

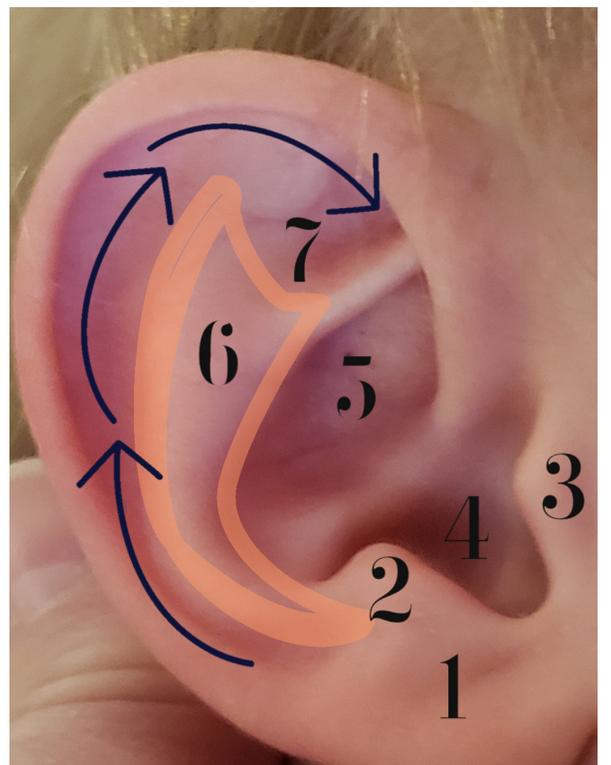
Relaxing Ear Massage

1. Using fingers & thumbs massage child's ear lobe in circular motion
2. Using finger tips massage the outer and inner portion simultaneously in a circular motion.
3. Using finger tips massage the outer and inner portion simultaneously in a circular motion.
4. Using one finger, press gently in circular motion starting at the center and working around the entire area
5. Continue with circular pressing and massage around and into the edges of this part of the ear
6. This raised area can be massaged like the ear lobe with fingers and thumbs placed on front and back of the ear-rubbing upward & out to the top of the ear.
7. Pressing with finger tips. Hold for added relaxation technique

* massage the direction of arrows, repeat 3 times



Lisa Borg Anderson, MSOM, LAc
www.acupunctureindelray.com
lisa@acupunctureindelray.com



The ears are a micro system of acupuncture and that means that it can treat the whole body. Envision a fetus, laying upside down in a womb and this is the ear. Using both hands we will massage both ears at the same time. It is very relaxing and can be considered a full treatment alone.

Face is the earlobe and we begin there using thumb and index fingers massage and pull very gently the ears out towards the edge of the ear, next we will work on the helix which responds to the spine and vertebrae starting at the bottom nearest the ear lobe is the neck thyroid and voice, going upward the shoulders, back and hips use the thumbs in the front of the ear and the fingers in the back gently massage pulling just a bit this releases tension in the spine and supports the nervous system.

Next we will work on the internal organs. They are located in the fossa or hollows of the ear. We begin by using our fingertips and I typically use my index fingers to gently press all of the surface of the hollows starting again closest the earlobe and working through the lower portion is the organs of the upper chest-heart, both lungs and then we will massage the little triangles which represent the brain and assist with balancing sensory and speech.

We will massage them the same way we did the ear lobe and then work on the upper fossa which holds the stomach, intestines, bladder, reproductive organs and kidneys. Then we will do the upper part of the ear which helps with grounding the breath and helping wheezing. There is also a point that helps calm the spirit.

Once you have done this whole massage, go back to the beginning and gently massage the whole ear a couple of times quickly. This allows the whole body to completely relax making sure the energy is moving.

If your child is older or you are willing to allow them to try, switch and walk them through the process of ear massage. You will find that given the opportunity they will be great at giving treatments and feel very proud of themselves.