

Neuro-Auricular Technique for Stress

#1 Balance the body with **Valor** by placing three or more drops on your hands, place together and rub 3x in a circle, right hand to right foot, left hand to left foot and hold. Or balance on shoulders, right hand on right shoulder, left on left.

#2 Work 2 drops **Frankincense** into the LC in clockwise circles. Work with gentle pressure under the Occipital Ridge from behind each ear to the center using clockwise motion.

#3 Repeat with **Valor**.

#4 Starting at two hands width below head (C7) rotate **Deep Relief** in clockwise motion next to each vertebrae on either side of the spine in a cross-stitch pattern up to the LC. Then work points clockwise under the occipital ridge starting from ear and working toward the center.

#5 Hydrate the discs - go back to the starting point (C7) and gently go up and down in between each vertebrae all the way to the LC.

#6 In sweeping motions, start at the Occipital Ridge and sweep **Deep Relief Roll-on** outward and off the shoulders.

#7 Repeat with **Stress Away Roll-on**.

#8 Repeat with **Ruta VaLa Roll-on**.

#9 If trapezius muscles are tight, switch back to **Stress Away Roll-on** and sweep down traps fanning out from C7 down.

Key: ● = clockwise circle motion in a targeted area.

○○○○ = clockwise motion along an area.

→ = direction of motion start to finish.

----- Locus Ceruleus (LC)

----- Occipital Ridge

C1-C7
2 hands width

C7

#10 Vita Flex (starting with fingers on their pads, curl the fingers up and over the nail, then quickly release) on shoulder, starting at top, then go down 2", repeat. Down 2", repeat.

#11 Take **Valor Roll-on** and rotate in clockwise motions under the occipital ridge from behind each ear to the center to seal the treatment.

#12 Lymphatic pump - head or feet. Feet recommended for safety.

