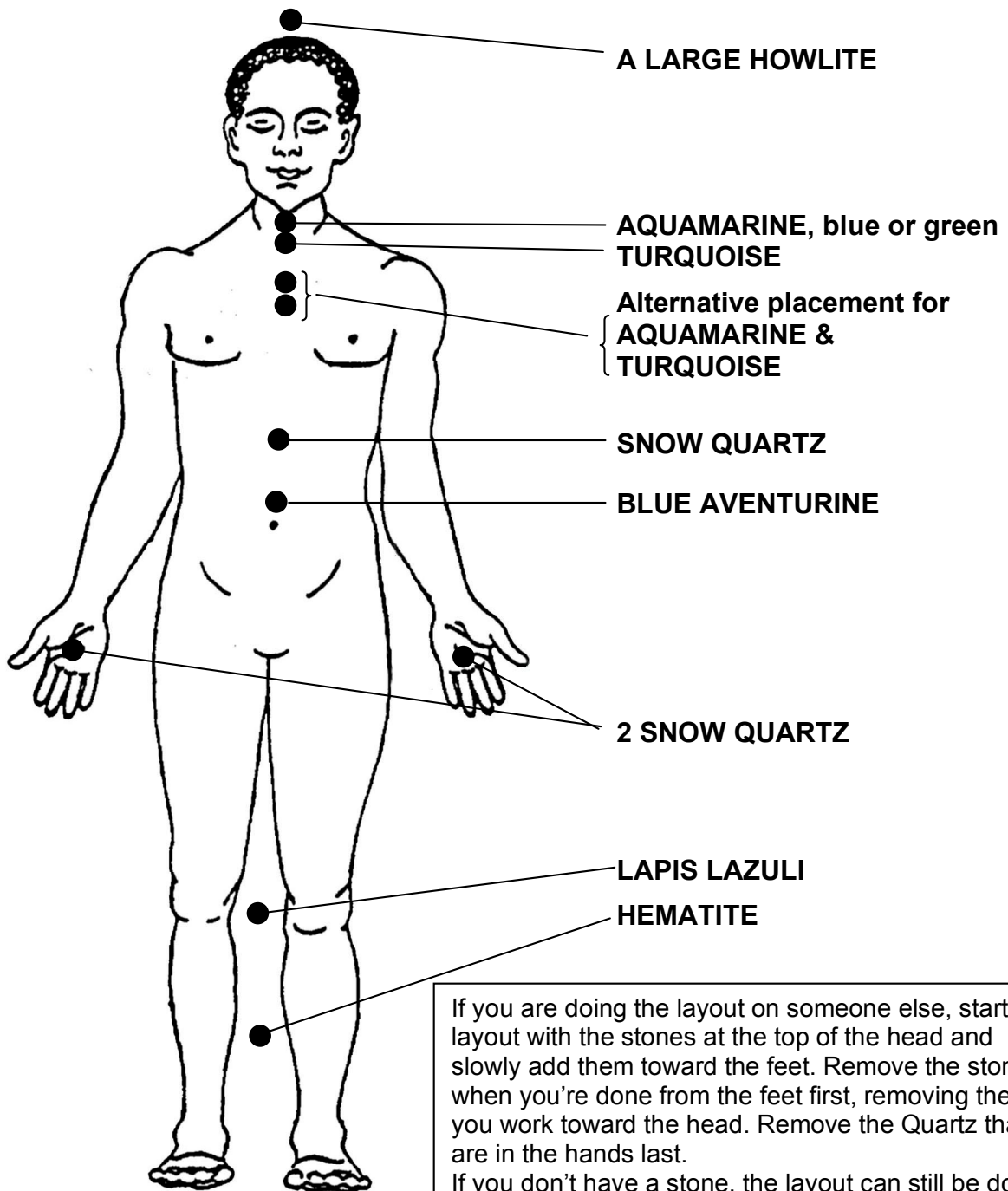


## FOR STRESSED AND BURNED-OUT PEOPLE

This layout is done for 30 minutes. If you are doing the layout on yourself, start by placing the HOWLITE above your head, then sit up and place the HEMATITE between your calves and the LAPIS between your knees. Then place the other stones slowly, starting with the AQUAMARINE & the TURQUOISE, moving down. (There are 2 possible positions for the Aquamarine & Turquoise). Finish by picking up the 2 SNOW QUARTZ for your hands.

After 15 minutes, remove the HOWLITE & the HEMATITE (with your foot, if doing on yourself.) When you're finished, remove the stones from the bottom toward your head.



If you are doing the layout on someone else, start the layout with the stones at the top of the head and slowly add them toward the feet. Remove the stones when you're done from the feet first, removing them as you work toward the head. Remove the Quartz that are in the hands last.

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.