

## ***TO INSPIRE THE VOICE OF THE HEART***

This layout takes 10-15 minutes after the stones are laid out. You place the stones slowly and gradually in the direction of top to bottom: from the head down. Take them off in the opposite direction: remove the stones from the bottom first, removing them slowly as you go up toward your head.

If you don't have a stone, the layout can still be done. Just don't replace it with a different stone or add other stones that aren't in the layout.

