TriVibrance™

The Vibrant Flow™

A Release, Allow and Receive Meditation

Respectfully inspired from the ancient art of Jin Shin Jyutsu

Wash hands before beginning and find a comfortable and quiet space to practice for the next 10-15 minutes.

Have oils ready in the wooden stand or secure on a flat surface in order:

1. Peace and Freedom
2. Faith and Security
3. Compassion and Forgiveness
4. Joy and Purpose
5. Clarity and Manifestation.

TIP: Remove caps before beginning and place them behind the respective bottle.

The Vibrant Flow™ is a powerful exercise that upon initial usage may have a detox effect. We recommend starting with one oil and working up to all five. Until you work up to using all five oils, apply one oil to the corresponding finger and do the exercise for one week with just that oil. Follow the audio by holding each finger but not applying a new oil until each week is up. Add a new oil to the corresponding finger each week.

Prepare to apply oils to your non-dominant hand

Run non-dominant thumbs along ***Peace and Freedom*** from the base of the thumb up to the tip.

Run non-dominant pointer finger along ***Faith and Security*** from the base of the pointer finger to the tip.

Run non-dominant middle finger along ***Compassion and Forgiveness*** from the base of the middle finger to the tip.

Run non-dominant ring finger along ***Joy and Purpose*** from the base of the ring finger to the tip.

Run non-dominant pinky finger along ***Clarity and Manifestation*** from the base of the pinky finger to the tip.

Close your eyes and settle in.

Gently grasp the thumb of your non-dominant hand, from the base knuckle to the tip.

Prepare to take 4 gentle deep breaths inhaling and exhaling slowly while holding your thumb and four fingers.

The thumb holds the emotion of worry.

On the inhale say an inner mantra of “I am at peace”. On the exhale, think and feel “I am free.”

Repeat 3 more times.

Move to your non-dominant pointer finger.

Gently grasp the non-dominant pointer finger from the base to the top knuckle.

The pointer finger holds fear.

On the inhale say an inner mantra of “I have faith.” On the exhale, think and feel “that I am safe.”

Repeat 3 more times.

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Move to your non-dominant middle finger.

Gently grasp the middle finger from the base to the top knuckle.

The middle finger holds anger.

On the inhale say an inner mantra of “I have compassion.” On the exhale, think and feel “I forgive.”

Repeat 3 more times.

Move to your non-dominant ring finger.

Gently grasp the ring finger from the base to the tip.

The ring finger holds sadness.

On the inhale say “ I chose joy.” On the exhale think and feel “as my purpose.”

Repeat 3 more times.

Move to your non-dominant pinkie finger.

Gently grasp the pinkie finger from the base to the tip.

The pinkie finger holds insecurities and anxieties.

On the inhale say “I have clarity.” On the exhale think and feel “as I manifest.”

Repeat 3 more times.

End by placing palms together with fingers facing opposite wrists. Place your connected palms over your heart area.

On the inhale say, “I choose gratitude.” On the exhale think and feel “thank you, thank you, thank you.”

Gently open your eyes and have a day filled with peace, freedom, faith, security, compassion forgiveness, joy, purpose, clarity and manifestation!

Mantras, Emotions, and Organs

Thumb: Release worry from the stomach and spleen. Inhale “I am at peace.” Exhale “I am free.”

Pointer finger: Release fear from the kidneys and bladder. Inhale “I have faith.” Exhale “that I am safe.”

Middle finger: Release anger from the liver and gallbladder. Inhale “I have compassion.” Exhale “I forgive.

Ring finger: Release sadness from the lungs and large intestines. Inhale “I chose joy.” Exhale “as my purpose.”

Pinkie finger: Release insecurities from the heart and small intestines. Inhale “I have clarity.” Exhale “as I manifest.”

Palms together: Integrate whole body release through the diaphragm. Inhale “I choose gratitude.” Exhale “Thank you, Thank you, Thank you.”

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The Vibrant Flow Map™

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