



Introduction to Natural Facial Rejuvenation

The Lange-Muller Method

Level One

A Powerful Synergy of Oriental Medicine and

Biodynamic Craniosacral Therapy

Developed by Dr Susan Lange, OMD, L.Ac and Mary Louise Muller, M.Ed, RCST

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Also, any research we may cite may be superseded by more recent research and development as time goes by. We have made all reasonable efforts to ensure that the information presented is accurate. Some of the information is cited from ancient texts and has been passed down through generations of physicians.

This Home Study Guide has been drawn partially from the transcripts of live classes to keep the more spontaneous and conversational quality. We want to convey the sense of how Rejuvenation comes from a place of flow and ease and not from being too technical and full of “jargon”. We hope that we have accomplished this in these pages for you.

What students are telling us about the Home Study course:

“Your Home Study Course is fantastic.... I look 10 years younger, yay!” Wendy O, Riding Instructor

“I’m loving it! ... Results in seconds! ... Just what the Doctor ordered!” Dale M, Acupuncturist & Dental Hygienist

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Introduction to Natural Facial Rejuvenation

The Lange-Muller Method

Level 1

“It’s about people being able to deeply drop into relaxation and actually heal things at a different much deeper level.” Mary Louise Muller, M.Ed, RCST

INTRODUCTION AND OVERVIEW

Why Our Method?

This method is a unique form of transformational facial massage that is a synergistic blend of the best of traditional and modern healing touch. The acupressure “Laser Touch”, rooted deep in Chinese tradition, works with the skillful gentle “Listening Touch”, which comes from biodynamic craniosacral roots, to enhance transformation of face and heart, body and soul and overall wellbeing and inner balance.

Dr Susan Lange, OMD, L.Ac and Mary Louise Muller, RCST, have combined these traditions into a fresh new approach in the Lange-Muller Method of Natural Facial Rejuvenation. Their goal is for you to become truly “Refreshed and Rejuvenated” at all levels!

What this Introductory Course does NOT cover:

Botox or other medical or surgical procedures

Needles or painful injections

Beauty product Dos and Don’ts, herbal products or cosmetics

Chinese Facial Diagnosis (Level 2)

Things we will cover in Level 1

In Level 1 we want you to experience feeling refreshed and being in contact with the real you, not the frazzled you living in a stressed out society.

Your Presence

This class is not about “fixing” the outside of you.

It is about understanding how what is going on *inside* you is reflected in your face.

Your face gives us clues to what’s happening inside, including your life wounds, your life gifts and yes, even your life purpose.

In Acupuncture terms, when you work on the internal you, you’re helping your face. And when you work on your face you are helping your insides.

If you have serious health challenges then you need to consult with a skilled practitioner of course. (This does not replace working with a qualified practitioner, and is not intended to diagnose or cure any disease as you can see from our disclaimer)

Here we are giving you an awareness of what’s possible, to get you started in this program.

In This Level 1 Program:

We will discuss and practice the **Five Step Facial Observation** process to help you understand that what is showing up on your face is happening inside your body too.

We will also be teaching you the **“Five Element Facial Massage”** which is something that you can do every day no matter how busy you are.

And at the end of most sections we will invite you to do a **Self-Directed Review**.

Introduction to Natural Facial Rejuvenation, Level 1 – The Lange-Muller Method

Here are the six Modules listed for you:

MODULE #1 The Foundation

- Settling Exercise into “Self Connected Wholeness”
- Setting Your Intention: Stated Outcomes
- History and Discussion of our Natural Facial Rejuvenation method
- Yin and Yang: Quiz, Lecture, Exercise and Discussion

MODULE #2 Face Evaluation

- Face Evaluation: How to Observe the Face
- 5 Step Facial Observation Method: Exercise and Discussion

MODULE #3 Yin Listening Touch

- Yin Listening Touch: Lecture, Exercise and Discussion
- Meridian Balancing Exercise

MODULE #4 Yang Laser Touch

- Yang Laser Touch: Lecture, Exercise and Discussion

MODULE #5 Five Element Self Help and Partner Sessions

- Putting It all together
- Self Help “Five Element Mini” Exercise
- “Five Element Full Session” with Partner/Client

- Discussion

MODULE #6 The Five Minute Rejuvenators and Integration

- Yin Yang Blitz aka the Five Minute Rejuvenators
- Conclusion and “Ode to the Face” Summary

Self-Directed Review.

Susan: This course requirement is based on Chinese medicine principles. It is important to complete the cycle of one process before moving on to the next one. This is why we will ask you at the end of each learning segment to pause ... and spend a little time doing what we call “Self Directed Review”.

This reflects the metal and water phases of the five element cycle (which we will be teaching more of in Level II).

The metal phase is about integration and the water phase represents completion.

In our live classes, after each section, the students pair up and share privately (more yin) how the experience was for them and then we invite them to share their perceptions with the group if they choose (more yang).

In the Home Study Program, we ask you to pause ... and to notice what is happening in your face, your body and your space (the energy field around you) after learning or performing each of the sections and exercises in our Facial Rejuvenation System. Notice what’s shifting, what’s different. This allows you to process and integrate old thoughts, feelings, sensations and emotions that might be surfacing. It also prepares your body to receive healthy new patterns and behaviors.

We then ask you to write down (and ground) your observations.

This is especially important when working with the face because of deep old and possibly vulnerable issues that might be released by this gentle work.

Paradoxically the slower you go and the more often you pause for self-reflection, the deeper and more effective this work will be, not only for your client but also for you. When you process and resolve your own issues first, then you are able to be more present for the client and you will be able to hold a much larger and more solid container for them. Your client will be able to relax and rejuvenate more easily when they trust you and feel safe.

(If anything seems as if it might be too much for you then we highly recommend that you get support or supervision for yourself from a qualified practitioner.)

In summary, this course is specifically designed so that after each section you can integrate and complete what you have just done and allow yourself to relax into the present moment. This supports you in being fresh and ready for the next piece and is an integral part of our Natural Rejuvenation Process.

In Level 2

We will cover more material that you can use, experience immediately, and put in to practice.

You will get **protocols for rejuvenating the neck and scalp** as well as **Dr Frances Wong's full facial acupressure healing treatment** - all important components of our Natural Facial Rejuvenation system.

And we explore **deeper levels of the Chinese Five Element System** which is all about how energy flows through the organs of the body and is reflected in the face.

We also cover the very important **Window of the Sky points which help to connect mind, body, spirit and, of course, your face.** They bring the emotional, spiritual and physical aspects together.

The Level Two training supports even deeper levels of healing and relaxation for the practitioner as well as the client.

State in which to do this course:

- Adventure, exploration
- Non-judgment
- Compassion – for yourself and for other
- Allowing the Inner beauty to be revealed

“When people come in for their faces, this work leads them into the deeper places” Dr Susan Lange, OMD, L.Ac

MODULE #1: PREPARATION

Section One: Settling Into “Self Connected Wholeness”

Mary Louise: One thing that is a very important part of the work you’re going to learn is that we resonate with each other’s nervous systems. We even resonate with our own nervous system, and we have choices about what we do with our nervous system. So, we often talk about settling. We’re going to begin the class by taking a few minutes to settle and to notice what that’s like in our body. When you’re going to touch yourself, or you’re going to touch someone else, ideally you are first settled in yourself and you are present in your body. Susan and I call this coming into a state of “Self Connected Wholeness”.

So, just take a few moments to get a sense of your feet on the floor, your hips on the chair. Just notice where your mind is. We often say from the craniosacral therapy perspective, you let your thoughts be like clouds. You just notice what they are and you let them go. And notice your emotions. What tone or quality are you experiencing right now? Is there anticipation and excitement here? Is there something on your mind from before you ever came? And again, just let it be like a cloud.

And how do you notice settling in your body? How do you notice being more present? Within craniosacral therapy we have a big concept of wholeness. Many times we’re fragmented, and as we take a moment to slow down, it’s as if all the parts that are all over the place begin to “get” that maybe it will be helpful to be in communication with each other and part of the whole. You might just notice what happens with your breathing as you do that. And since our workshop is really around the face, you might notice as you’re settling, what your sense of your face is.

Usually, we look at it quickly in the mirror and we “fix it up”. We ask, “Do I look okay to face the world”? But if you sense from the inside out how your head is

sitting on your neck, you can follow around to the front and notice how your face either settles, crinkles, tightens, tweaks, turns, or relaxes.

And when you're ready, we're going to open our eyes slowly and see if you can bring that wholeness, settledness and connectedness with you.

In craniosacral therapy, we do a lot of work about perception and how to let perceptions come to us when we are in a state of "Self Connected Wholeness".

Self Directed Review

From the Chinese Medicine perspective we are opening our focus to the integrated connection of your face with your body, your mind, your emotions and your spirit.

So now we invite you to spend a few minutes reflecting on how this seemingly simple exercise of "Settling" or coming into a state of "Self Connected Wholeness", as we call it in the Lange-Muller method of Natural Facial Rejuvenation, is used to prepare the space, your space, to work lovingly and gently with the FACE.

