

FACIAL MASSAGE

Anytime you feel like you need a bit of a lift, try the following practice. It is very simple but hugely effective. And, it is great to do on yourself or even your partner, friend or relative. As long as you practice mindfully it can be both rejuvenating and relaxing.

Sit in a comfortable position for your body. If you are doing this on someone else they may like to lie down. Please do it slowly and be aware of your breath whilst you do it. There is no need to be in a rush!

Bring the awareness to your breath; don't control it; just watch as the breath flows in and out of the body. Allow the breath to flow at its natural pace. The breath is soft and silent. You are aware of the deep and length of it without controlling it. Just observe.

Softly close the eyes.

Gently bring the hands together in front of the chest and rub the palms together until they are warm.

Cup the palms over the face, without touching your skin. Feel the warmth from the hands all over the face and through the eyelids.

Now lightly touch the face, neck and forehead with the finger tips, without stretching the skin. Be aware of how the skin feels, how you feel with the touch sensation.

Using the middle fingers, make soft circles around the eyes, without stretching the skin. Do five times in each direction (clockwise and anti-clockwise).

Run the fingers down the side of the nose to the upper lip and make five circles in each direction, feeling where the gum meets the teeth.

Take the middle fingers back up the side of the nose, and make five circles again in each direction, either side of the nose at the top of the sinus.

Release the left hand, and using the middle finger of the right hand, brush up the bridge of the nose five times.

Using the middle knuckle of the right middle finger, place it over your THIRD EYE (the point in the centre of the forehead about 1cm above the line of the eyebrow) and make five circles in both directions. You may experience some colour sensations here – accept and enjoy them.

Using the fingers of both hands, brush them up the forehead to the hairline, then follow the hairline over the temples and down over the top of the ears. Making a 'V' with both hands, take the fingers up and down either side of the ears, five times.

Then gently press the flap of skin over the ear hole in and release three times.

Bring the hands together, in front of the heart. Keep the eyes closed. Connect with how you feel. Connect with your breath. If you were doing this to someone else, gently but firmly place your hands on their shoulders, slowly slide them off so they know you have finished.

Lower the hands to the floor...ground your energy.

Slowly come up to sitting...open the eyes.