



TKM® Median Procedure

Daily Healthy Maintenance (Self-Help Version)

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

Length of Time: Hold each step (location) a minimum of 4 to 5 minutes - or preferred up to 20 minutes, if needed.

Application: Use the pads of the fingers (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: Each step involves holding two locations (one with each hand) on every step when applying an application.

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

When to Apply: In the morning before rising from bed and at night before sleeping. Although this procedure can be used at other times, these are the most productive times and complementary to most schedules. The entire sequence usually takes approximately forty minutes for results, or an hour for more help.

IMPORTANT NOTICE:

The **right fingers remain on top of the head** until the 8th step, while the left fingers move for steps 1-7.

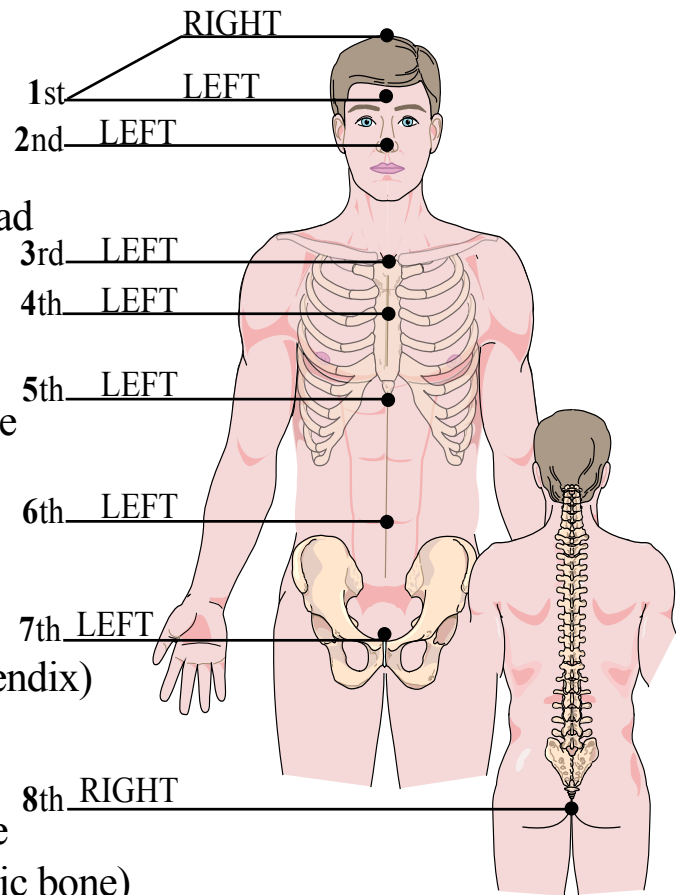
On step 7 & 8 the Left fingers remain at the same location.

R = Right and L = Left

Procedure Steps:

Procedure For the Hands	(to)	Positions On the Body
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|---|--|--|
| Step 1 Place R hand's fingers to <u>and</u> Place L hand's fingers to | Top center of Head
Center of the Forehead
<i>(between, but above eyebrows)</i> | 1st RIGHT
1st LEFT
2nd LEFT |
| Step 2 Place L hand's fingers to | Tip of the Nose
<i>(very light touch)</i> | 3rd LEFT
4th LEFT |
| Step 3 Place L hand's fingers to | Center of Collar Bone
<i>(center on interclavicle notch)</i> | 5th LEFT |
| Step 4 Place L hand's fingers to | Center of the Chest
<i>(on sternum at center of gladiolus)</i> | 6th LEFT |
| Step 5 Place L hand's fingers to | Bottom of Sternum
<i>(tip of sternum, ensiform or xiphoid appendix)</i> | 7th LEFT |
| Step 6 Place L hand's fingers to | Umbilicus <i>(Navel)</i> | 8th RIGHT |
| Step 7 Place L hand's fingers to | Center of Pubic Bone
<i>(above, but against the top center of pubic bone)</i> | |
| Step 8 Place R hand's fingers to | Coccyx <i>(tip of tail bone)</i> | |



NOTICE: Each step always requires two hands.

Only move the hand it directs you to move per step - other hand remains in position.

This procedure helps the sympathetic and parasympathetic nervous system, all organs and organ energy. It stimulates and strengthens the immune system, calms the mind, relieves stress, relaxes, and rejuvenates the body. It is an excellent preventative medicine practice and assists the body in correcting a multitude of acute and chronic health disorders.

This procedure also stimulates, strengthens, and balances (coherence) the main bioelectromagnetic circulation system which allows other TKM® procedures applied afterward it to be much more effective in helping health needs physically, mentally and emotionally.