What were some of the kinesthetic cues that we used to help you settle?

Section Two: Setting Your Intention: What would you like to take home from this Program?

Mary Louise: Susan and I really want today to be fun for you. Let your mind relax and allow the information to pour in, trickle in, or come to you in whatever way is easy for you today. Often, in craniosacral therapy, we talk about having soft eyes and seeing the trees in the forest. So if you can, notice Susan and myself here in the midst of this room, in the midst of all of you and you just relax back and allow the information to come to you.

What we often like to begin with is to set an intention. And what we'd like you to do is to consider if there is one thing that pulled you here to take this class. When you said, "Natural facial rejuvenation- ah", what is one thing that you really want to get out of today? What is that one thing? We are inviting that word. See if you can crystallize it into one special word.

Of course, you can have more than one thing but take a partner and just explore and see if you can come up with one word. See if you can capture in one word what is your theme for today.

Susan: And if you're doing this at home, take a moment to let the word or phrase come to you about what you would like for yourself as you take this Natural Facial Rejuvenation Class.

One Word or Phrase?

Write the word or phrase down in a color that you want and in a way that captures the quality of what you want. For ideas of what other students have done you can take a look at pictures of the word clouds that we create in each live class on our Facebook Page:

<http://www.facebook.com/pages/RejuvenateMyFace/106752972686911>

The goal is to do this in the spirit of fun. As we say “Laughter is the Best Face Lift!”

Some people instantly get the word that they want, but if it doesn’t come right away, try writing some phrases down and then distilling the phrases into the word(s) that seem the most “right” for you. Often you can feel it like a “click” in your body.

List the Desired Outcome for yourself as the practitioner:

Step 1

Write down phrases that you’re “trying on for size”:

Step 2

Write down the words or phrases that crystallize what you would like from this class:

List Possible Desired Outcomes for your clients:

Your sessions will be more powerful when you take the time to be with your clients and find out what they *really* would like for themselves.

Mary Louise: Ohh. **Inner smile.** Well that's kind of like the energy but it's even better. **Inner smile... inner joy.** That's great. Anything else?

Student: **Peaceful and vitality.**

Mary Louise: Wow... peaceful. Yes.

Male student: **Health and youth.**

Mary Louise: Oh health and youth. **FUN!**

Susan: That was mine.

Mary Louise: (laughs) Fun square.

Susan: Fun square. Good, thank you.

Section Two: Part Three, Preview of Class

Susan: This class is about encouraging you (and us) to take the time to smell the roses and look at the daisies on the way to our goals, *to actually have fun and fill up and connect with ourselves; to take the time – for ourselves.* So we know now what you want from this class. We've got it written down (for the live class) and at home you have written it down on paper. Now let's talk about the class. Let's preview the class and then we'll review the history of this particular form of "Natural Facial Rejuvenation", which is The Lange-Muller Method, and how it came to be.

The reason that I am very excited about this particular class is because a few years ago, Mary Louise and I were talking and I was telling her about a really fun and lighthearted class that I used to teach in the early nineties called "The Lazy Way to Looking Good". It was a free class for the local community and I would have all the elderly senior citizens working on their faces and their wrinkles, making all kinds of funny expressions as they were rubbing their acupuncture points, and we would laugh all the way through the class.

This class was inspired by my very first Chinese Medicine teacher, Dr Frances Wong, in Hong Kong and then I stopped teaching it because I thought it was too frivolous and lightweight. We were having “too much fun”(how wrong I was!).

I wanted to go much “deeper”- into the biodynamic craniosacral field, along with teaching pre- and peri-natal birth trauma healing therapy and a psychoanalytical form of Body oriented psychotherapy. I chose to work with deeper, deeper, and deeper levels of healing.

And then as we were chatting Mary Louise said, “That’s wonderful. Why don’t we do that facial work? And I did a double take. We could teach a class on the face together. That would be fun! Wow! And as we explored, we realized that it totally fits into the whole pre- and peri-natal birth trauma healing piece, because the head, face and neck are what get the most impact when we come through the birth canal. This is where the information about early trauma and family beliefs and ancestral beliefs gets sealed in, into your head, face and neck, and into the muscles and bones of your skull.

What we realized was that teaching this class is a way of re-connecting with ourselves, growing presence, tapping into the healing currents, and on the journey, very often old trauma can start to resolve itself and release.

We’ve observed in these classes how this old, old stuff can resolve and we actually have examples on video. So I feel very excited about this kind of joyful, lighter work where **we really don’t have an agenda except to have fun and look younger, feel better and relax, rejuvenate and nurture ourselves.** And then our clients benefit too!

In the first half of this class, we’re going to be exploring the craniosacral piece, which in Chinese medicine is a more yin therapy. Then we will teach you some of the more yang acupuncture approach.

And finally we will put it all together into a Natural Facial Rejuvenation combination that you can go home and start using immediately!

Susan: Does anyone here *not* know what Biodynamic craniosacral therapy is? Quite a few. Does anyone know what craniosacral therapy is?

Mary Louise: No. Okay. Great. Fantastic.

Susan: Okay, so we will have Mary Louise explain that piece a little later in this class.

Susan: First we will explore what the relationship of yin and yang actually means to you within your own body.

Then Mary Louise will fill in the yin piece, and I will be teaching more of the yang part in the second part of this program.

We call the yin aspect of our program “Listening Touch”. It’s a very gentle way of honoring the body. We’re going to be spending the first part of this program with “Listening Touch”, honoring the yin.

Then we will go more into what we call “Laser Touch” which is the Chinese medicine aspect and the acupuncture points where we hone in and focus. When we learn to laser in, we can be really efficient and effective.

So, the Listening Touch is the time to smell the roses and watch the daisies grow and watch the grass grow; and the Laser Touch is focused, efficient and effective. When we combine those two forms of touch – and it’s more than touch – it’s two forms of perception and contact, it’s really fun and it’s very powerful. And we can go really, really deep, fairly effortlessly. That’s what we have discovered. You will be learning the Listening Touch first, the Laser Touch will be next and at the end of the program, after your sessions, if you want, we suggest you get videoed so that you have on record how you feel at the end of the day. It’s always something that you can go to and notice “Wow, this is who I truly am!” So that’s what we’re exploring. We’re combining the yin and the yang. And at the very end, we will tie it all together and we’ll give you this very simple,

effective technique to take away with you so that whenever you want to feel more yin or more yang, you can just do it.

If you're doing this class at home, we suggest you video yourself at the beginning and also at the end of this program, either with your webcam or your cell phone so that you too can have a record of how you will look after the sessions.

Section Two: Part 4. Yin Listening Touch: Mary Louise's background and her part in the development of the unique Lange-Muller Method.

Mary Louise: Yes. Susan didn't use the word this time, but you know, we were talking on the phone and she was saying "You take the Listening Touch and then you blend it with the Laser Touch and what you end up with is Loving Touch". So I really liked it when she said that. That's lovely.

And the other thing, Susan is going to teach the acupuncture section ... and the meridians are very powerful. They are gateways into your organs, your energy, your emotions, your mental state, your ability to think clearly. So that piece is very important, that Laser Touch.

Listening Touch: What I like about the Listening Touch most, and the craniosacral orientation, is the underlying belief that your body knows how to heal itself. Your body has an Intelligence "with a capital I", as *Dr. Sutherland* who developed the original cranial work said. It's more Intelligent than anything your brain can think. It's an Intelligence that forms us as an embryo, that heals a scar; that if you were exposed to germs, it kicks them out and gets us healthy again. So craniosacral work is based on the concept that the body has wisdom and that if we begin to listen to it and support it, that it can heal itself. And of course, *cranio* comes from cranium and *sacral* comes from your sacrum. Sacrum actually means sacred bone. But the work is actually about your *whole* body because it's about these tides that breathe through the field of your body and they're energetic. And of course, in this, Level One, we're not going to learn craniosacral therapy, but you *will* learn the craniosacral touch and the craniosacral touch is a very

gentle touch that floats on tissue, and responds to tissue, and has conversation with tissue. So, we will learn that touch and we will integrate it into how we both work on ourselves and how we work on someone else.

I began learning craniosacral work in the late 1980s and I studied with *The Upledger Institute*. It was fantastic work. It became my primary therapeutic tool. And then, early in the 90s, I met a man named *Franklyn Sills* and my husband and I brought him over from England and Franklyn actually is the primary developer of the biodynamic craniosacral model. There are different lineages but Franklyn was very much one of the originators of that. And what was different for me in beginning to move into the biodynamic touch is how you begin to work with what we call “deeper tides”, that are slower, that have to do with your fluid body and your energy body. So you work with the physical and the fluid and the energetic levels.

And in the late 80s, when I was learning all that and I had this great craniosacral practice going, I met a student named Lana Lawson at a kinesiology conference and she was teaching something called “Facial Harmony”. And she traded sessions with me and what amazed me was how similar it was to craniosacral work. And I thought well I already know craniosacral work. I don’t have to learn that. And she had basically developed her work from a man named *Stanley Rosenberg* who was Danish. And Stanley Rosenberg is now a friend of mine.

