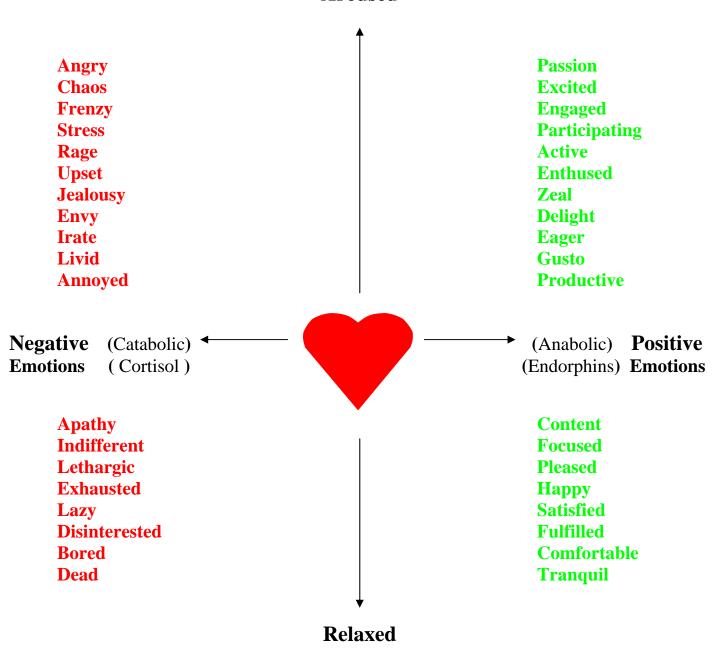
Directing Core Energy © 2005 Energy Essentials

Aroused



SHIFT

Catabolic	>~~~~~~	>>>>>>	> Anabolic
Cortisol		>>>	Endorphins
Acid 6.7		>>>	Alkaline 7.3-7.4
- 10 Function	oning	>>>	+ 10 Functioning
Cell Protect	tion	>>>	Cell Openness
Pattern Rea	action	>>>	Creative Response