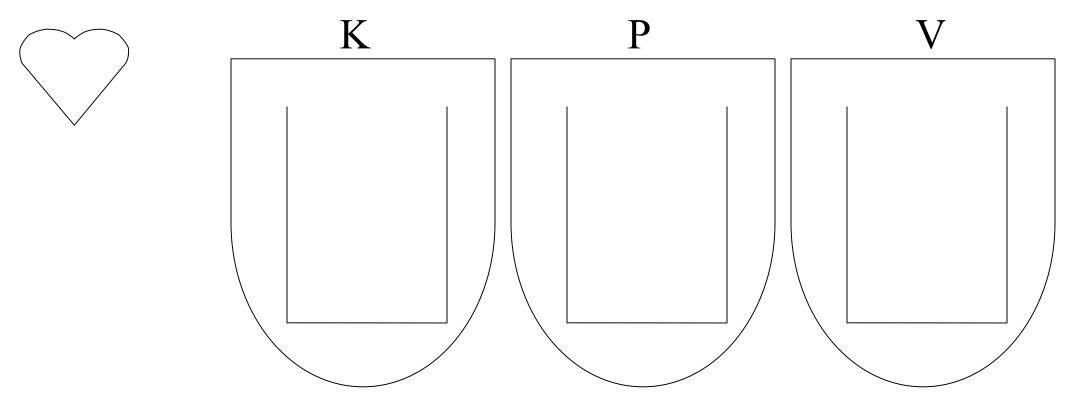
ORGAN PULSE

The Technique:

Simultaneously Press 2 Fingers (both of your index fingers then middle and then ring fingers to 1st Level (light level of spikes) and observe spikes in the vāta/pitta/kapha zones; repeat for deep pressure level; note strength and location of spikes



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