The whole biodynamic craniosacral community began to realize, maybe in the last 10 years (since the late 1990s), that the work of *Steven Porges* which is on the **social engagement nervous system**, is primary to any therapeutic approach (see Resources at end of this Study Guide). It’s about how the nervous system balances itself and in the level 2 we go into it in more detail. Level 1, we just mention that this concept is really important. Very simply, the social engagement nervous system has to do with your face and with five cranial nerves that all relate to your face- and they’re about how we move through the world and establish safety. And once we know we’re safe, our nervous system goes, “Aah”.

And in our Western culture, sometimes we hardly ever know we're safe. We're worried about all our bills. We're worried about our house, our kids, our education, the health reform, whatever. And we lose that sense of relaxation and wholeness in the nervous system.

So, after all these years of saying, "Oh, that face stuff is just icing on the cake" Susan and I realized, "Oh that face stuff. It's about the social engagement nervous system. It's about people being able to deeply drop into relaxation and actually heal things at a different much deeper level." And we realized that we could teach anybody and everybody this and it could change their lives.

We could offer a series of workshops where we could teach you the tools to interact with your own social engagement nervous system which then would bring all these things that you've asked for – relaxation, joy, inner smile, - because that's what the social engagement nervous system is about. It's about that place where we find peace, safety, and settling in the nervous system. So that's when we *really* began to get excited. We said, "Oh, this face stuff is actually a gateway into deep, deep healing. And people are being able to really settle and be with themselves." So that's why we teach this now. And we're very excited about it, as Susan said.

Stanley Rosenberg actually came over (a few years ago) and he taught a one day face lift massage for us. We were inspired by parts of his techniques and his tools. The same person who sparked Lana Lawson really sparked me. And Stanley is very, very big on Steven Porges. He is a craniosacral therapist in Copenhagen and he's a really good friend of Steven Porges and James Oschman, if you know those names. Within the biodynamic craniosacral field, we have become aware of how important the social engagement nervous system is. So that's our history.

Susan: That's your history.

Mary Louise: My history. And you're going to tell your history, okay.

Susan: I want to acknowledge that some of you doing this program are very experienced in craniosacral work and some of you are newbies, so please don't hesitate to let us know if we're using jargon or technical language that you don't understand and you're tripping up over it. Because that's part of you practicing what we call the social engagement system, which is actually about speaking out and practicing connecting. Would you do that? You promise? Great.

And if you're doing the Home Study Course we have a glossary at the end of this Study Guide explaining many of the words and phrases that we mention in this class. So you can refer to that if you get confused. Okay?

If you're simply taking this course to look younger and feel better, with no need for continuing education hours, you can let the technical words slide by and know you'll get what you need through the gist of what we are teaching.

Section Two: part 5. Yang Laser Touch: Susan's Background and her part in the development of the unique Lange-Muller Method.

Susan: I was brought up in Hong Kong and as I said earlier, **my first Chinese Medicine teacher was Dr. Frances Wong** and I'll be showing you a picture of her later. She was absolutely amazing and all kinds of people would come to her for healing, from far and wide, including the media. She was on TV and written up in magazines a lot. She used to treat the top local Hong Kong business people and even some senators in America, along with refugees, the local drug addicts and the elderly. She helped a lot of people to feel better.

She was brought up in Nanjing, in China. Her uncle was actually the governor of Nanjing. I only discovered this recently from one of her 80-year-old students who lives in England now. I just knew this woman, Frances, as one of my mom's best friends (they were living in Hong Kong at the same time). Frances was taught by a Buddhist nun. That Buddhist nun was taught by a Taoist priest who apparently lived to be about 110 years old! The knowledge was passed down one on one, from one student in one generation to the next student in the next generation.

Then Frances started getting a sense of urgency in the 1970s, the early 70s, and sensed that people needed the information and they needed it fast and one-on-one apprenticeship training wasn't fast enough. Well, of course it's all much faster now. When Frances taught her first class of six people in 1973, my mom was in it, and I was in her second class in 1974. Then the nun got very angry because she said this is really powerful transformative information and it shouldn't be given out to people unless they go through years and decades of apprenticeship so that they can understand what they are doing. And there was my mom in the very first class, learning the techniques and acupressure points, and then she'd go off with her class to places like the local old folk's home in Hong Kong or the local drug addicts' half way house and she would be using acupressure points and working on faces and bodies.

Fortunately Dr. Wong wasn't afraid and one of the reasons she wasn't afraid was because of when she was a kid (this is what I learned recently from that 80 year old student, Daphne, in England). When she was a kid, she saw some of the horror that was happening in China and she wanted to learn how to kill - to protect people from what was happening. Her uncle, the governor of Nan Jing, was very wise and he hired one of the top martial arts practitioners who taught the young Frances and Frances' cousin how to heal. The best martial arts practitioners are amazing healers. Did you know that? Some of the points that they might learn to use to kill, you can actually use for healing. So, Frances' energy and intention to make a big difference and to help, was channeled into healing.

And she didn't just use points. She used many different modalities. She would read your face, she would read your hands. If we went to visit her, she would look at my hand and she'd read my handwriting and then she'd tell me about myself and what I needed to do to keep myself more balanced (very important for a teenager!). And she taught us a protocol that we're not actually teaching in the Level One program, but we will teach you in Level 2. We call it "The Full Frances" Facial Healing Treatment.

Today we're teaching you a more simplified version, that you can learn and start to use immediately. We'll also teach you the principles of yin and yang that Frances used to keep us balanced.

And then in Level Two we'll teach the protocol that my mom used and I still use. My mom used it until the day she died. Even the week before she died, she was saying to me, "Sue, are you still doing these points? You need to do these points." She didn't have a wrinkle on her face. It was amazing. In Level 2 we're going to show you this. So we have this one track which is the Dr Frances Wong method.

There is an ancient Chinese lineage of working with the face. The empress of China and the concubines used to have their faces worked on. The tradition goes way back to 2000 years ago and it was written about in texts with lovely poetic names such as the Bamboo Chronicles and the Golden Scissors. Through face reading we can tell what's happening inside your body. You can diagnose what's happening inside your body by your face. And the doctor who could accurately read the face was considered the highest form of healer: a spirit healer or "superior doctor".

Then we go to a separate track.

Acupuncturist, Susan Roche created "Touch for Beauty". We go to my Aunt Susan, my mom's sister, also born in Hong Kong. She did modeling in Hong Kong. She was very much part of Hong Kong society and she immigrated to Australia where she taught Yoga and became an acupuncturist in the early 1970s. She did a much more formal training than Frances who did the one-on-one apprenticeship according to Chinese tradition.

Aunt Susan was working with people like top society philanthropists, high level business women and corporate women who needed to look fabulous. She felt that from her perspective, they trusted her. She wasn't someone working in a "hole in the wall" little office. She was one of them. And she developed a system called "Touch for Beauty" along with her acupuncturist colleague, Helen Smith. Their system is written up in a book called "The Bodywork Book". It was published in the mid 1980s. "Touch for Beauty" is included along with chapters

on Rolfing, Feldenkrais and Yoga. I'm so proud and grateful to my Aunt Susan, because *I* never realized what she was doing. She had developed this "Touch for Beauty" system which was about working with the body and especially with the face because *she* realized how important it was!

And so I've inherited these two traditions of healing, and as I said earlier with Mary Louise, I gave it up because I thought it was all too frivolous and that we needed to work with the deeper issues - on the deepest, innermost, soul level. Now I truly respect what they did and modern day research is validating their work!

Something that's really important when you work with the face is to know you're affecting much deeper levels of the body. We're going to be doing more of this in Level 2. We'll start reading face shapes today. But all the meridians of the body connect and end up on the face. And so if something's happening on your face, you can use it to evaluate what's happening deep inside your body.

For example, does anyone know who *Mao Tse Tung* is? (Mao ZeDong) There are pictures of Mao with a big wart on his chin. Does anyone know that? That area represents the liver area. Wherever there is a blemish or a blob or a pimple, or something that happens on your face, there is a related area inside your body. So, you can tell what's happening inside.

We will teach a little bit today about reading the face and face shapes. And in Level 2, we go much more into the lines and colors and the deeper connections and meanings.

One of the other reasons we really wanted to teach this class is because of the damage that people are doing to their bodies unwittingly. Did anyone listen to my introductory preview talk on Botox and the hot trends, yet? You can find it on Facebook:

<http://www.facebook.com/pages/RejuvenateMyFace/106752972686911>

We have a Facebook page. We're really proud of it. Have you seen it?

Student: I can't find it. I wanted to sign up to be a fan.

Mary Louise: You're welcome to become a fan if you want.

Susan: Yes. If you want to have fun.

Man: So... RejuvenateMyFace

Susan: To become a fan is

<http://www.facebook.com/pages/RejuvenateMyFace/106752972686911>

If you're not a fan, don't worry.

Mary Louise: But you can go to the website and just get videos and interviews and all sorts of stuff.

