



## Reconnecting Lunar Connectors

1. Locate the connector point on the physical body half way between the inside anklebone and the heel in an indentation.
2. Locate the lunar chakra suspended between the ankles in the emotional layer - feel into it.
3. Reach into the ankle with light fingers and pop the lid to the connector spot - preparing it to receive the connector.
4. With light fingers grasp the connector of either side of the chakra (suspended in between the ankles) with index fingers.
5. Pull the connectors out of the chakra and insert into the end of the indentations on the inside of the ankle.
6. Close the lids around the connectors at the ankles. The connector fits into the lid in such a way that the tendon like connector inserts smoothly into a notch in the lid.