



Lesson 18:

High Tone Armoring Concept Review

Sharing transformational concepts with a client

What is meant by the term life-force as it is used in this lesson?

What are some of the qualities you may feel under you hands when the flow of life-force is full and healthy in an area?

What are some of the qualities you may feel under you hands when the flow of life-force might be diminished in an area?

What is meant by the term primal rhythm as it is used in this lesson?

Palpate a few different areas of your body. See if you can tell with your hands, which areas may have some high tone. What do you notice about the flow of the primal rhythm through these areas?