Susan: There is also a www.RejuvenateMyFace.com website. Actually if you don't want to join Facebook, you can go to our website and listen to the Introductory Preview Talk where I discuss Botox and Restalyn and all the things that people are doing today to make their faces *look* younger. Unfortunately the acupuncture meridians are being injected into directly and damage is being caused. In cosmetic surgery the meridians are being cut and scars are created; the meridians are being weakened and the flow of energy through the body is weakened. So that was one of the main reasons why I used to teach "The Lazy Way to Looking Good", way back in the early 90s. Prevention.

Know that as you're working with these points, you're now helping the body and you're helping the blood and energy (qi) flow in your face and it's affecting your whole body positively. And those of you who are practitioners, craniosacral practitioners as well, as you encourage your clients and as you do this system with them, you are helping them to get that blood flow back into the face and to get the muscles and even the brain more nourished.

So I have given you a little history of the evolution of the Laser Touch, the acupuncture piece, the acupressure piece. And we're going to be playing more with the Listening Touch first.

Student: Can you explain what is yin and what is yang?

Susan: Yes. We are going to move into that section of the program right now, after your review. We're going to give you the Yin Yang quiz to do next.

Self Directed Review

Why is the concept of the Social Engagement Nervous System such a fundamental part of our Natural Facial Rejuvenation Program?

What is the basis for Listening Touch?

What is the basis for Laser Touch?

Section Three: Part One

Yin and Yang Exploration and Exercise

Why is it so important to understand the inter-relationship of yin and yang?

“Because this is what this work is about: coming into a form of balance and harmony for health, beauty and longevity.” Dr Susan Lange, OMD, L.Ac

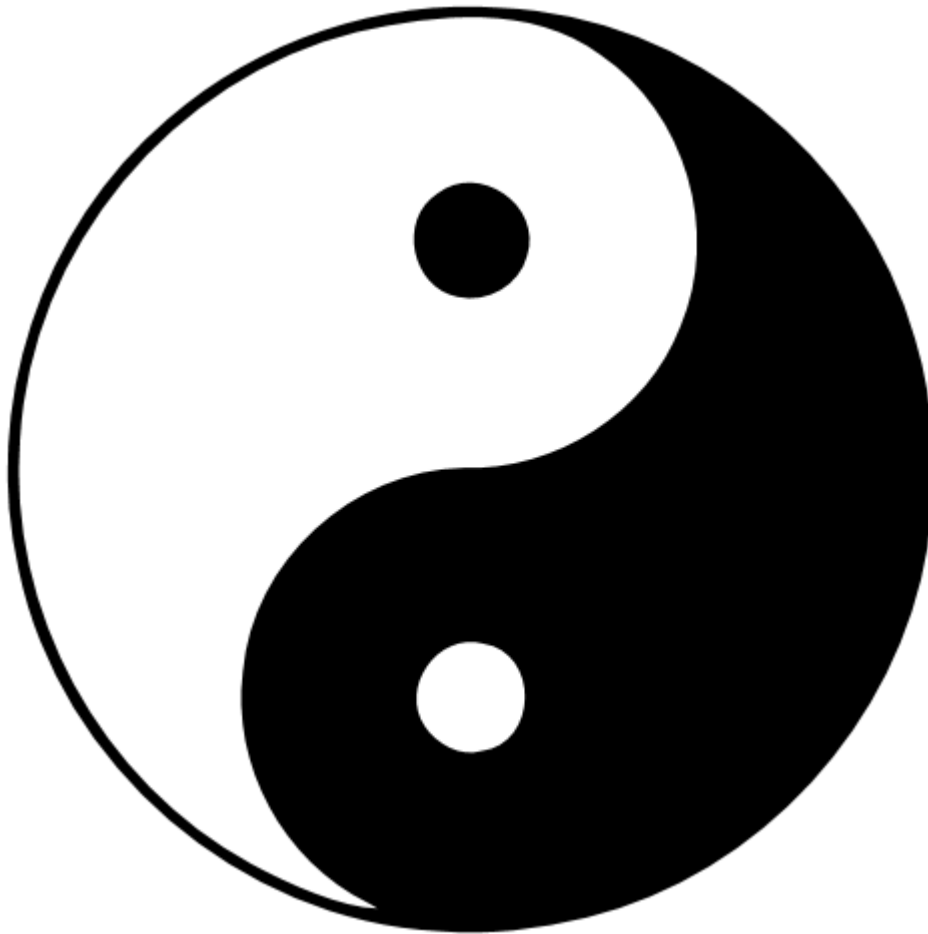


Figure 1 Tai Chi symbol represents the inter-relationship of Yin (black) & Yang (white)

Susan: Here, we will cover some basic principles of acupuncture starting with the yin and the yang and then we'll go into some specific acupuncture points later on when we do the Laser Touch Section.

In this next section we'll explore what it's like to be more yin or more yang, why this is important and how it relates to our unique Natural Facial Rejuvenation System.

Knowing the principles of Yin and Yang helps us relate to our own and to other people's faces much better. It helps us to know how to work with a face if we're a practitioner. And if we're working with our own face, it helps us to work more effectively and efficiently, instead of trying to turn our face into something it isn't.

It also teaches us how to bring more balance and harmony to our face and therefore to our whole body, because every part of our body is connected. And in Chinese Medicine all the different parts of your body are connected to your face through energy meridians and reflex points. So, learning to read your face can help you get a sense of what might be going on in your body.

Understanding the principles of yin and yang can help you be more accurate in:

- The foods you eat and the actual temperature of your food
- What you drink and the temperature of your drinks- including ice or no ice
- The exercise you take
- The type of therapy or medicine you choose
- How you can recover from an accident or an illness
- How easily you recover from crisis, stress or trauma

If you're a practitioner it can also help you adapt your treatment style to the temperament, qi and body physique of your client. The face itself is so much more delicate and vulnerable than the rest of the body. So it's really important to know

how to adjust your own energies up or down to connect better when you are working with the face. This is probably one reason why face work isn't taught so much in the schools.

Section Three: Part Two

Here's how we're going to do it: The Yin-Yang Quiz

Before we move into our discussion of Yin and Yang, I want you to fill out the Yin Yang Quiz, if you haven't already done so. Then we can explore what category you fall into - whether you tend to be more yin or more yang. You'll find it very helpful to determine what kind of session you'll be giving or receiving.

If you have easy access to a computer you will find the quiz online at www.meridianholistic.com/quiz1.html

You will also find it in the "Handouts Section" of this program.

Once you have done the quiz, add up your score.

Is your score below 10 or above 10? If you're below 10 you tend to be more yin than yang and if your score is heading up towards the higher numbers you will tend to be more yang than yin. Take a look at people around you and notice if they seem more yin or more yang to you, because this will determine how much and what type of contact they might prefer. You will be using this information during your natural facial rejuvenation sessions

Section Three: Part Three. What's yin and what's yang? Let's review.

In the Chinese language, **yin literally means the shady, dark side of the hill ...**

So yin type people would be:

- Quieter, more inward, introverted, softer, damper, cooler, more feminine.

The face would be:

- Plumper, softer, more fleshy and paler for example...
- Living more in the yin energies would mean you're coming from a more emotional place and perhaps would be more prone to crises. Extreme yin leads to depression, "couch potato syndrome", implosion and/or paralysis.

Yang literally means the sunny, light side of the hill ...

So yang type people would be:

- More outward, extroverted, firmer, dryer, warmer, more masculine.

A yang face would have facial features that are:

- More prominent, more bony, more angular, and darker or redder
- Living too much in the yang energies would mean perhaps being too rational and controlled in your life. The extreme would be hysteria or mania.

Now don't go thinking that one is better than the other. Sometimes we've had students who say, "Oh it's much better to be more yang. I hate to be too yin." They actually thought that being yin was BAD... not true.

It's not about being better to be more yang or more yin.

It's important to find a balance and not to live in an extreme yin place or an extreme yang place.

That's the secret ... balance. It's important to be able to shift back and forth from yang to yin and yin to yang easily, especially when you're doing this Natural Facial Rejuvenation work. Yin and yang cannot be separated from each other. They are not opposites or dualistic. They are *relative* to each other. They flow from each other, and when they're in balance we are following the Tao (or the Way).

And this is what this work is about, coming into a form of balance and harmony for health, beauty and longevity.

The ancient Chinese sages taught that the secret to beauty and to a long healthy life was to find a way to be in balance and harmony with the yin AND with the yang.

They claimed that a good knowledge of the Tao and the workings of yin and yang was strong enough to counteract the effects of aging.

So a perfect balance and harmony of yin and yang means health and a long life. A lack of balance and disharmony means disease and death according to the ancients.

Here's a quote from "Nei Jing", the Chinese name for "The Yellow Emperor's Classic of Internal Medicine", which is one of the oldest medical text books in the world: "Those who have true wisdom remain strong while those who have no wisdom (of yin or yang) grow old and feeble"

Normal lifespan is considered to be over 100 years ... So it makes sense to take care of one's self and one's face if we're going to be around for a long time.

Section Three: Part Four. How you'll be using Yin and Yang in this class:

Listening Touch is the gentle yin form that we'll be teaching you first. Then, Laser touch is the more focused yang form that we'll be teaching you next.

