

## Self-Mind Clearing

*Adapted from Rosalyn Bruyere & Rev. Rudy Noel  
by Penny Burdick, MD, HTCP, HTI*

A light touch technique that balances the energy flow in the brain.

**Purpose:** To promote relaxation and peacefulness.

**Uses:** To focus or quiet the mind, reduce anxiety, clear stress-related headaches or induce sleep.

This technique may be done either sitting or lying down.

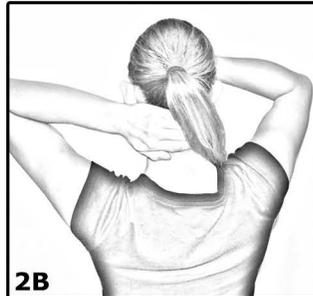
All hand positions are to be done with light touch.  
Hold each for approximately 1 minute.



**1**  
Hands on collar bones with arms crossed.



**2A**  
One hand across forehead, other hand cupping the back of the neck just under the skull.



**2B**



**3**  
Thumbs under base of the skull and fingers resting on back of the head.



**4**  
Index and middle finger on the crown of the head with thumbs resting on the back of the head.



**5**  
Fingers just above the tops of both ears.



**6**  
Hands cupped over the eyes with fingers on the forehead.



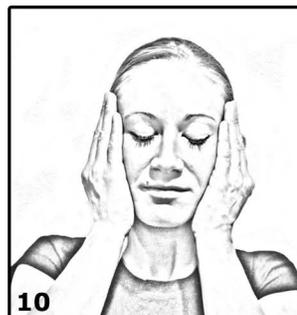
**7**  
Hands sweep across to the hairline with fingertips touching.



**8**  
Massage lightly over the jaw joints with fingertips, 1 minute.



**9**  
Gently sweep fingers from the mid-forehead to the chin then off, 3 or more times.



**10**  
Lightly hold both the cheeks with cupped hands.



**11**  
End with hands on collar bones with arms crossed.

The YouTube video of this technique can be viewed on Penny's website: [mandalahealingtouch.com](http://mandalahealingtouch.com) under Self-care Techniques.

## ***Self-Mind Clearing – rationale for hand positions***

**Hands over clavicles (collarbones):** *(Grounding & centering can be done in this position.)* To open and clear the thyroid, parathyroid & thymus glands. To relax the muscles of the anterior neck and chest.

**Brow and neck:** To clear congestion front-to-back down the mid-line of the brain, between the 2 hemispheres. To encourage free flow of spinal fluid around the brain & spinal cord. *(I think this is the most calming & de-stressing of all the hand positions, and recommend using it if you only have a few minutes.)*

**Thumbs under base of skull:** To clear and balance the brain stem & cerebellum. To relax the muscles of your neck, shoulders & upper back (trapezoids). It is OK to use a little traction here.

**Index and middle finger on crown:** To normalize blood pressure and heart rate, & send healing light down through your body.

**Fingers above both ears:** To connect and balance the 2 sides (hemispheres) of the brain. *(According to Rudy Noel, this is the most important hand position.)*

**Palms over eyes, fingers on forehead:** To relax the eye muscles, clear negative thoughts about the past or future, and decrease tension. *(Rubbing the hands together to warm them before doing this hand position makes it more effective for natural vision healing.)*

**Hands along the hairline:** To open and connect the frontal lobes *(home of personality, and where over-thinking & worry happen.)* To open the 3<sup>rd</sup> eye *(brow chakra)* to wisdom & intuition. To sweep away any remaining worry or negativity.

**Rubbing the TMJ's (jaw joints):** To open, clear and relax the jaws, and reduce soreness and muscle pain in the jaw muscles.

**Brush down face:** For releasing any remaining tension or energy congestion in the face, and to promote relaxation. *(Do this 3 or more times.)*

**Holding Cheeks:** For nurturing and giving yourself unconditional love. You ARE full worthy of this love.

**Final hands on collarbones:** To thank yourself for the self-care, feel gratitude for the healing you received, & then to ground yourself.

**The same basic rationale applies to the hand positions for the Mind Clearing technique for use on others.**

***A 17-min. YouTube video of this technique is available on Penny Burdick's website [mandalahealingtouch.com](http://mandalahealingtouch.com) under Self Care Techniques, as is the handout which can be downloaded & copied to share with friends or clients.***

When "I" is replaced by "we", even ILLNESS becomes WELLNESS  
(Penny Burdick, MD, HTCP/I, QM [www.mandalahealingtouch.com](http://www.mandalahealingtouch.com))

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