

Nobody can tell you how to drive your life but you



In order to know where you are going, find the right way and have the resources for your journey, you need to “fine tune” your inner compass.

Balance your BodyMind, activate spirit (if you have one).

Connect & attune your Core Creative Calmed Compass - BodyMindSpirit
Be in Dynamic Homeostasis ,Happiness, Health & Harmony

Inhale oxygen to your cells



Breath deeply...let go

First relax



Palms on eyes – feel the warmth of your fingers
on forehead, pat it

First relax



Palms on eyes – feel palms on your eyes
Keep them in that position for some time, reduce stress from your eyes

Inhale oxygen to your cells



Breath deeply...let go

First relax



Palms on your cheeks, reduce tension from your cheeks,
feel the warmth of your hands

First relax



Palms on your ears

Inhale oxygen to your cells



Breath deeply...let go

First relax



Palms on your neck, massage gently your neck

First relax



Palms on your shoulders – feel the warmth of your hands , massage your upper back

First relax



Each hand massages and pats the crossed arm

First relax



Hug yourself

Inhale oxygen to your cells



Breath deeply...let go

First relax



massage you belly

First relax



massage you legs

First relax



massage you feet

Inhale oxygen to your cells



Breath deeply...let go

First relax



massage you back

First relax



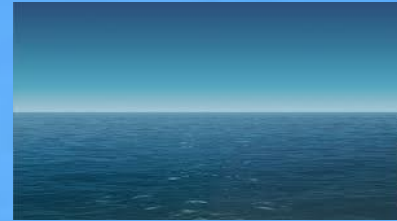
massage your head, your fingers act like a comb teeth

relax



Breath deeply...let go

Observe your thoughts stream



Minimize it like a still ocean and clear sky

Observe your emotions stream



Minimize it like a still ocean and clear sky

hug your heart with both hands...
Just be...



Sharp senses, calm BodyMind
Listen with your whole being
Observe your sensation
be attentive to reality
explore wholeness beyond your physical

Inhale oxygen to your cells



Breath deeply...let go

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Olav Skille

Vibroacoustic Solutions



Adopt Vibroacoustic therapy as a self management tool for

[BodyMindSirit Attunement](#)

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