

Soothing Self-Massage

Your own hands are healing! You'll know the pressure you like, and what feels good. Make sure everything feels just right as you do not need to make it hurt to make it work. Self-Massage activates your Parasympathetic Healing Mode.

HEAD

HARMONY FROM TOP DOWN

CIRCLE the temples and jaws. Rub the sides of the head around the temples and ears (temporalis). Squeeze the back of the head near the neck (occipital ridge). Use fingertips to 'scrub' scalp on one side of the head for 1 minute or longer; then right side.

~Helps with headaches, stress, anxiety, tension, tightness, congestion, jaw pain, overthinking, and insomnia.



EARS

FOR CALMING NERVES, MIND + EMOTIONS

MASSAGE both ears together in their entirety through all the wrinkles and folds. Dive in! The ear contains a 'map' of the entire body including all organs, thus you are massaging the whole body when you massage the ears. Press energy-point dots for even more soothing peace. (yes, one is behind the ear just under the skull).

~Great for calming the mind, headaches, stimulating Vagus Nerve, relaxation, emptying the thoughts, and restful sleep.



YINTANG

FOR CLEARING THE MIND

BETWEEN THE EYEBROWS, massage this point, or in a yoga pose like Child Pose, you can rest it upon your hands, or even on a knuckle to activate this very soothing energy point.

~Great for anxiety, stress, clearing the mind, relaxing and falling into deep restful sleep.



BELLY

SELF-NOURISH YOUR WATER ELEMENT

PLACE ONE HAND ON TOP OF THE OTHER, and circle around the belly button, then slowly spiral outward, making larger circles. Then spiral inward. Repeating this flow a few times. Go slow.

~Navel massage activates Water Element and Ida/Yin Feminine for deep relaxation; improves health of reproduction and elimination.

