

Head Holds

Each hold is a light touch and can be done for several minutes. Deep breathing can promote greater release.

Halo Hold



Rub hands together to create heat and energy and place 2-3 inches away from sides of head.

Head Hold



One hand on forehead and the other at the base of the skull.

Hands connect with the part of the brain related to memories and emotion

Crown Hold



Thumbs of both hands together, fingers softly on forehead.

With deep breathing this promotes emotional release.

Heart Hold



One hand across sternum, the other hand on upper back.

Breathe deeply and imagine any heart pain draining down into the earth.

Shoulder Hold



Place hands on shoulders.

This is the place in the body related to anxiety and excess burdens of life.

To finish, lightly brush off energy field of the person along shoulders and arms. If the person needs to be energized you can briskly rub their back in clockwise circles.

To ground yourself and to release the other person's energy from yourself, shake your hands or touch the ground.