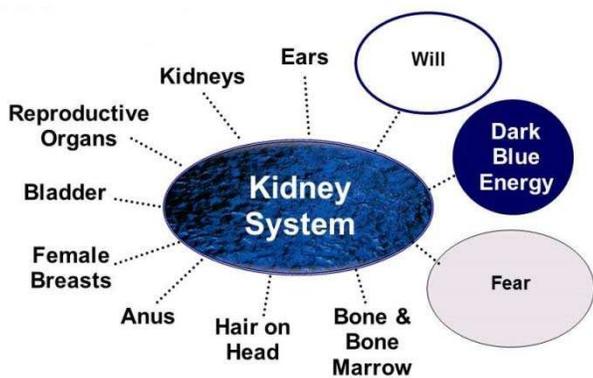
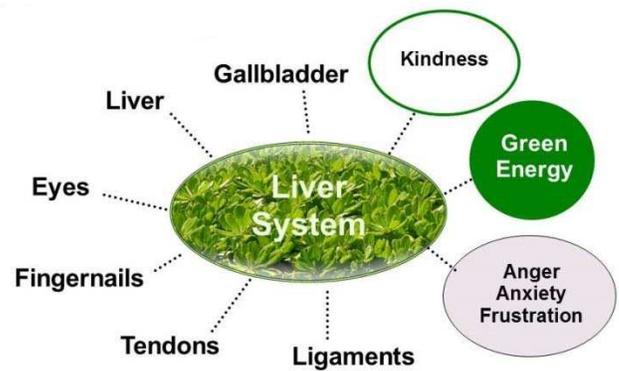
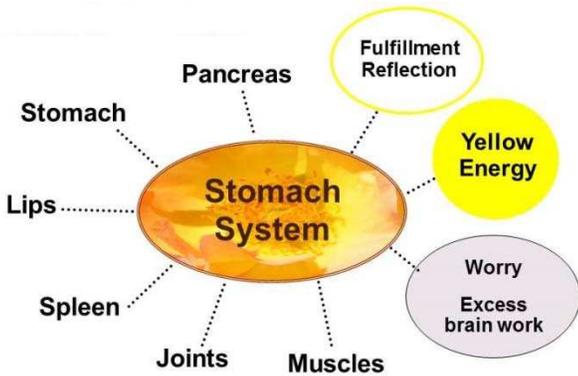
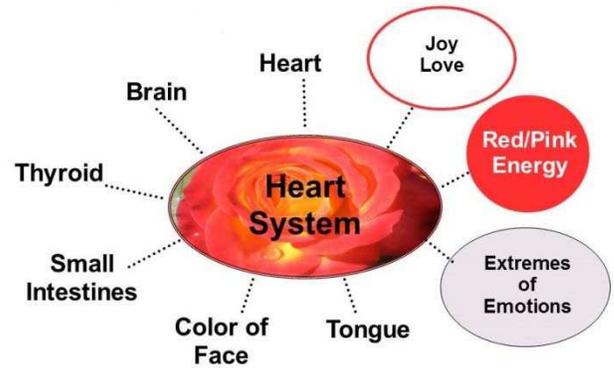
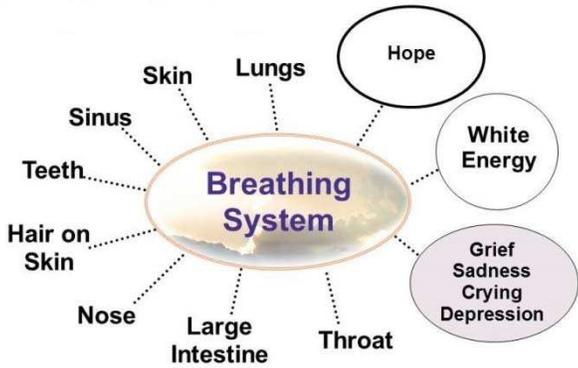


Energy Systems and Color Healing



11:00 pm – 1:00 am	Gallbladder
1:00 am – 3:00 am	Liver
3:00 am – 5:00 am	Lung
5:00 am – 7:00 am	Large intestine
7:00 am – 9:00 am	Stomach
9:00 am – 11:00 am	Spleen & pancreas
11:00 am – 1:00 pm	Heart
1:00 pm – 3:00 pm	Small intestine
3:00 pm – 5:00 pm	Bladder
5:00 pm – 7:00 pm	Kidney
7:00 pm – 9:00 pm	Pericardium (heart protector)
9:00 pm – 11:00 pm	Triple heaters

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www.springforestqigong.com
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