Neither one is better than the other. However there are times when one form of touch will be more right for you or your client than another. So, we're teaching you ways that you can be very flexible, either working with yourself or with clients.

How do you know which touch to use?

When you slow down and learn to listen to what the body is telling you, you will know whether to use Listening Touch or Laser Touch. In fact the body will actually tell you itself ... whether you're working with yourself or with a client.

By learning to work with the combination of yin and yang, by learning to dance between yin and yang, from yin to yang and from yang to yin, you become artful in what we call “Loving Touch”. This is the touch that emerges from the dance between yin and yang, and it may seem surprising to you that Loving Touch is the matrix or unity from which the duality and constant interchanging movement of yin and yang emerges.

Section Three: Part Five. Discussion of Yin and Yang - FAQs

In our live events we have the yang students line up on one side of the room and the more yin students line up on the other side so that we can get a clear sense of the yang-ness and the yin-ness of the different people. It can be very powerful to see a whole group of people standing together who are generally more yang in their lives compared to the more yin group. These two groups have different lifestyles, different preferences, and different ways of “being” in the world and in professional practice.

Here are some of the questions that we’ve asked the two groups of students in prior classes:

If you’re doing the Home Study Course, how you would answer the following questions? We have provided some space for you to write your answers down.)

Q: When you receive a massage, what kind of massage do you like best?

Q What kind of treatments do you like? What kind of contact do you like?

Here is some discussion from one of our classes:

Q Do you like craniosacral work? Is it more yin or yang? Yin is correct.

Q Who loves being crunched and clicked – for example strong chiropractic adjustments? Well that’s more yang, isn’t it? If you’re more yin but you like the yang treatment that will be balancing you out.

Example: One student is standing more on the yang side so she’s more yang than the yin students at the moment, but she also likes craniosacral therapy and that’s a more yin type of therapy than the kind of crunch click chiropractic.

Some people who are more yang like the cranial therapy because it helps them to slow down. And this helps support the yin, of course.

Example: Another student who calls herself “very high yang” loves deep tissue massage with very firm pressure. She says “I feel like it helps bring me back slowly down ... and it moves energy through my system”. She likes the “aggressiveness” of someone using a strong elbow on her body because she feels “met”.

Q And when someone likes the pressure of an elbow, is that yang or yin?

A Yang. Yes. Exactly.

Example: Then we have someone who knows that she needs the more slowing down yin type of work. So she is giving us a clue as to what type of touch she needs. If you’re really yang, you might need a lot of that strong yang energy in order to feel met in that yang way, especially at first.

And then you also need more of the yin. You probably need more of the yin than a yin person, just to balance out the yang-ness. If you get *too* yang, you can overheat and over speed, and if you get *too* yin, you can slow down too much & implode. Okay?

So does this make sense? With the skills we’ll be teaching you, you’ll be able to respond to someone if they need strong yang contact or soft yin contact. And it

can vary from person to person and from moment to moment, and point to point or area to area. So the more you learn to listen to what the body is telling you the better you'll be able to regulate your contact.

“When the body is connected with in such a way, it starts to trust more and to open up more.

Then you get what we call the “Loving Touch”.

This is a form of touch that's very connected. And when touch is very connected, it helps the body to open up and then the heart will open up.

When the heart opens up, a sparkle comes into the eyes and the complexion glows.

In Chinese Medicine we call it connecting with your Shen (spirit).

Shen is the flowering of the heart, and it blossoms in the face.

So sometimes we get to say our little slogan backwards: “When you lift your spirits, you lift your face.”

It's all connected.....”

Dr. Susan Lange, OMD, L.Ac

Another student asked:

Q If you're mental, that's where it's more yang, is that right? For me, my mind gets hot; it just gets overworked, just trying to figure things out. My body feels more yin.

A Susan: Yes. In general, the head is more yang than yin. The body is more yin. The head is more yang *relative* to the body which is more yin.

If you're more in your head, you're going to tend to be more yang in general. Part of the healing goal of this work is about connecting your head and your body. And the people who have done workshops with us before have seen this.

When your head gets more connected with your body, you become more integrated. The yin and the yang become more integrated and not so “dualistic”.

Cartoon Description: I have a great cartoon of a body running, running, running, running, running, and running. The head is way ahead of the body – disconnected from the body. And the body has a butterfly net, just trying to catch the head.

So that is the yin of the body, trying to get yang enough to catch the head. It’s trying to get the head to slow down and come into balance with the body and not to be so out there - somewhere in left field. It’s a great cartoon. Even the feet are off the ground. The ground /earth is more yin and the air/heaven is more yang.

Are you starting to get the hang of why this concept of yin and yang is so important?

If we live out of balance and our head is NOT connected and integrated with our body, then we are not living according to the Tao and according to the ancient Chinese texts. It is not so easy for us to live a long, healthy and rejuvenated life.

We want to teach you how to slow yourself down so that your body doesn’t have to run to catch up with your head and then your head can just come back and settle on your shoulders and relax ... and not be quite so busy. And then ... your face can relax...

In Level 2, we actually teach you the very special points called Window of the Sky points, which were described by the Chinese sages thousands of years ago, because the disconnection of head with body was a problem– even back then!

These “Window of the Sky” acupuncture points are used specifically to bring the head back to the body. The head is re-connected with the body through these amazing very spiritual points located around the head and neck.

Example: Some students say that they like both types of treatment equally, the yin and the yang type.

Another student doesn't like the "cracking", but does like deep contact when having a massage, deep into the muscles. She also complains "When someone's very light, it drives me crazy". She says she needs touch to be connected touch.

Connected Touch comes from Self Connected Wholeness

So let's reflect on your own form of touch. How present and connected are you with your own hands?

Is your consciousness in your hands so that you're able to do what we call the "Listening Touch"? If it isn't, what stops you?

Take a few moments to pause and allow the answers to come up; then write down what you think might be preventing you from connecting more with your hands. _____

For massage therapists and body workers, being connected with your hands should be easy and a no brainer. But for other types of practitioners such as acupuncturists, nurses, aestheticians, psychotherapists and Western trained docs, we want you to truly consider this concept.

And, for you acupuncturists, the more connected you are, the stronger the qi in your hands and your needle technique, the stronger your presence and the effect on your patients.

This is what another student says: "There's a difference between just kind of being 'light' and like a '*connected* light' touch. If someone is not connected and

they put their hands some place gently, it drives me crazy. I just want to get up and run....”

Susan: Yes. So that’s a great example. Do you get that? One of the goals of the class is to teach you how to have presence when you are touching another person and to know when you’re being contacted with presence. No matter how light the touch is, it works when there is presence.

You want to really get a sense of being very solid and connected so the yin and the yang are in balance. Then you *can* be really light, but you’ve got presence. Some people or clients cannot tolerate too much contact. They need light touch, but if you’re too airy-fairy, it’s like you’re not there, you’re not present. But, if you’ve got presence and you’re connecting, even in the yang way, that’s what it’s about.

Here’s a good story about being too aggressive. I love this story: My husband, Julian, and I were highly recommended a massage therapist a few years ago, and he came to our house as a special treat. We were told that he was excellent and Julian is yang, is that right? He’s tall, ruddy faced, strong. He’s told us already that he’s yang. He’s male which is yang, also. So you would think Julian could handle strong contact and he does normally like strong contact.

Susan: This is how Julian describes how the body work session was like for him: “He just seemed weird and out of touch. He put on this peculiar weird, minimal piano stuff, sort of avant-garde. He didn’t ask what kind of music I might like. He set up the massage table silently. And then he just dug in. I went rigid on the table and my feet were stretching off the table with rigidity, and he just did not back off. And I, being me, I’m not going to say ‘Will you back off’. I’m thinking I have to endure this because this is what it’s supposed to be. This is part of the program. Like he was basically a sadist.”

Susan: He was being very strong and yang but without presence. Our friend Harvey, who’s a rolfer and a very deep tissue worker, when *he* digs in deep into

the tissues, Julian actually goes to sleep. So Harvey has presence. Harvey is a Rolfer body worker. He's got presence. He's very connected and he does biodynamic cranial work as well as Rolfing.

Example: I always used to love being contacted in the craniosacral way, the more yin gentle way. Now that I've released a lot of my old trauma patterns, I love the more firm touch as well. If somebody goes right in deep and they've connected with the right points, I can feel it and I go, "Yes!" That's yang. But yang without presence, as Julian said, is sadism.

Student: What does that mean, sadism?

Julian: Sadism is someone who takes pleasure in other people's pain.

Susan: Extreme yang without presence, without heart.

So what are *your* preferences?

Yin and Yang as described in the ancient text, the "Nei Jing", the Yellow Emperor's Classic of Internal Medicine.

Nei Jing, Ilza Veith: p15 chapters 5/6

'The principle of yin and yang is the basis of the entire universe. It is the principle of everything in creation. It brings about the transformation to parenthood; it is the root and source of life and death.'

'Heaven was created by an accumulation of yang; the earth was created by an accumulation of yin.'

