HEALING HEAD HOLDING (AKA FRONTAL/OCcipital HOLDING)
(Adapted from Terrence Bennett’s Touch for Health Neuro/Vascular Points)

Purpose: This is a powerful technique for defusing ‘negative’ emotions, processing emotional experience and balancing the hemispheres. One hand contacts the forehead (frontal lobes of the brain) while the other hand contacts the occiput (area closest to the brain stem and the limbic system). You can either focus on a memory or upset; OR gently focus on your internal experience, on somatic sensations in your body. You can do this for yourself, or even better with a partner.

Use when:
- Feeling anxious, upset or unsettled
- Feeling dissociated or disconnected

Common experiences:
- Feeling more calm & balanced
- Feeling connected and integrated

The Steps:
1. Select something to focus on: either your internal experience (somatic sensations) OR on some emotional distress
2. Rate the issue or memory 0 - 10
3. Place one hand across the forehead with the little finger across the eyebrows and the thumb up by the hairline, or friend can do this for you.
4. Lightly hold the back of the head with the other hand, with the little finger at the base of the skull, holding the rounded portion of skull under the occipital ridge.
5. Gently focus on your internal experience OR on the issue or distress, while breathing gently but deeply
6. Gently hold this position for several minutes until you feel a pulse or heartbeat in both hands; or until the issue or distress shifts and releases.

Note: Our hands and arms are jumper-cables; whenever we touch our bodies with both hands we create an energy circuit. As you hold your forehead and occiput with your hands while breathing, you will notice your body calming down, shifting, processing, and re-integrating. When you’ve gone through several shifts, and are feeling the pulses synchronized and even in both hands, you're done.

Follow along with the video: https://youtu.be/QgPqxBJqrTc

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