

## **Do-it-yourself Exercise "Holding Corners"**

The exercise "Holding corners" makes you look younger and look better. Fall asleep faster and sleep better, feel calmer. You can do this exercise every day – wherever you are, even on the train!

You can do this for two minutes (minimum) or two hours and you will always have a profit from it. No matter what happens, just hold the two corners and don't think.

### **Would you like to be younger and look younger?**

1. Sit somewhere near the center of a room.
2. Close your eyes and "contact" the two upper corners of the room behind you.
3. Then, holding those corners, sit still and don't think.
4. Remain interested only in those two corners.

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.***