

Self-Mind Clearing

Adapted from Rev. Rudy Noel
by Penny Burdick, MD, HTCP, HTI

A light touch technique that balances the energy flow in the brain.

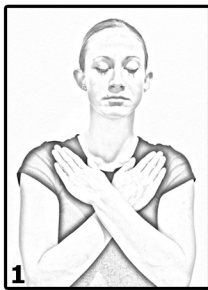
Purpose: To promote relaxation and peacefulness.

Uses: To focus or quiet the mind and clear stress-related headaches.

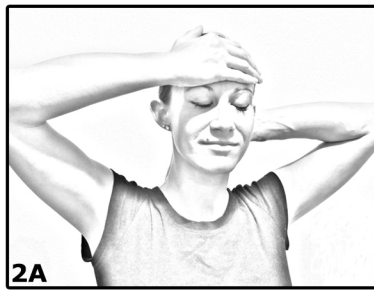
This technique may be done either sitting or lying down.

All hand positions are to be done with light touch.

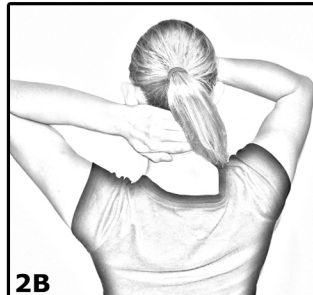
Hold each for approximately 1 minute.



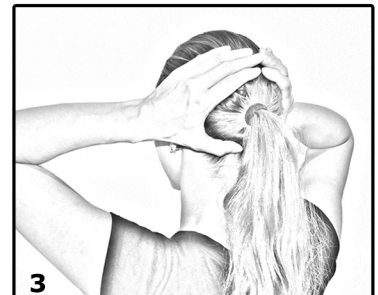
1
Hands on collar bones
with arms crossed.



2A
One hand across forehead, other hand cupping the back of the neck just under the skull.



2B



3
Thumbs under base of the skull and fingers resting on back of the head.



4
Index and middle finger on the crown of the head with thumbs resting on the back of the head.



5
Fingers just above the tops of both ears.



6
Hands cupped over the eyes with fingers on the forehead.



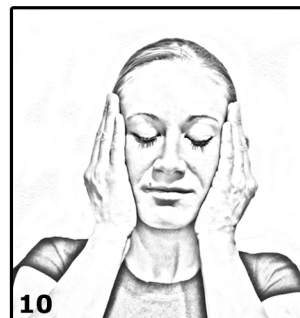
7
Hands across the hairline with fingertips touching.



8
Massage lightly over the jaw joints with fingertips.



9
Gently sweep fingers from the mid-forehead to the chin then off.



10
Lightly hold both the cheeks with cupped hands.



11
End with hands on collar bones with arms crossed.