* **Finger tip wonders**

**Science and Spirituality researches show fingertips acting as antennas for receiving cosmic energy. Hence, this group of meditation techniques are with various position of finger tips of both hands. These are of ancient origin in Indian sacred books.**

**Let us first have a preliminary idea about the finger tips. Tips of the five fingers in one hand is linked to five basic elements of nature – Pancha Bhoodha – viz., earth, water, air, fire and ether. Tip of little finger relates to Water element. Ring finger tip is related to Earth element. Middle finger tip represents Ether. Index finger denotes air element and thumb is related to fire.**

**Fire is believed to purify all other factors. Hence, touching all other finger tips with thumb tip, optimizes the energy flow.**

**Though these are any timers, the best time will be early morning when you are about to get out of your bed and in night just before you sleep. This can be done in any position, ie., standing, sitting or lying on bed.**

**Be relaxed. Let your breath be casual and smooth. Let your mind be focused on your finger tips. Touch tip of each other finger with your thumb tip. Please ensure that entire tips are in contact and not just nails. Don't apply force and let the contact be natural as if you are just sensing something. Let the contact with each fingertip be for atleast 5 minutes. That's all. You can enjoy an energetic body!**

**If you have any specific need to optimise any particular element, i.e., if you are suffering from Gas / breathing problem – related to Air – or Urinary problem – related to water – then you can use the specified finger tips for 10 minutes more.**

**These techniques can be done upto five times a day. Please ensure that a gap of atleast two hours is there between any two sessions.**

**Cure during specific needs: Sit or lye down and relax. Breath normally and rhythmically.**

**Ensure the contact is total but no stress or pain is there. Don't apply force. Let the contact be there for at least 5 minutes. But, it may last upto 20 minutes.**

**If you are experiencing excess of any element (like a raise in temperature which means excess heat) touch the baseline of the specified finger with either index or thumb finger tip. (Use thumb finger for all other finger bases and use index finger tip to touch the base line of thumb finger.**

**If you are suffering from inadequacy of any element (like dryness which is lack of water element) touch the middle line of that specified finger (baseline of second phalange of that finger for the four fingers and baseline of first phalanges for thumb finger) with the thumb or index finger tip as explained.**

**Beware: These are natural processes and it will take some time for achieving the result. Moreover, your body will start working out a solution and there may be minor inconvenience due to flushing out of impurities. It may be vomiting, loose motion, sweatig, unusual urination or hunger. Please bear with it as your body is in cleansing process.**