'The ways of yin and yang are to the left and to the right. Water and fire are the symbols of yin and yang. Yin and Yang are the source of power and the beginning of everything in creation.'

'Yang ascends to Heaven; yin descends to Earth. Hence the universe (Heaven and Earth) represents motion and rest controlled by the wisdom of nature. Nature grants the power to beget and grow, to harvest and to store, to finish and to begin anew.'

Self Directed Review

Are you more Yin or Yang?

List five qualities that reflect the yin or yang tendencies that you have.

How is the yang touch reflected in body work?

How is the yin touch reflected in bodywork?

MODULE #2: FACE EVALUATION

Section Four: Part One. Face Evaluation Preparation

Susan: You're going to be using the information on yin and yang that you learned in the last segment when you look at your faces. In this next section, we will be observing and evaluating faces. You're going to take a partner and you're going to look at each other's face and discover which parts of the face are more yin or yang.

When you take notes now, make a rough sketch of what you observe. Then after your sessions, at the end of the class, you will be able to see the shifts that have happened.

Remember you're observing in the spirit of exploration. If you say, "Oh, there's a bleeb right there", your partner will close up and contract. So we're being very compassionate. We're gently exploring....

OVERVIEW So following on from what you have in the Yin Yang Quiz that you just did in the last section:

- If you're more red, you're going to be more yang.
- If you're more pale, you're more yin.
- If you're more bony, you're more yang.
- If you're more soft and round, you're more yin.

We want you to get a sense of your own face and your partner's face. Do you have access to your mirror? If you do, the time to get it is now. If you have a partner that's great. You'll be looking at each other's faces.

And if you're doing this at home on your own, you'll be evaluating your own face in the mirror. It would be great if you can find a partner to do this with at home.

Susan: You are going to get a sense of your own self because this is definitely about developing presence with *yourself* and you're going to be exploring with your partner with great compassion.

Section Four: Part Two - How to Evaluate Faces

Our Five Step Facial Observation Method

- 1. From the Place of “Self Connected Wholeness”**
- 2. From the perspective of Yin and Yang**
- 3. From the Five Element Face Shapes Perspective**
- 4. Noticing Issues Around the Face**
- 5. Coming into a Relational Wholeness with the other person**

1. We start from the place of “Self Connected Wholeness” and focus on the Health

Mary Louise: We're going to talk here just a moment about evaluating faces. Part of what Susan was saying is that we have this orientation in the Lange-Muller Method that we call **“Self Connected Wholeness”** (remember from the Settling exercise earlier?).

We start from a place of Self Connected Wholeness and we focus on health.

It's all about how we settle in ourselves ... and I'm just going to do something with you. I'm going to look at you. (Mary Louise looks at the group with a focused outgoing energy) Okay, do you feel that?

Okay now I'm going to settle back. I'm going to settle in myself and connect with the wholeness of myself... and I'm going to assume that whatever I see in you is just going to come to me. I don't have to go looking for it. I can just settle back and see the whole of your face, and I can see the little blips and dings and the shapes and the colors, and I just can breathe and relax and let the information come to me. Can you feel the difference between me looking at you like this (*soft, "wide angled" and spacious*)... and then me looking at you like this (*more linear, narrow and focused*). So, when we move into a therapeutic relationship, we often talk about finding the place where we can meet someone. A student was asking for exactly that this morning when she said, "I have to feel like they're there. They can be light, but they have to be there."

We often say in a craniosacral concept that we are "negotiating space and contact". We aren't doing something linear. It's not either/or. Okay, now I have contact; now I have space. It's more like, "Can I be with you in such a way that I connect with you and give you space at the same time. I give you space to be whoever you are, whatever you are, however you feel." And I notice, 'Isn't this interesting?' We have a "bleeb" with no judgment, because part of that "observer presence" or "neutral presence" is that we stop being the judge. There is no: "Oh, I should have a square face. Oh, I should have a jaw like a model. Oh I should have no blemishes." It's okay to be with what's here and just notice what's here.

Current therapies are really big on bringing awareness to what is and then not trying to change it. Instead, we allow some inner part that's deeply connected to shift things without our conscious enforcement. It is something that arises from within, that begins to move us toward health, that begins to move us toward wholeness automatically. So, it becomes almost a mystery and Dr James Jealous, *a biodynamic cranial Osteopath*, often talks about how healing is a "movement in relationship to a great mystery".

A lot of the things we're doing come from very deep philosophical *and spiritual* grounds of just how to be and to give our body the space to find something new and to do something different. So when we're "evaluating" a face, it's a question of settling back, being soft, looking at that face with loving neutral presence, and then just noticing information. So, you all have a sheet of paper now which is kind of fun. I don't know if you've thought of people having different shape faces, but if you look around the room, some of us are more long and thin, some of us are more square, some of us are more a heart, some of us are more rectangular or circular.

Susan: In Chinese medicine, I was brought up reading faces, so to me, it was completely normal to read faces, and as I was saying to Mary Louise, I used to assume that other people knew how to do this too. When you do understand the shapes of the faces you get to understand if people are more yin or more yang. And you get to understand that if someone has a more oblong shaped face, they're going to have certain wounds that you can have compassion for, and that also they have a specific gifts. Each face shape, whether oblong or round, oval or square might evoke certain judgments from us. "My face is too pointy or my face is too round and full". Well actually each face shape has its own amazing gifts. And when we understand that, we can just be with ourselves and not try to make ourselves be someone different.

And that is my gripe with this whole cosmetic industry. We are a small minority. You here (and you reading this) are part of a very small minority. Many practitioners in the field of Facial Rejuvenation are trying to change or fix people. So we're like a little oasis here. What happens if we *don't* try to fix or change? What happens if we just honor who we are and allow and acknowledge that these are the shapes we are. This is what's happening with our faces ... now ... and when we just let be what is, when we allow ourselves to just BE, and can connect with ourselves in the BEING, we'll discover at the end of the day how we feel and who we are.

.....

2. We notice the balance of Yin and Yang.

Susan: We're also asking "Do you have a tendency to be more yin, or are you more yang?"

You'll notice that you're not just yang or just yin. Some of you will tend to have more yang features and some of you will tend to have more yin features and then there will be those parts that may be the opposite.

For example if you're working with a man – he's inherently more YANG as we learned in the last segment

If you're working with a woman or you are female, then of course you will be more yin.

And yet you will both have some yang features and also some yin features.

You will both be products of the interchange or exchange of yin and yang. You both came from an egg and a sperm – so you will always contain both elements to a lesser or greater degree.

Draw your face (or your partner's – if you're doing this with someone else) and take some time to note the more yang elements and then the more yin elements

Then do a rough tally to find out if you have more yang elements or more yin elements. This will be important in how you use our unique Lange-Muller method of Natural Facial Rejuvenation.

We're asking you to observe what's going on right now, as a baseline, because later on when you're doing the Listening Touch, you may find that you have been asked by the body to be more yang or be more yin and you're prepared because you have done the facial evaluation. There may be other times when we think we need to have a soft touch, but the body pulls our hands into the area of contact more strongly and deeply- in, in, in. So we can be flexible.

And when you watch the introductory video on our website www.RejuvenateMyFace.com you will see James who says “I felt this strong, strong pain... And then it released”. Nobody was *doing* that to him. His body was drawing the strong yang pressure inwards into his eyebrow for healing. His inner healing Intelligence knew exactly what to do.

And that is why we want you to explore these qualities of yin and yang so that, as we have said earlier:

“You develop first the yin Listening Touch, then the yang Laser Touch and then the combination becomes Loving Touch.”

Laser Touch comes after the Listening Touch. This is the drawing in of the energy and the focus, and when you’re really conscious and comfortable with that level of presence, that’s when it becomes the Loving Touch.

3. We Assess the Interplay of the Five Element Face Shapes

Susan: Notice and draw the approximate shape of the face and, of course, it may be a combination of shapes.

Do you have your Face Shapes diagram handy? It’s also in Section Ten of this manual and more detail about the Five Elements will be discussed in Section Ten.

Are you ready to play?

Mary Louise: So just draw each other’s faces and then what you’re going to note down is anything you notice, anything that speaks to you, whether it was a change in coloration or a line or a crease.

Susan: You do this in the spirit of admiration and appreciation of what you notice – and who your partner is.

Mary Louise: So record whatever you notice- where there is tension, where there is flabbiness. Draw those little lines, little blemishes, colorations. Be creative with the person you're working with. What do you notice about their face now? And at the end of the program, we'll look again and we'll see whether some of those things changed, whether lines went away or.... Actually we won't mention the many things that might happen. But, you're going to draw the shape of their face which may not match any of those on your diagram.

Male student: You're asking me to draw?

Mary Louise: We're not asking you to draw well, we're just asking you to play.

Female student: Only the shape?

Mary Louise: The shape, lines, eyes, symmetry, blips.

Susan: Sometimes the mouth might be uneven or an eye might be uneven. Ears might be uneven. You may notice certain areas of tension or rigidity, or puffiness. We're looking at the shape of the face, the textures, and whether features are in balance or asymmetrical. We also observe the colors in different areas, the bones, the soft parts. You just record very approximately what you see.

