

- It is excellent to put your tongue on the roof of your mouth while doing most of the Spiral Up Energizing Options. Another opportunity for doing this Spiral Up Energizing Option is when listening to people.

How To:

- Place the top of your tongue on the roof of your mouth, just behind your upper front teeth, or further back on the hard palate, wherever it feels comfortable. Hold this tongue position, relax and breathe gently.

4. Memory/Listening Ear Massage

- The ears are associated with our capacity to hear, and also with physical balance and memory.
- The ears are a reflex to the whole body. Massaging the ears, circling the ears and pressing into the ear Acupuncture points – several hundred of which are located on or in the ears – will energize and relax the whole body-emotions-mind frequency system and may have a beneficial effect on your hearing, memory and balance.
- Working on the ears has also been known to help with back pain.

How To:

- Place your thumb behind your ears and gently place your index fingers on the inside of each ear. *Avoid putting your fingers into the ear canal.* Press into the ear Acupuncture points and circle the ears slowly and gently.
- Gently stretch the flaps of the ears and pull the edges of your ears, massaging any sensitive points you find.
- You can work the top of your ears by putting your fingers behind your ears and your thumbs in front and repeating the stretching and pressing into the ear acupuncture points.