

Head Hold

from Trauma Healing and Transformation, Chapter 3, p. 45-55
—Patricia Mathes Cane, Ph.D.

Holding Pairs of Acupressure Points

Two different acupressure points may be held at the same time to move energy. The following two positions can be done on oneself or with another person.

- **For anxiety and depression**

Hold the points at the top of the head with the point in the middle of the forehead, or the middle of the sternum, while breathing deeply with eyes closed for several minutes.

- **For headaches and to calm anxiety**

Place the palm of one hand on your forehead, and with your other hand press the points at the base of your skull at the side of your neck. Breathe deeply with your eyes closed and imagine light flowing through your head calming all your tension. Reverse hands and hold your head again. (Approximately 3 minutes.)