4. We notice individual issues related to the Face

Susan: Also there can be so many **Issues around the face**.

Certain old external patterns, that we call imprints, can be held in the face from:

- Dental work, orthodontics
- Face or head surgeries (including cosmetic surgery)

- “Medical” facial rejuvenation techniques, or toxic cosmetics
- Birth patterns such as forceps, vacuum extraction, or pelvic shape
- Old injuries from falls or car accidents, for example

Internal patterns will also show up on the face, that we have mentioned before like:

- Digestive issues and allergies
- Dietary patterns
- Hormonal imbalances
- Organ issues
- Five Element imbalances
- Emotions

People can carry all sorts of psycho-emotional qualities in their faces. Sometimes there is a lot of shame held in the tissues. There can be a sense of being in hiding, hence the need to wear a “mask”. Often in childhood it wasn’t safe to have an expressive face. It wasn’t safe to show emotions, and the muscles may be quite rigid. So it can be a huge issue, to be seen. Some people are “in your face”; some people are “in hiding”. They are both protective mechanisms. Which is the yin form and which is the yang form?

We actually need to come out of hiding to have true inner beauty - or you can’t see the beauty - and that can take a lot of courage. So this is why we need to be SO gentle and respectful when we do face evaluations.

Exercise: List some issues that might be held in the face that come to your awareness.

It can be very helpful to write some of these issues down, so that if any of them surface while you're working with a client, then you're more prepared and can facilitate the gentle release of old tensions and sensations that may have been held in the tissues for a very long time.

Get a sense of your own face first, and then write some of your own issues down:

Now get a sense of what kind of issues some of your clients might be holding in their faces. Then write them down.

5. We come into the context of Health, Wholeness, Relationship

With this final step we complete the observation process.

We have first come into relationship with ourself (step one) and after performing the steps we are now in a different place with our client (step five).

Doing these five steps will help you come into a higher more connected level of relationship with your client.

Time to Draw the Face!

In the beginning we suggest that you give yourself 10-20 minutes to draw and record what you observe in each face. This way you can practice allowing the information held in the tissues and bones to come to you without any time pressure. And you will be able to follow the Five Steps easily as each facial layer reveals itself to you.

Soon you will get much faster at the evaluation process and your clients will start dropping in to deeper states as you connect with them. You will be able to trust that the relevant information will be revealed to you as the body chooses.

Put yourself in front of a big mirror if you're doing this Home Study Course on your own at home. Now take a look at your face – or your partner's if you're doing this with a friend or client, and let's evaluate. Then draw what you see.

Self Directed Review

How was it for you to spend time looking at your own face from that place of Self Connected Wholeness - with the larger focus on health?

Did anything change when you started to include the more specific face issues? If so, what?

How was it to look at your partner's face? Were you more compassionate with him or her than with yourself??

Section Five: Discussion after Facial Evaluation Exercise

“To be allowed to look at her face, without judgment, was like a gratitude-filled kind of exercise...” Student comment

Susan: Coming together now. I’m wondering if anyone would like to let us know how that was for them. Do you have something you want to share? How was it?

Student: It felt vulnerable drawing because I didn’t want to hurt her feelings. I’m not a good drawer or good artist. And then I felt vulnerable when she was looking at me because of all this attention on me and I felt real exposed. So both...

Susan: Did you consider asking her to pull back a little?

Student: No. I didn’t feel she was being intrusive of me. I knew it was all mine, my own experience.

Susan: So it was okay for you?

Student: Oh yeah it was okay. Just more awareness.

Susan: Yes. Thanks for letting us know. Anybody else? You want to share?

Male student: Apart from what she said were judgments coming up about interpreting a source of embarrassment- that I’m studying someone, I feel less than confident ... especially drawing - that would be an insult. But the other thing was kind of a really interesting enlightenment that I was allowed to view, to look at her face, and that was very touching. And that I could actually leave behind judgments about myself from looking at people on the street because they might be interesting or I didn’t like the way they were looking, and so *just to be allowed to look at her face, without judgment, was like a gratitude filled kind of exercise.*

Susan: Gratitude filled. Thank you. Okay. Two of you, who wants to go first?

Female Student: As I was doing the exercise and recording what I saw, it was like more of an exercise and just okay to repeat what I saw. But *as I continued to look, something shifted and I can't put words on it. But I saw the face in a different way; I saw a movement that I didn't see before. Something happened. I can't exactly explain it but I had a different relationship with the face.*

Susan: Something happened. Good job. Thank you. And you're discovering all kinds of important cranial and acupressure healing concepts here. Great. You seem surprised?

Female Student: Oh, it was just fascinating.

Susan: Great. Thank you.

Female Student 2: It was amazing because I work with her a few hours a week, every week, and I've seen her, thousands of hours in classes, workshops, and so it was really fascinating to see things. "Oh I never saw that..." Because usually I look in people's eyes and I see radiance and I love looking into people's eyes, so when I look at her, when I come in to work to be with her, it's like, "Oh, yeah, I see that" and I can often tell, you know, "Oh, are you feeling okay today?" or "Wow, you look really radiant". And today, to see the whole, after all these thousands of hours, "*Oh my gosh, it's whole person here*". And that is really sweet. And it's like now, I want to look at all my friends and say wait, where is that and when I look down at my drawings – I'm not a good drawer. But I say, "What are those masks that people put on the face?" I felt like I didn't quite get down all the things I was seeing.

Susan: But you saw a whole person.

Female Student 2: Oh yeah.

Susan: And that's what it's about.

Female Student 2: It was very sweet. And we had a little conversation about eye contact, because I mean we've done like thousands of hours of classes through

different organizations that a few of us here are connected with. So it was really easy, but we are talking about how some people have a challenge with eye contact. And how I know for me sometimes, people can't handle it because I get so enthusiastic and out there, and then have to pull myself back and ...that rheostat. So I have to be very conscious of that, because I love looking at people's eyes...

Susan: So can I use you as a little teaching tool? ... Take a look at her face. Is that okay? Which face shape do you think she might have? Square? She's got that but she's also got some of the pointed face shape, do you see that?

Students: Yes.

Susan: Which is that shape at the top of the Face Shape chart. And this is just a quickie tip. We normally just do this in level 2, but I can't resist because she is *connecting*, she connects with the eyes. She is kind of sparkly; she's bouncy; she's out there. And in Chinese medicine, that's the fire energy. Okay. Fire energy.

Student: So which shape was she?

Susan: She's got a pointy part, which is the fire energy. This is the piece I'm honing in on. We've actually got everything, every element within us, but this is the piece I just want to demo today. I'm not going to go into details but she said she's "out there". She's connecting with the eyes and she's bubbly. That's very "fire" very yang. You said, "Sometimes, I'm kind of in people's faces" and when you notice that, just be aware that that's a gift that you have. It's different from another person who might be more of a water type with more of the yin round face shape, who would tend to be more inward and be more private. So if you are bubbling and more fiery, a water type person may be uncomfortable because they may be more yin. And you were standing on the yang side during the yin yang exercise. Fire is more yang. So that's just a little tip. Thank you for demonstrating that. So for me, when I look and someone's being "out there", I

just say “That’s their fire energy”. Someone else might say “There’s something wrong”. Not at all. That’s who you are and these are the different gifts that you have. So thank you. Anyone else want to share before we end this segment?

Female Student 3: I found it very similar to observe and to be observed. You know, it’s just okay... fine. Just settled here ... Hmm, there’s reciprocity. Yes.

Susan: Did anyone else find it settling? ... No? ... A little unsettling?

Student: I was unsettled.

Susan: Okay. And this evaluation piece is often the most challenging piece of the whole day. Once you get through this, you’re cruising. But thank you. This is fun for you fiery people. You’re getting a bonus here. Christopher?

Christopher: What I noticed was *when someone is looking into your face with a sense of interest and compassion, there’s a sense of settling within myself*. It’s okay. Because usually we don’t look at people’s faces in detail. We don’t notice them. This is more like a conversation we get to have with one another. And we get to go, “Oh, that’s really nice. Oh, look at her great face. Isn’t this interesting? Isn’t this lovely?” And there’s a sense of ... a sense of caring. But this is very settling for me and usually, it’s like when someone looks at your face, it’s like ... how to escape. *But this feels very easy*.

Susan: Thank you Christopher. So again, that settling word and in quantum physics, there’s the whole concept about the observer and the observed and when you observe from a place of presence, “Something happens”. So you are already beginning the process ... just in observing with compassion and exploration. Things are starting to happen, is that right? Any more comments before we move on?

Male student 2: And there is one quality I particularly noticed versus many qualities. There could be also *a sense of new discovery when somebody is looking at you* and making comments.

Susan: A sense of new discovery. Yes, absolutely and that is what some other students were saying also. Great. Thank you, everyone.

This concludes our section on evaluating faces and we're going to move on to the Listening Touch part of the program.

