

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.



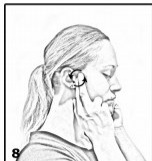
5
Fingers just above the
tops of both ears.



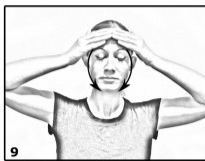
6
Hands cupped over the
eyes with
fingers on the
forehead.



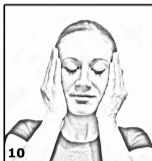
7
Hands across the hairline
with fingertips touching.



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.