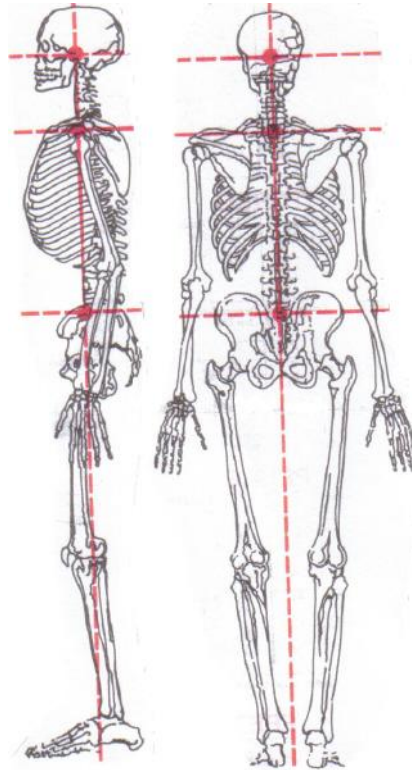


Plumb Line

A plumb line is an imaginary line that goes through the center of your physical body. Some people have a hard time imagining what this would look like so we have found pictures of a plumb line. The main thing to consider is that it is straight and in the center of your being. When you sense the plumb line is off center, just imagine grabbing the line and bring it back to where it should be. Also check the plumb line in between each chakra for there are times that the line may curve or bow in or out. We have also included imaginary lines at the shoulder and hips, this is also something for you to check from time to time.



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