

Black Pearl Sanctuary



Preparation:

With client lying face down:

1. Gently stretch apart sacrum, and upper back / neck
2. Spinal flush
3. Sacral rock Pull energy down and
4. Figure 8 the area of the back.



off feet

With client lying face up:

1. Third eye / navel hook up
2. Belt flow
3. Sit at the head, lay sides of thumbs on client's forehead, and stretch apart with firm pressure to stimulate the opening of the Third eye.
4. Gently stimulate the scalp. Rub the occipital ridge outwards from the centre, then return, with extra attention to Electric points.

Hold the following Neurovascular points for at least 2 mins each, keep contact with the head as you move from one to the next.

- A: Power Point Pull – middle finger at central notch at base of skull, use the other middle finger to connect the Third Eye.
- B: Place '3 finger notches' on the Spleen NV points above ears.
- C: Place flat palm on sides of head, 2 fingers each side of the ears.
- D: 2nd + 3rd fingers on Stomach NV cheekbone holding points, thumbs on main NVs above the eyebrows.
- E: 2nd + 3rd fingers on Stomach jaw points, thumbs on TW temple points.
- F: 2nd + 3rd fingers on TW temple points and thumbs on Liver hairline points.
- G: 3 finger notch on Crown chakra and 3 finger notch on Heart.

To close:

1. Pull energy down the body and off the feet, squeezing the sides.
2. Figure 8 both feet.
3. Hold K1 points or do K1 Wave, pushing thumbs into K1s, leaning into the points on the in breath and leaning back out on the out breath.

If you feel that toxins have been released and you want to hold Kidney sedating points as you might at the end of the QEB, they are: K1 and L1, followed by K3 and SP3.

Brazilian Toe Technique



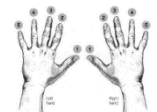
Prep self: 4 thumps, hook up, zip-up, drink water, work hand gaits then stretch hands.

Prep client: Press/ buzz K27, hook up, belt flow, work foot gaits, pull energy off toes.

With client lying face up, sit comfortably at their feet and, working on both feet together, hold toes very lightly in the following sequence.



Toe #	Thumb and Finger #
3	Thumb 3
4	Thumb 4
5	Thumb 5
2	Thumb 2
1	Thumb 2 and 3 *



Hold each position for three minutes, finger on top of the nail, thumb underneath. Maintain contact with the foot when you gently change toes.