

# Balancing the Endocrine System

1. Unify your fields using the Unified Field Meditation.
2. With one hand, place a finger under the occipital ridge to connect with your Jade Pillow.
3. With the other hand, place one finger on each of the points on the forehead as shown in the diagram (q.v.). A comfortable hold is pinky and thumb over the pituitary brow points, middle finger over the *ajna*/pineal point, and index finger on the upper hypothalamus point. Try to get a sense of the energy flowing through this circuit—is it smooth and regular, in pulses, or erratic and “sparky”?
4. Inform Spirit and your guides that you are balancing the Golden Triangle circuit. Let them flow energy through your hands as needed. You may get the sensation of energy shooting laser-like between the Jade Pillow point and your fingers on your brow in different intensities and geometric patterns, and “flares” as the connections are made and the circuit reestablishes healthy flow.
5. When you feel complete, allow your consciousness to come back into the room.

## Endocrine Balance Points

