

# Inner Core Balance



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**PURPOSE:** Balance the inner core and the internal light with the Divine. Connects the person to his/her life purpose. Heals the inner self, injuries, mental confusion and internal organs. Inner Core Balance is good for wellness enhancement and chronic illness.

Shoulder and opposite hip



1. Place one hand on a shoulder, the other on the opposite hip. Hands diagonal.

Same shoulder, same side hip



2. Move the hand on the hip to the opposite hip.

Same hip, opposite shoulder



3. Move the hand on the shoulder to the opposite shoulder.

Same shoulder, same side hip



4. Move the hand on the hip to the opposite hip.

Both shoulders



5. Place hands on both shoulders.

Both hips



6. Place hands on hips.

Both knees



7. Place both hands on knees.

Both ankles



8. Place both hands on ankles.

Move to the next position when the flow of energy is the same between hands and is cleared in each area.

The flow of energy may be waving, popping, rocking, tingling, buzzing, etc.

Note the energy experience within, without, and between the energy centers.

If there is dyslexia or right/left side difficulties, cross hands at shoulders, hips, knees, and ankles.