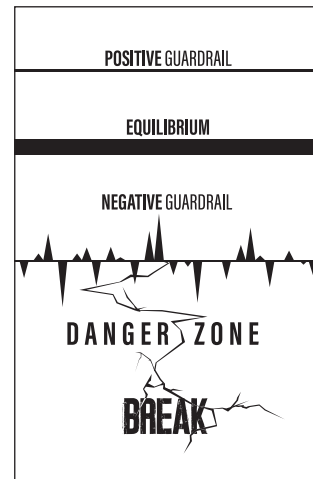


# EQUILIBRIUM LINE IDENTIFICATION PROCESS

1. Find a comfortable position, seated or reclined.
2. Close your eyes.
3. Take a deep breath and let it go.
  - Repeat five-six times.
  - Focus on the breath, and the noise it makes.
4. Return to normal breathing and start to scan your body.
  - Start at the bottom of your feet and make sure they are relaxed.
  - Then scan the top of your feet, your ankles, your calves and shins, then your knees.
  - Go up your thighs to your hips, your stomach, chest, shoulders, and arms.
  - Then your jaw, your ears, your nose and eyes, and finally the top of your head.



This is you ... *balan* <sup>ce</sup> ... at equilibrium.