

## **Do-it-yourself Exercise "Feel Freer"**

You can feel freer and from there, live better! It is an extremely simple exercise you can practice anywhere, even in a waiting room or on the train. It's even a fun game! Use it before a stressful meeting, follow the steps and feel the wind of freedom!

### **Feel freer and better!**

1. Choose two similar objects.
2. Find as many differences as possible between these two objects.
3. Then find two objects and determine where they are in relation to each other and to your body.
4. Repeat these two steps over and over again until you feel better.

Learn where pains are coming from! Auditing can eliminate pain.

*Erase or nullify the physical pain, the losses of a lifetime,  
and vitality returns. – L. Ron Hubbard*

**If you have any questions or need more information please contact us.**