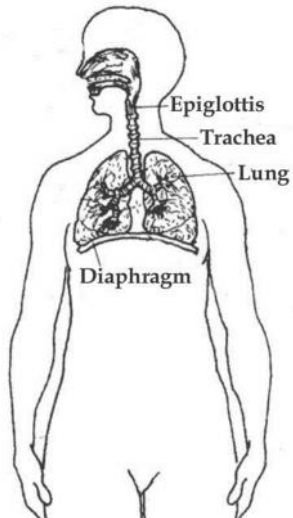
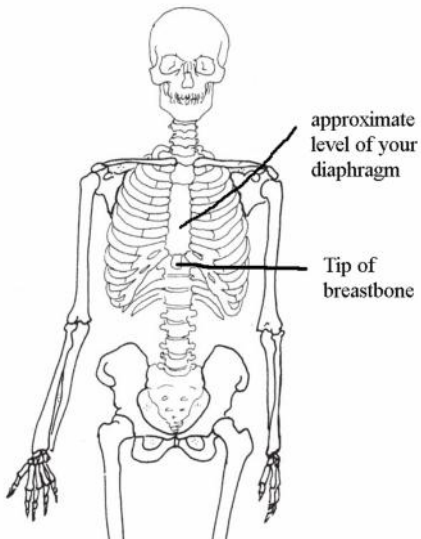


# Week 1 - the Diaphragm

The diaphragm is a muscle “plate” directly below your lungs. Approximately the upper two thirds of your rib cage is occupied by your lungs. Then comes your diaphragm below which, on the right, is your liver and, on the left, your stomach and pancreas. At the rear of your body just below your diaphragm are your kidneys.

In order to locate your diaphragm precisely, first find the lower end of your breast bone (sternum) and lay your hand upon it with your fingers pointing to left or right (dependent upon which hand you use). The root of the little finger should touch the end of your breast bone. Directly behind your index finger is your diaphragm. (see sketches on next page).

*<79 words removed>*



So, adopt your chosen position as described on page 9 and then

*<72 words removed>*

What actually happens is, that by focussing your attention in this area, you bring the energy and information resident at that point to the three Harmony Technology devices. This, in turn, enables them to re-create the natural order which, automatically, deletes the destructives habits and beliefs.

Over these first seven days you will notice both a physical and a mental relaxation in this area. It will not completely disappear - for that more than seven days is necessary and, other, related problems must also be dealt with. This is the purpose of this training course; to accompany you in your journey of discovering how you can do it. In a later lesson we will return to this area.

Do bear in mind that this is merely the first lesson and no-one can expect you to become a master in the first week.

Just enjoy, with a big smile on your face and let the Harmony devices gently remove that which troubles you.

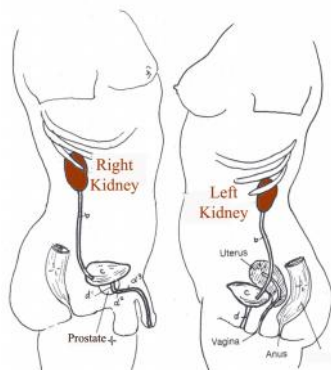
## Week 2 - your Kidneys

The first thing that we need to do here is to find out where they are! Although many people believe that they are within the bowl of the pelvis (mostly because it is here where pain can be experienced when the kidneys are ill) they are, in fact, much higher up in your body.

Your rib cage has 12 ribs. The first nine are connected to your breast bone as you can see in the sketch on page 14. The tenth ribs end directly below your nipples. The eleventh at the sides of your body and the twelfth are only about as long as your little fingers and come out of your spine at the same level as the lower tip of your breast bone at the front of your body.

At the back of your body, just inside of the twelfth ribs are your kidneys.

The kidneys are very strongly influenced and can be seriously restricted in their function by all sorts of feelings have to do with rejection, loneliness, being unloved, unwanted and



everything else in that direction. It can even go so far as to lead to complete cessation of the kidney function!

Because we are never taught anything about how to process and release these destructive emotions, they just accumulate and, especially in men, lead to chronic back pain and other unpleasantnesses.

Gradually, these accumulated rejection expectations become the basic programme of your life leading to a constant downward spiral into relationship problems and then to despair: The pain from previous experiences is projected onto the present situation and creates an enormous perturbation. The present potentially beautiful situation becomes transformed into a repetition of previous torture.

Removing these expectations from your kidneys is going to remove a great deal of current unhappiness from your life. When they are no longer there, when they no longer exist, they cannot manifest themselves into your life and destroy your present happiness.

So: Take up your comfortable position with your spine straight, put your headphone set on and

*<48 words removed>*

The Harmony Headphone Set will then eliminate the destructive feelings.