

Switch on CPU, Screen, Printer

Power on



Water



Below Collarbone

Top and bottom lips

Tailbone

Hold Navel with each switch

15 seconds, then change hands



Trace up front of body to lower lip at least three times

Power up

Boot up your body's computer

Cook's Technique Hold each of the two positions for a minimum of a minute



2nd



1st



Cross crawl to activate both sides of the body for 30 seconds

Check all systems

Integrate all circuits