trust center.