

# The Median Sequence

(Sequence for Self-Help)

**Preparation:** Sit, or preferably lie, in a comfortable position. For best results remove all metallic objects from the body and from clothing. 100% cotton clothing is best suited. It is suggested to position pillows beneath arms as needed in order to completely relax while applying each step of the procedure.

**Length of time:** Hold each step (location) a minimum of four to five minutes, or up to twenty minutes if needed.

**Application:** Use the pads (palm side down) of your first three fingers (index, middle, and ring) to apply contact with any location. Or, you may use all fingers (pads) if you wish.

**Always** hold two locations simultaneously when applying a sequence, one with each hand.

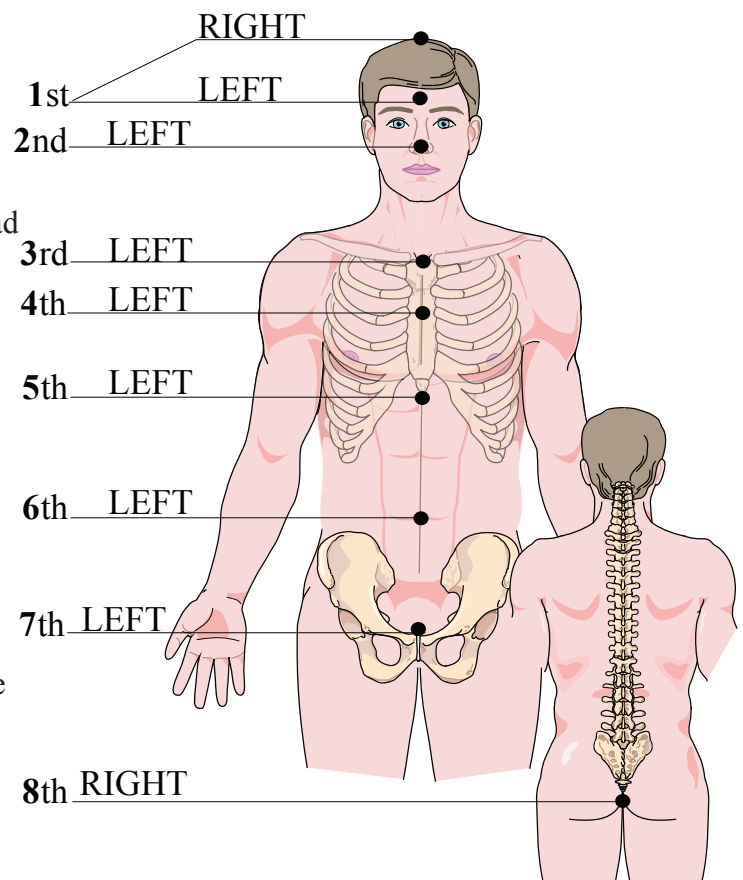
**Important:** Pressure is not necessary to achieve results. In fact, it may inhibit the process. Contact is all that is needed to stimulate energy circulation.

**When to apply:** We suggest first thing in the morning before rising from bed and the last of the day when lying in bed. This can be accomplished at other times, however these are the most productive times and are complementary to most schedules. The entire sequence usually takes approximately thirty to forty minutes for proper results. Refer to Figure 11.

## Sequence Steps:

Procedure For the Hands	(to)	Positions On the Body
Step 1 Place right hand's fingers	to	Top center of Head
<u>and</u> Place left hand's fingers	to	Center of the Forehead <i>(above and between eyebrows)</i>
Step 2 Place left hand's fingers	to	Tip of the Nose <i>(very light touch)</i>
Step 3 Place left hand's fingers	to	Center of Collarbone <i>(center on interclavicular notch)</i>
Step 4 Place left hand's fingers	to	Center of the Chest <i>(on sternum at center of gladiolus)</i>
Step 5 Place left hand's fingers	to	Bottom of Sternum <i>(tip of sternum, or xiphoid appendix)</i>
Step 6 Place left hand's fingers	to	Umbilicus (Navel)
Step 7 Place left hand's fingers	to	Center of Pubic Bone <i>(above and against the top center of pubic bone)</i>
Step 8 Place right hand's fingers	to	Coccyx <i>(tip of tail bone)</i>

Figure 11



The procedure helps the autonomic nervous system and all organs and their bioelectromagnetic energy. It helps calm the mind, relieve stress, relax the body, and rejuvenate and balance the body's bioelectromagnetic energy conductivity. It is an excellent preventative medicine practice and assists the body in correcting acute and chronic health disorders. This procedure has produced powerful results for the overall body through this simple application. Therefore, this procedure is a high priority for a healthy life or health recovery.

This sequence also opens, strengthens, and balances the main bioelectromagnetic energy circulation which allows TKM® procedures applied afterwards to be much more effective to help physical, mental, and emotional health needs.