

# Mind Body and Sole

Regain Health, Remember Happiness, Recognize Your Gifts

## Safety Energy Lock 3 - The Door

**Location:** On the back, at the top inner edge of the shoulder blade (toward the spine)

**Depth:** 1

**Function/Harmonizes:** Birthplace of Mediators; Body's Antibiotic Center; breathing; fever & cold relief; sore throat; groin & foot congestions; Lymphatic & Immune Systems

**Finger:** Middle

**Quickies:** L right 3 & R left 3; L right 3 & R right 15; R left 3 & L left 15

SEL 3 functions like a door swinging forth to unload tension, then swinging back to receive purified energy.

SEL 3 brings movement and permeability to all areas. Restrictions of movement—primarily in the arm and shoulder areas—can be harmonized with SEL 3. It strengthens breathing in and out, enabling us to let go of the old and connect with the new. Holding SEL 3 to aid in breathing, to treat fevers, colds, and sore throats, and to boost the body's immune system by releasing its own natural antibiotic. It is also a good safety energy lock to hold when there is stress and tension in the pelvic girdle

### Physical Application

Relaxes the shoulders and upper back; tennis elbow; carpal tunnel syndrome; wrist ganglion; trigger finger; numbness and tingling in the fingers; lung ailments, bronchial asthma; colds; bronchitis; fever; auto-immune diseases; activates lymph flow

### Mental/Emotional Application

Emotional stress; grief; all attitudes; brings new perspectives and awareness

