

YOUR RITUAL

FOR REDUCING ELECTROMAGNETIC STRESS

Sandalwood (Santalum album) has a rich, sweet, warm, and woody aroma that is sensual and romantic. Used traditionally as incense in religious ceremonies and for meditation, it is uplifting and relaxing.



8 Key Massage Points and How to Use Them

By Rex Lassalle

Move away from your computer or cell phone for the next 10 minutes. If your only choice is to perform this ritual at your desk, switch off your device during this period.

Place your feet flat on the ground as you sit upright yet relaxed in a chair. Take a deep breath, and as you are breathing out stretch your arms above your head for a good long stretch.

As you continue to breathe deeply in a relaxed and effortless manner, rub the palm of your hands together for about 10 to 15 seconds then shake them out as

if shaking mud from your fingertips.

Open your bottle of Young Living's **sandalwood essential oil**.

This is the best oil to use for this ritual. It is extremely high in sesquiterpenes, the chemical compounds that may help to remove negative programming from the cells. Young Living sandalwood oil helps to stimulate the pineal gland, thus facilitating better production of melatonin, an important factor for optimal functioning of the immune system. It is also a great essential oil for depression and skin revitalisation.

Sandalwood is a very versatile oil, and I will be writing more about it in future editions of this newsletter.

Access the oil by turning the bottle upside down onto your middle finger.

Gently rub the oil on to the Marma point **KAPALA**. Marma points are an aspect of the Ayurvedic tradition, and have a very subtle quality that is linked to **m i n d - b o d y** consciousness. Being aware of a gentle quality of breathing connected with your touch enhances the effectiveness of this massage ritual.

1. Kapala; this is the point at the hairline on the midline of the forehead.

After massaging this point for about a minute, apply some more sandalwood oil to your middle finger. Then massage your finger onto the point **MANYAMULA** for a minute, again maintaining that gentle quality of breathing as you keep the soles of your feet on the ground. This helps to connect you to the life force of the earth, and brings a deeper quality to the ritual.

2. Manyamula; this is the point centrally at the base of the skull, often known as the Medulla Oblongata point.

After massaging this point for about a minute, apply some more sandalwood oil to your middle finger. Then massage your finger onto the point **AJNA** for a minute, again maintaining that gentle quality of breathing as you keep the soles of your feet on the ground.

3. Ajna; this is the point of the 3rd eye on the midline of the forehead.

After massaging this point for about a minute, apply some more sandalwood oil to both of your middle fingers. Then massage your fingers onto the point **SHANKHA** for a minute, once again maintaining that gentle quality of breathing as you keep the soles of your feet on the ground.

4. Shankha; this point is at the temple, in a depression 1-2 finger widths from the outer end of the eyebrows.

After massaging these points for about a minute, apply some more sandalwood oil to both your middle fingers. Then massage your fingers onto the point **TING GONG**. This point is known as "Auditory Palace" in TCM. Again, massage for a minute while maintaining that gentle quality of breathing as you keep the soles of your feet on the ground.

5. Ting Gong, Small Intestine 19, known as "Auditory Palace". It is the point in the depression in front of the tragus, which is the protruding flesh at the front of your ear. When you open your mouth the depression that is present is Small Intestine 19.

After massaging these points for about a minute, apply some more sandalwood oil to your middle fingers. Then massage your fingers onto the point **KAPOLA MADHYA** for a minute, again maintaining that gentle quality of breathing as you keep the soles of your feet on the ground.

6. Kapola Madhya; this point is the depression that you feel when the teeth are clenched at the midpoint of the front border of the jaw muscle.

After massaging this point for about a minute, apply some more sandalwood oil to your middle finger. Then massage your finger onto the point **HANU** for a minute, again maintaining that gentle quality of breathing as you keep the soles of your feet on the ground.

7. Hanu; this is the mid-point on the midline between the chin and the lower lip.

After massaging this point for about a minute, apply some more sandalwood oil to both your middle fingers. Then place your fingers onto the point **AKSHAKA** for a minute, again maintaining that gentle quality of breathing as you keep the soles of your feet on the ground. Slowly move your head to the right and then to the left continuously, in smooth flowing movements, for about a minute.

8. Akshaka; this is the point at the base of the throat on the outside of the sternocleidomastoid muscle. This is the line of muscle that sticks out when you turn your head either to the left or right.

Before you complete this massage ritual, bring your fingers together, close your eyes and take a very deep breath of the wonderful sandalwood oil that is there. Hold this breath for a while and gently breathe it out, feeling every fibre of your being filled with the essence of sandalwood.

This magical ten minute ritual has just enhanced the quality of your life; allow it to move you towards being more productive and aware with what you are doing.

Best wishes,

Rex