

ANTI-STRESS YOGIC MASSAGE

Yogi Bhajan • October 18, 1986

Yogi Bhajan gave the following anti-stress massage technique to the Khalsa Chiropractic Association in 1986. There are **12 nerve points** to be massaged in sequence, and each point is to be treated for **3 minutes** by rubbing in a circular motion. Techniques 1 through 5 have the patient face up, and techniques 6 through 12 have the patient face down.

Be sure to use a clock so that no single point is stimulated for more than 3 minutes. Class members can pair up so that person A completes the massage on person B, then they switch roles so that person B can complete the massage on person A.

1. Have the patient lie down face up. The healer sits above the patient's head. With a small rapid circular motion, massage the skull at a posterior dimple point behind each ear; that is, two-thirds the way up from the bottom of the ear. You should be able to find a slight depression in the skull where your finger fits to do the massage.

2. Stand over the patient and with a rapid circular motion, massage the lower portion of the rib cage on the sides of the patient's body.

3. Gently but firmly, start on the left side of the chest and press underneath the bottom edge of the rib cage where the abdominal muscles connect to the lower ribs. Use the little finger edge of your left hand to press in under the bottom of the rib cage. Be gentle as some people have very tight muscles in this area. Hold the pressure a while and allow the patient to relax. Now using the little finger edge of your right hand, gently but firmly press underneath the bottom edge of the rib cage on the right side of the patient's body. Alternate from side to side. Take your time, go slowly and don't switch abruptly from one side to the other.

4. Massage the patient's abdomen rapidly and lightly using your fingertips of each hand on either side of the patient's center line within the triangular area formed by the hipbones and the pubic bone.

5. Place the flat of your palms over the patient's kneecaps and massage lightly and rapidly in circular motion, moving out from the center line of the patient's body.

ON THE BACK. The patient lies face down.

6. Rub and massage the Achilles tendons of both feet from the foot upward several inches to where the calf muscles meet the tendon.



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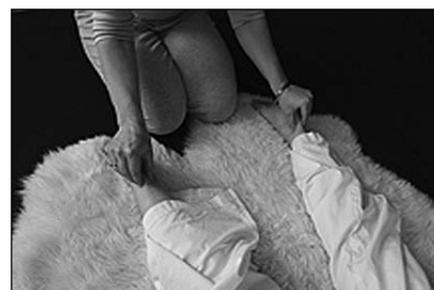
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