

Do-it-yourself Exercise "Vitality"

Through this exercise the vitality in your whole body can be awakened again. Over time, your vitality will remain in your body and you will be amazed that dazed or asleep areas will be revived. It can increase your health, alertness and mental health.

It may be that various pains and discomforts appear precisely where the attention is not fixed. There may also be a feeling of "being numb". Make this list several times.

Auditing clears up these old areas – with the result of an increase in physical and mental health.

Feel the vitality or full sense of being in your body

One should feel the vitality of each of the following body parts and fully feel their being.

Feel the aliveness in ...

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|---------------------------|--------------------------|
| 1. your right hand. | 16. your right ear. |
| 2. your left hand. | 17. your right cheek. |
| 3. the back of your head. | 18. your forehead. |
| 4. your right foot. | 19. your left ear. |
| 5. your left foot. | 20. your left cheek. |
| 6. your right knee. | 21. your right shoulder. |
| 7. your stomach. | 22. your left shoulder. |
| 8. your left knee. | 23. your neck. |
| 9. your back. | 24. your brain. |
| 10. your tongue. | 25. your right side. |
| 11. your kidneys. | 26. your left side. |
| 12. your right leg. | 27. all your fingers. |
| 13. your right arm. | 28. your nose. |
| 14. your left leg. | 29. your chin. |
| 15. your left arm. | |

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.