

WISHING WELL 2

July 17, 2019

Gene's Notes

Discharge mudra:

- (1) colon,
- (2) gallbladder;
- (3) urinary tract;
- (4) respiratory tract (lungs, sinuses, throat);
- (5) skin
- (6) brain and spine;
- (7) aura

Session Notes Taken From Skype Recording

About the Discharge Mudra:



Both hands circle up to create a sort of tunnel. Touch the fingers of each tunnel together as shown in the photo above.

Do the Discharge mudra when energies need to be discharged. Go through the avenues of discharge one by one. Example: Avenue of the intestinal tract. Hold a picture of this area of the body in our mind. With our imagination, allow anything that needs discharging to do so.

Gene takes us on a guided meditation using the Discharge mudra in the recording.