

Reducing Vata in the Mind

(or Relaxing the mind, releasing anxiety, tension and stress)

When fear, uncertainty, or seasonal issues cause a rise of Vata in the mind causing anxiety, stress, tension, overwhelm that threaten to depress and fatigue you; there are some things you can do to help yourself maintain your balance and stay healthy.

One easy gentle method to help yourself is to do a Self Mind Clearing wherein while being Heart Centered and relaxed bringing your thoughts and intentions to your hands and placing them in the order the article recommends you can help clear and keep yourself calm and supported. It is an excellent self-care and stress reduction method. Don't try to force anything, just allow things to become relaxed, smooth and in balance.

Blessings,

Jerry Becker

HTCP/I, CAE

I believe fully in giving credit where credit is due, so the following article preceding the hand placements is the base of where I have received this information.

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Self-Mind Clearing

Penny Burdick, MD, HTCP, HT Instructor-in-Training

Self Mind Clearing is a technique developed for the self-administration of Mind Clearing. Mind Clearing originated from a technique of Rosalyn Bruyere's called Brain Balancing. Rosalyn is an internationally acclaimed healer, clairvoyant and medicine woman. She taught this technique to Rev. Rudy Noël (Clavijo) when he was a student and later a staff member at Rosalyn's Healing Light Center. Rudy later modified the technique, and changed its name to Mind Clearing. Subsequently, he shared the technique with Janet Mentgen, founder of Healing Touch, who incorporated it into the Healing Touch curriculum.

This is a light touch technique that balances the energy flow within the brain and promotes relaxation and peacefulness. It is useful for focusing and quieting the mind and to clear stress-related headaches.

The Self-Mind Clearing Technique was a gift to me from my guides after I had struggled unsuccessfully with the challenges of using all the normal Mind Clearing hand positions on myself. One evening, I asked Janet Mentgen, Dorothea Hover-Kramer, other healers who have transitioned and my personal guides to help me with finding hand positions that would be easier for self-usage. The following morning, the full technique was there in my mind, a gift to be shared with others.

To enable me to share Self-Mind Clearing with other healers and clients, I decided to create an illustrated handout. A delightful young friend, Sita Thompson, posed for photos of each hand position. With the invaluable assistance of my tech-savvy son, Philip Bishop, we converted the photos to simplified black/white images, adding descriptions of each hand position.

Since developing the handout early in 2014, I have taught Self-Mind Clearing to members of our local Healing Touch Practice Group, attendees at an introductory Healing Touch presentation, local hospice volunteers, and some of my clients. It was so well received that I subsequently shared the technique with several Healing Touch instructors in Washington state and Healing Touch Program. It is with their blessings that I offer the technique and handout to you.

Please feel free to copy it, share it with other healers, family, friends and clients, and use it personally.

With gratitude to those healers who have gone before us, and all those yet to come.

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Self-Mind Clearing

Adapted from Rev. Rudy Noel

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 and clear stress-related headaches.

This technique may be done either sitting or lying down.

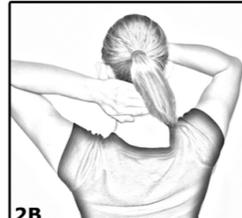
All hand positions are to be done with light touch.



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.



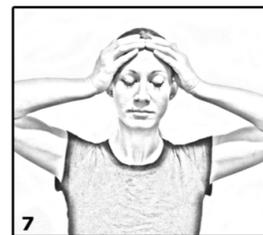
4
Index and middle finger on the
crown of the head with thumbs
resting on the back of the head.



5
Fingers just above the
tops of both ears.



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



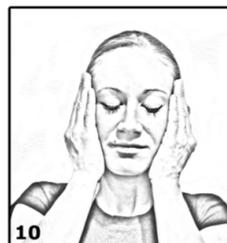
7
Hands across the hairline
with fingertips touching.



8
Massage lightly over
the jaw joints with
fingertips.



9
Gently sweep fingers from the
mid-forehead to the chin then
off.



10
Lightly hold both the
cheeks with cupped
hands.



11
End with hands on
collar bones with
arms crossed.