

Self-Mind Clearing

Adapted from Rev. Rudy Noel

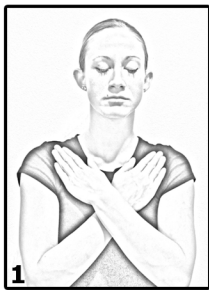
A light touch technique that balances the energy flow in the brain.

Purpose: To promote relaxation and peacefulness.

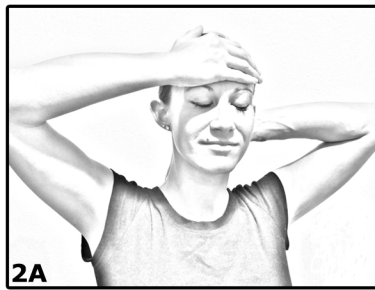
Uses: To focus or quiet the mind and clear stress-related headaches.

This technique may be done either sitting or lying down.

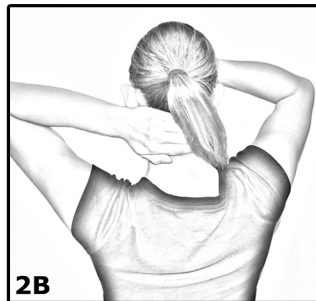
All hand positions are to be done with light touch.



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



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.



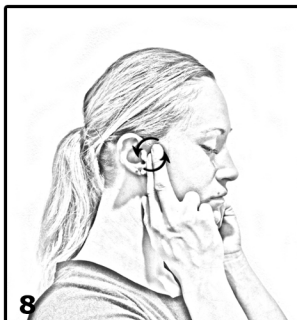
5
Fingers just above the
tops of both ears.



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



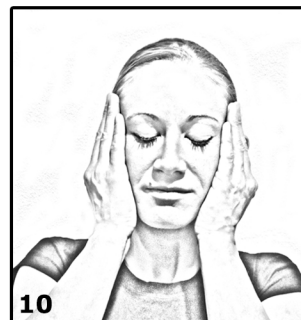
7
Hands across the hairline
with fingertips touching.



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.