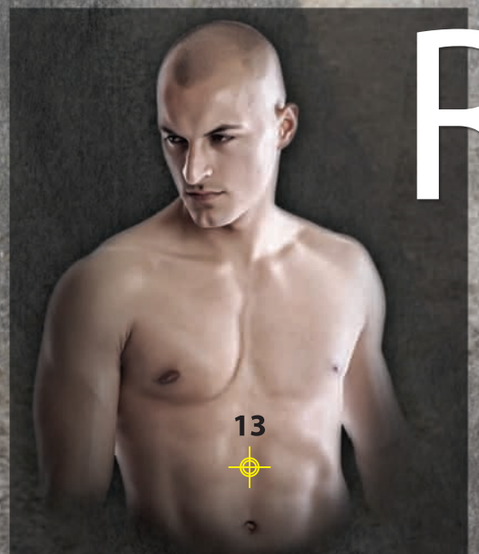
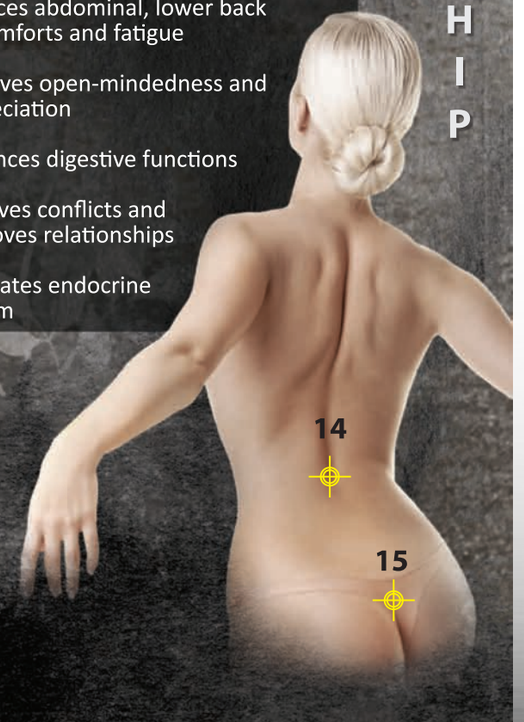
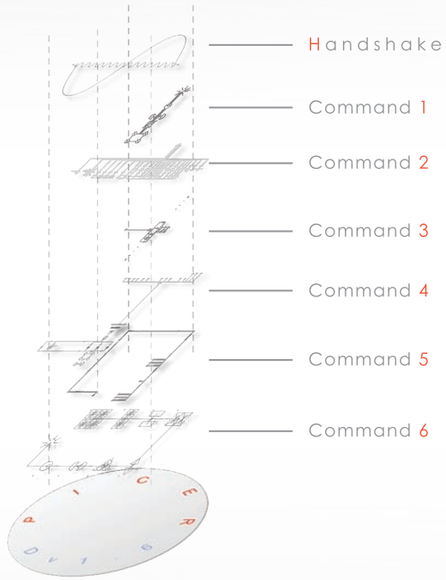


R E L A T I O N S H I P

- Builds patience and team work spirit
- Reduces abdominal, lower back discomforts and fatigue
- Achieves open-mindedness and appreciation
- Enhances digestive functions
- Resolves conflicts and improves relationships
- Regulates endocrine system



The Anatomy of PCCM™



P I C E R

2502 Winsome House, 73 Wyndham Street
Central, Hong Kong
+852.2167.8661
www.amita-institute.com

P I C E R

- There are 5 individual sets in the PICER Configurations
- The [I] PCCMTM is used in all the PICER sets
- Any set can be used in conjunction with each other in achieving the desired result

POSITIONS:

PERFORMANCE

[1] T1: the 1st thoracic vertebrae. T1 is just below the 7th cervical vertebrae; is the most prominent bone when the head is bent forward (Apply PCCMTM when head resumes upright position)

[2] End of Chin: the horizontal edge of the chin, just in front of neck (Avoid folding PCCM™)

[3] Collar: the depression above the collar bones. The most depressed area when inhaling

IDENTITY

[4] Pubic Bone

[5] Right Sole: the most depressed area along the mid-line of the right sole of the foot

[6] Left Sole: the most depressed area along the mid-line of the left sole of the foot

CONFIDENCE

[7] Thymus: about 3 inches (75mm) below the collar bones, lateral to the armpits

[8] Left Armpit: the depression of the left armpit when the arms are extended horizontally

[9] Right Armpit: the depression of the right armpit when the arms are extended horizontally
(PCCM™ may be applied on the clothes for locations 8 & 9)

EUPHORIA

[10] Right Ear Front: in front of the right ear, lateral to the eye

[11] Left Ear Front: in front of the left ear, lateral to the eye

[12] C2: 2nd cervical vertebrae of the spine, located at the nape of the neck, just below the hairline (Avoid contact with hair)

RELATIONSHIP

[13] Upper Abdomen: 3” above the navel

[14] Bendi: the most curved spot on the spine of the body by sweeping one’s fingers upwards and downwards along the spine

[15] Sacrum: a flat area just above the buttocks on the midline of the back of the body. Please be seated when applying

© Copyright 2010 David Lau All Rights Reserved.

PERFORMANCE

- Relieves throat, neck and shoulder discomforts
- Increases efficiency and effectiveness in communication
- Improves analytical skills, work and study performance

IDENTITY

- Improves quality of sleep
- Improves blood circulation, immunity and general health
- Relieves lower spine to lower limbs and joints discomforts
- Increases physical and mental stamina

CONFIDENCE

- Balances metabolism
- Strengthens immune and respiratory systems, and heart function
- Helps to build up a favourable personal image
- Improves stabilise emotions
- Increases confidence
- Relieves stress

EUPHORIA

- Relieves head and eye discomforts
- Heightens the senses
- Reduces nervous tension
- Increases positive outlook, concentration level and clarity of thoughts
- Promotes contentment and joyous state of mind