



Cranial Relaxation Technique: A Simple Technique to Calm the Mind, Nourish the Eyes and Balance the Nervous System

Michael Hetherington

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Relaxation in your fingertips! The aim of this book is to empower you, the reader, to be able to give powerful 10 minute cranial re-balancing treatments to yourself and to others. This technique is very easy and effective and anyone with the intention to help and heal can do it with little effort. What makes this technique so powerful and unique is that we work directly with the energetics of the brain, nervous system and the acupuncture meridian system found in Chinese medicine. After reading this book you will learn how to effectively practice this technique so as to gain the most benefit. The benefits include: - A rapid diffusion of any anxiety or stress - Pain relief from headaches - Preventative treatment for headaches - Nourished and moistened the eyes - A general feeling of a calm and balanced nervous system - and more...

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