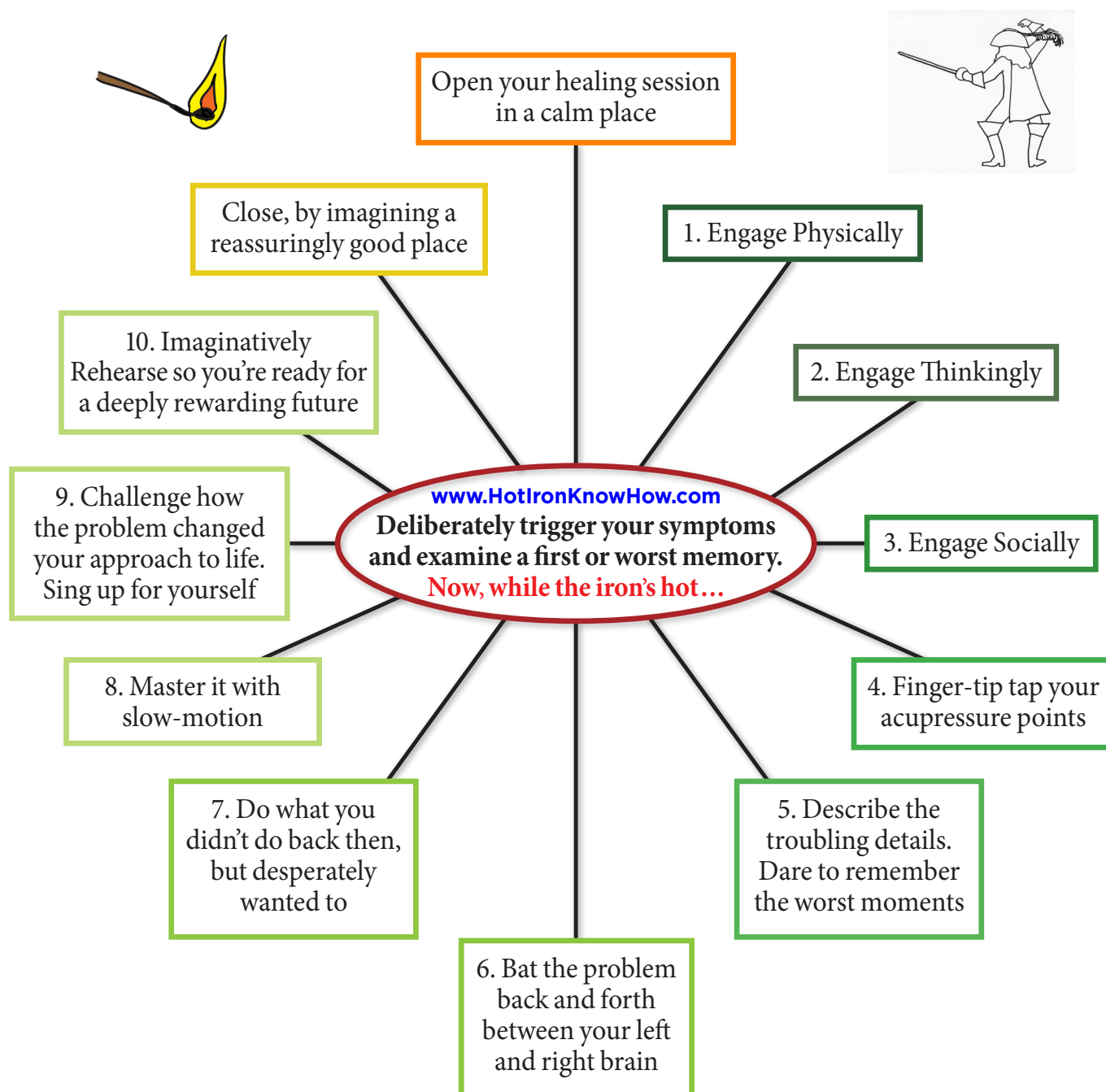


# Your at-a-glance Map of the 10 healing methods



The above page could serve as an 'at-a-glance reminder', once you have thoroughly studied Guide 3 : HotIronHealing. This map will help remind you of the key procedures. So please do print it out, and consider writing in any extra key phrases... perhaps about *shaking-out tension*, *slow-motion breathing* or *eye contact* that might feel particularly relevant to you. It could help you keep these techniques in mind if you were to put the map on your wardrobe door, or the fridge door, and even keep a copy in your pocket.