

7. Clapping

- Clapping breaks up stagnation and clears the air.
- It can be used close to the body or around a room, especially in corners and near to the floor, to break up stagnant energies.
- Clapping stimulates the palms of both hands, which are sub-Chakras of the heart. It is interesting that clapping in most parts of the world is an expression of appreciation from the heart.

How To:

- (**mcs**) Clapping is needed in the field around the body?
- (**mcs**) (Client • Practitioner) needs to clap over a particular area? Sometimes the clapping is sharp and sometimes soft – using the finger tips or clapping with the hands cupped, creating a hollow space between them and a different kind of sound.
- (**mcs**) Clapping is needed in a particular area of the room *often in corners* to break up stagnant energy? (**mcs**) to locate the area(s).
- Allow your hands to clap in whatever rhythm you are drawn to.

8. Humming

- Humming vibrates the larynx (voice box), from where the sound is transmitted to the cervical vertebrae of the spine (just behind the larynx).
- Bones conduct the vibration throughout the body and particularly through the skull bones to the brain, which is recharged by high frequency sound.
- Children naturally do a lot of humming as they draw, write and play. As adults, we would do well to follow their modeling and hum!