

Neurolymphatic Massage

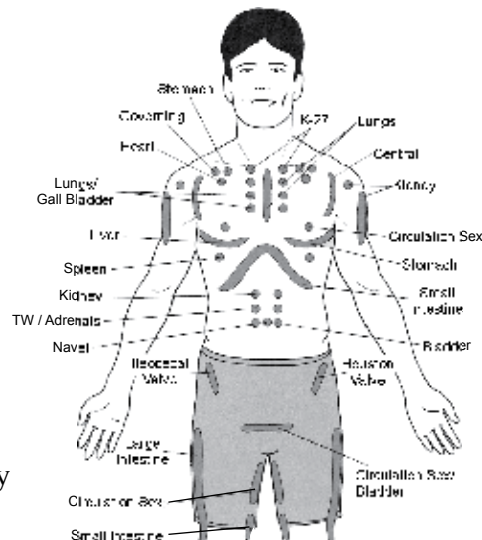
Energizes, sends toxins to your body's waste removal system. Clears stagnant energies from the body.

Massage a subset of the points shown in this figure using firm pressure while moving the skin up and down or with a circular motion. Massage each point for about five seconds. Alternate each day so that you get through all of the points every few days.

Work tender points for several extra seconds. The tenderness may not go away immediately, but you are clearing the congestion.

Neurolymphatic massage is great to do on a daily basis. You will feel a difference.

One important note: Neurolymphatic massage helps clear toxins. If you have a lot of toxins in your system you may experience some nausea from this technique as the toxins are released from your bloodstream into the system. This is not harmful, but you may want to proceed more slowly in future sessions.



Connecting Heaven and Earth

Opens the meridians, expels toxic energies, and stimulates fresh energy to flow through the joints.



1. Start with your hands on your thighs, fingers spread.
2. Inhale through your nose, circle your arms out, and bring your hands together in prayer position. Exhale through your mouth.
3. Inhaling through your nose, stretch one arm up and one down, pushing with your palms. Hold, exhale through your mouth, and return to the prayer position. Repeat switching arms. Do this twice for each arm.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.

The Celtic Weave

Pulses your auric energies outward and strengthens them. Connects all your energies together so they operate as a single web.

1. Stand tall, hands on thighs. Breathe deeply, in through the nose and out through the mouth throughout.
2. Rub hands together, shake them off, face palms, and try to feel the energy between them. Rub and shake again, place palms close to ears and take a deep breath.
3. Inhale and bring your elbows together. Exhale, cross your arms and swing them out to the side.
4. Cross and swing them out again. Bend forward, repeat and cross arms over upper legs.
5. Swing out again, in front of ankles. Bend knees, turn palms forward, scoop up energy, stand, and pour that energy all over your body.



The Hook Up



Gets strange flows moving, strengthens auric field, and leaves you feeling whole again. Calms, helps you feel connected.

1. Place the middle finger of one hand on the “third eye” (between the eyebrows above the bridge of the nose).
2. Place the middle finger of the other hand in the navel.
2. Gently press each finger into the skin and it pull upwards. Hold for twelve to thirty seconds.
3. You can hold it longer if you like.
4. Often you will experience a deep sigh and/or yawn. This shows your energies have hooked up.

The Zip Up

Boosts confidence, clears your thoughts, protects you from negative energies that may be around you.

1. Place your hand at the bottom end of the central meridian - at your pubic bone.
2. Take a deep breath in as you move your hands, slowly and deliberately, straight up the center of your body to your lower lip.
3. Continue upward, bringing your hands past your lips and exuberantly raising them into the sky. Circle your arms back to your pelvis.
4. Repeat three times.
5. Zip up this meridian as often as you like.



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