

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.

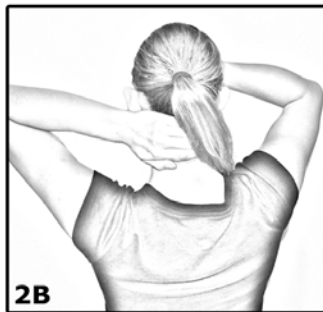
All hand positions are to be done with light touch.



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.



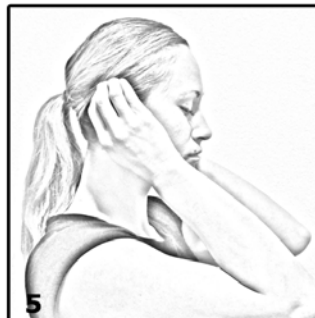
2B



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.



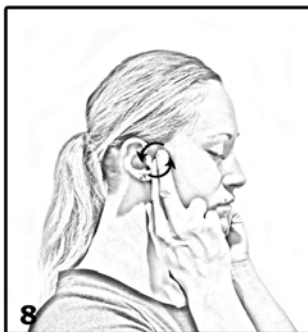
5
Fingers just above the tops of both ears.



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



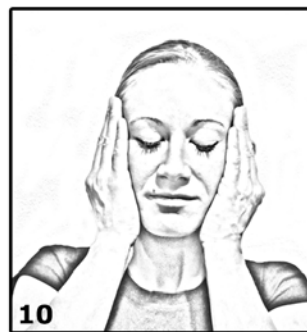
7
Hands across the hairline with fingertips touching.



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.

Here is the handout for the Self Mind Clearing technique. Some tips:

1. Make sure you are comfortable.
2. Remember to begin by taking a few deep breaths as you settle in, bringing all of your attention to the breath and the heart center.
3. Decide on an intention for healing. (Ex. feel calm, relieve headache/pain, release anxiety, inner peace, clarity, stay grounded and present, strength, more energy, good sleep, etc.).
4. Ask Spirit to support you in your healing.
5. Then go through the sequence of hand positions (30 seconds or longer for each position). Feel free to improvise! For example, it's OK to simply focus on one position for the entire time.
6. As you go through the meditation, observe whatever comes up (body sensations, changes in breathing, thoughts, emotions, visual sensations, etc.). If your mind wanders, simply observe that, and then bring your attention back to the breath. If you fall asleep, enjoy the nap! The healing will continue even if you fall asleep.
7. When you come to the last position, take a moment of gratitude for this opportunity for healing.