



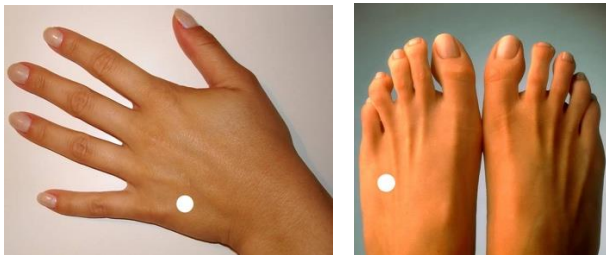
Sartorius meridian exchange for Stress

1 – If you can, activate the Sartorius muscle while thinking/feeling the stress you want to address. This will deepen the focus for your body to ‘get’ the instructions once you activate the acupressure points below.

(Anatomy of the sartorius muscle: 3D video <https://youtu.be/JNQQqxfyoTs>)

2 – Apply light pressure to the following points on opposite hands and feet:

TW3 + GB41



TW2 + Bl66



Change hand/foot sides