

# Mind Body and Sole

Regain Health, Remember Happiness, Recognize Your Gifts

## Safety Energy Lock 4 - The Window

**Location:** At the base of the skull at the occipital ridge

**Depth:** 1

**Function/Harmonizes:** Bridge between spiritual and physical; insomnia; head discomforts; eye, throat, leg tension/stress

**Finger:** Ring

**Quickies:** L left 4 & R right 4; L right 4 & R left 21; R left 4 & L right 21

SEL 4 is called the "window" that lets in the light of knowledge and life-giving breath. It is the window that receives the breath of life and admits consciousness into the body. Now we can receive universal consciousness. Spiritual ideas can take on concrete form.

SEL opens the energy flow both into and out of the head; it harmonizes thought and vision as well as everything else that goes on in the head. SEL 4 balances the energy of the right and left sides of the body and connects the two sides of the brain for better learning and coordination. Holding SEL 4 allows us to relax and dream.

### Physical Application

Headache; tension in the neck; dizziness; sleeplessness; anesthesia; loss of consciousness; eye and ear problems; nosebleeds; difficulty with reading and writing (dyslexia), or arithmetic (dyscalculia)

### Mental/Emotional Application

Calms thoughts, promotes logic and common sense; brings peace and clarity; promotes spiritual awareness

