

Head

Make sure you are sitting or kneeling comfortably.



1. Place the pads of your fingers on your head with medium pressure.
2. Make slow circular strokes across your scalp starting from your base of your head working up to the top of your head. By doing so, you should feel the scalp move against the surface of the skull. Once you have finished, you should do it two more times.

3. Interlock your fingers, placing them on your head , press your palms into the sides of your head and lift them upward. Lifting your scalp underneath your hands. If your hair is long enough , grab a fistful of hair in each hand and tug it from side to side keeping the knuckles close to the scalp.



4. Use your finger to rake through your hair and over your scalp. **For a relaxing or calming effect** begin at the front of the head and work backwards to the nape of the neck. When you want **to be rejuvenated or energized** begin at the nape of the neck and work forward to the front. Make sure you repeat whichever technique you choose three times.





5. Take one hand and put it on the side of your head for support, while the other hand is in front of your ear with the pads of the fingers on the head. Rub vigorously backward and forward in a friction motion while applying medium pressure. Repeat these strokes three times, in a rhythmical way and changing hands if necessary. Pay attention to the muscles that run as a band around the ear and across the top of the head above the ear.



6. While doing this next movement, keep the heels of both hands on your temples, firmly pressing in against them. Make slow circular movements with your palms in a clockwise direction first and then in a counter-clockwise direction. Remember to use a comfortable pressure and to repeat each direction five times.



7. With the support of one hand, place this hand on your forehead. Now with the other hand start at the base of the skull using the palm of your hand, make a zigzag motion rubbing up and over starting from the back of the head to the front. Do one side at a time, changing hands.



8. Take the tips of your fingers and tap lightly all over your head, building up a smooth rhythm. Remember to keep your fingers soft to the touch on your scalp. The finger should make like a spring motion with the lifting of the fingers. Do this spring finger motion three times on the whole head.

9. This is the final step to finish off the head. Make long stroking movements with one hand, starting from the front of your forehead, working to the back of your head. Once your first hand is at the back of your head, start at the forehead with the other hand and stroke from the front to the back, making the strokes seamlessly. Start off with quick strokes and gradually slow down before coming to a stop.



When you are finished, take a deep breath in and out slowly, relax your hands, head and body. Now try “The Twist”, give thanks for allowing this level of relaxation to be possible. Let go of all the past thoughts that you had before you started the session. Enjoy this uplifting feeling!

