

Head Holds

Prepare to 'protect our space' so we don't absorb the others energy or given them ours.

Rub hands, place on knees, then draw up energy from the ground then stroke our energy field gently to surround ourselves with light.

At end of each hold shake off hands, or place on thighs to let go of energy.

If during the hold we are feeling the person's energy enter us, allow it to drain through our arms down our trunk and into the ground

Halo Hold (hands either side of head few inches from ears)

Head Hold (one hand on forehead, the other hand on back of head at base of the skull)

Crown Hold (thumbs on crown, fingers over forehead)

Shoulder Hold (hands on shoulders, slightly cupped)

Heart hold (one hand on front of upper chest, other on back level with first hand)

At the end massage the person's energy field and shake off for ourselves and perhaps ground on the earth or a natural object

