**203 - Reconnecting Bao and Dai Mai**

(Heart and wombspace)

**Reconnecting you back to yourself**

1 – Three Heater (food factory/gut function)   
2 - Bao Mai disconnection resolved.

3 – Adhesions/fascial releases

**There are pages online of all of this.**

**Poly Vagal Release, Accident Recall, Peritoneal Untangler, Leg shaking, Diastasis, Deeper lymphatic, Hiatal Hernia syndrome, Ileo cecal valve corrections, Prostatic drainage work, Deeper sacral, Adhesion breaking. SCARS – al levels.**

**ASSUMED - Settlers**

Moxa thread – on heels

Brazilian toe touching

Grandma cuddles