



MIND CLEARING TECHNIQUE

Preparation for Healing:

- Use the Standard Table Set Up, Client Position and General Preparations before starting the healing session.

Healing: Mind Clearing Technique

1. Sit at the head of the client with your feet rooted.
2. Hold the client's head with your thumbs touching over the third eye and the fingers holding as much of the skull as is comfortable. (Make sure you don't cover their ears.)
3. Feel the current brain activity. Which side is more active? Is it over charged? Under charged?
4. Gently send energy back and forth between your hands until there is a balance in both hemispheres. Use the universal infinity symbol in your mind to allow the energy to flow easily back and forth in a figure 8 between the two brain hemispheres.
5. Once in balance, move your hands under their head and support it gently with your fingertips in the occipital joint at the base of the skull. Feel the energy running up and down both sides of the spine. Feel the vertical flow of the infinity symbol in your mind and allow the energy to flow up and down the spine in a figure 8.
6. Move your hands to the client's shoulders and send this balanced energy down through the body to the feet to balance the entire system.
7. Hold both hands above the third eye to integrate the new vision of life, and send through the entire system (holding indigo blue).
8. Raise your vibration and lift your hands to encircle the client's field and encapsulate them in a golden egg of light. As you do this, you step back from the table, out of their field and bring your hands together in front of your body, sealing their field. Then close the back of your second chakra.
9. Always give your client a few minutes to integrate on the table before you get them up.