MODULE #3: YIN LISTENING TOUCH

Section Six: Listening Touch, Stroking and Warming Circles on Self

Mary Louise: So, you actually have a page about this in your “Handout” notes. And before we move to that page, I want to reiterate something that’s on the first page (of the “Handout” notes) that we have not yet summarized. It says that the system that we have developed for touching and working with the face “supports the body in increasing the underlying health expressed through the flow of chi.” Now, chi in acupuncture flows through these energetic tracks called meridians that go through our body, and you can actually take pictures of them. So, you know they are real. Years ago we asked, “How do we know if this Chinese stuff is real?” Well, it is real. We now have studied it. We have put tracers through the pathways. We can actually see them and scientifically verify them. And when that chi flows, we feel alive and vital and healthy. And when that chi doesn’t flows, we don’t.

And in osteopathy, there is a very common concept that everything needs to flow. So the work that we’ve developed is to encourage flow of chi, flow of lymph. So you’re going to work this morning with some very, very soft touch. And what that soft touch does is to open up the flow of the lymph and blood circulation, including fresh arterial oxygenation and effective venous drainage.

So your blood comes from your heart and it is bright red and it carries oxygen and it nourishes your tissue. Then, after it’s passed through things, it carries things away and turns a bluer color. We know that venous blood is a different color from the arterial blood and then it goes to the heart and it comes to be cleansed and get some new oxygen. So that flow, that circulation of the blood is important. In osteopathy, one of the early premises of Dr. Andrew Taylor Still was, “The artery rules supreme”. And he was saying “If the blood is not flowing, you’re not going to have healthy tissue, you’re not going to have healthy organs”. So the

movements that we developed in this session you can do on yourself or on other people to encourage the chi, the lymph, the blood.

And next, it says it “encourages balanced cranial rhythmic impulse”. And the cranial rhythmic impulse, which those of you who know it, know that it took years to really deeply understand. But every tissue in the body breathes. Every bone breathes. Every organ breathes. Every cell breathes. And when you are trained to listen with your hands, you can feel whether the tissues are breathing or they are stagnant, or stiff, or locked up, or flaccid, or they are full of what we call potency and expressing what we call the fluid tide.

And the touch and the things that we’re going to teach you encourage that flow of what we call the tide, which then permeates the energy field, and the tissue field, and the bones, and the membranes and fluids of your body. And the other thing that we encourage is connective tissue flexibility and integrity, which we will get more into in level two. Connective tissues are your muscles and your fascia. And your bones are actually connective tissue. Your blood, if you want to know the truth, is actually connective tissue, and it really does connect us. Technically, it is a connective tissue. But especially as we get more into the class, we learn how to actually work with muscle and the fascial connections. So that’s an overview. We are affecting so many different levels.

Now we’re going to begin working with listening touch. So let’s talk about what a listening touch is like. Again, it comes from craniosacral origins and craniosacral work really originated with an osteopath, William Garner Sutherland. He had studied with Andrew Taylor Still and then he began to realize that even though he was taught that the bones of skull were locked up, they were shaped in such a way that that wasn’t logical. So he believed what his teachers told him, but he knew from the principles they taught him that there was a contradiction. And his whole work began with a thought. He was looking at the skull and he looked at the temporal bone and he thought, “beveled like the gills of a fish for primary respiration”. That bone is meant to breathe. Oh my gosh. Then the bones of the

head may breathe. So he began to listen for the breathing in the bones of the skull.

But his wife, Adah Strand Sutherland, realized the underlying foundation of his work. She wrote his biography and she called it “With Thinking Fingers”. And what she realized is that her husband could feel when tissues were healthy and when they weren’t. He could feel how tissues want to be touched. Part of the reason we had you talk about the yin and yang this morning is that we want you to both verbally and non-verbally become aware of the same thing, how tissues want to be touched and not to be touched. What we’re doing with the listening touch is to listen for how the body wants to be held, wants to be met, wants to be touched. So, the listening touch is about listening and responding.

Your hands are soft, non-intrusive and gently present. So you just hold that sense and that intention- that your hands are meant to be soft, non-intrusive and gently present. They float on tissues and they notice what’s there. And we spend weeks, months, days, years developing this in craniosacral therapy, the ability to touch somebody in such a way that we’re not imposing anything on them. We really are listening to how they want to be touched and how their body is already moving, already expressing a healing intention.

Okay. We’re going to learn something called stroking and warming circles. And the stroking is going to be very, very soft and again it’s present, and it’s to encourage the flow of everything. When you do the stroking, it will encourage the chi, it will encourage the lymph, it will encourage the blood flow, all three. So it’s beautiful, beautiful work.

And then we’ll learn “warming circles”. It says that for the gentle circles and deeper connective tissue relationships we notice whether the tissue is soft and flexible or hard and contracted. We notice how small intentions are easily taken up by tissue as it glides and breathes, or the intentions are resisted where the tissue is restricted. The movements we intend are very small and very soft. We don’t want to “go in” and stretch. We want to listen. We’re going to use the

stroking, the warming circles, and the acupressure that we'll learn this afternoon. And what will happen from doing these small movements is that the body will begin to open energetically and in relationship to circulation. You can see all these muscles that are on the face, going in all these different directions and layers.

“When there is presence, the client can relax and go deep.” Mary Louise Muller

So we're going to work with the listening touch. As we said, we're going to keep our movements small. First, I'm going to draw you a picture which you actually have in your notes too. Once I studied with someone and they said that when people see something appear on the board, it stays in their mind in a different way. So we have the face, and the nose and the mouth. Okay. And we have a hairline. Oh this person has a rather big chin there. Some eyebrows too. So we're going to break the face into zones. We're going to break it into zones and then in level 2, we will actually work more in the lower aspect related to the windows of the sky points and the neck. So in level 1, we tend to work with the three upper areas related to the face. One area goes from above the eye, and you can touch that area and above. That's the forehead zone. Another area we're going to work with is above the mouth to above the eye. This is the cheek zone. We then draw a line and we have the chin or the jaw zone which includes the mouth downward to the jaw line. Then we tend to look at it as two halves (right and left) and you have a little drawing there on the back of one of the pages and it shows you that division and when we do the warming circles, we are going to do them starting with the upper then to the middle and then to the lower. And when we do the stroking, the stroking depends on the size of the person's face. We usually do it in either 2 or 3 steps because we usually can't stroke the whole face at once. We want our fingers to be soft. We will work with those 3 zones and the gentle stroking

And let's just take a moment to talk about touch.

Student: Move circles clockwise or counterclockwise?

Mary Louise: Wow, that is a really good question. And we came up with listening touch because we've studied many different systems to put this system together. What you'll feel is that the tissue will draw you. If you start to go one way and it resists you're just going to go another way. So you're really going to listen to the tissue, how it invites you, how it resists.

Listening Touch Demo

Okay, so let's just do this for a moment. I want you to close your eyes, and the first person you're going to touch is yourself. We're just going to see if we can develop this concept of touch that floats. And I want you to slowly bring your hands onto your thighs and then just notice how much they weigh.

Your palms are on your thighs. And then you're going to bring your elbows back so they almost nestle into your hips or the sides of your body, wherever they touch. And you're going to see if you can soften your hands and float them. In craniosacral work, we often work with what we call "elbow fulcrums". We notice where the elbows are and how they are supported. That's why we are going to go upstairs to work at the tables for the actual session. We'll actually use tables and pillows to create a supported gentle touch as we work on our own faces. And what I want you to do at this moment is to first let your hand weigh heavy and then soften your hand and let it float. And then you'll actually put a tension in your arm, like you're holding your hands a little above your thighs, as if you just don't want to put any weight at all. And then, soften back into a floating of the hands. And we often say that it's like there is an energetic bubble that supports your hands. There's a place you're actually meeting, we might call the electromagnetics of that person. If you let your hands weigh heavy, you're more on the tissue. If you let your hands float and settle back into your elbows, you're more in what we call in craniosacral work the "fluid body". And we're just playing a little with our touch. Then, for a moment imagine there's something you're really interested in and your fingers are going in to sense "What's that?".

Then, broaden your attention and bring it to “the back of the movie theater” so that you can see the whole screen. And if there’s something specific, it will appear in the midst of the whole. But, you’re not going after it. Here we go. And in craniosacral work, we talk about how your hands are connected to your elbows, your elbows are connected to your shoulders, your shoulders are connected up into your spine and what you’re really feeling with is your wholeness. (We call this your “Self Connected Wholeness”.) And your hands are an extension of your whole body, so that what you sense and notice is information that is coming *through* your hands and you’re sensing it with your whole body and being. Let’s take a moment as you’re intending the floating of hands. Your feet are on the ground, your hips on chair. And your spine is a beautiful midline formation that supports and centers you.

Notice as you take your attention into your own presence and “Self Connected Wholeness”, how that affects, what you feel with your hands and how they float. Come back to your feet on the floor and hips on the chair, your midline. They say that the weight of the vertebrae stacking upon each other carries the remnant of the notochord. It centered your whole formation as an embryo. And once again notice as you soften yourself, center yourself and become whole, how it affects your sense of your hands and your thoughts. And some of you may or may not be sensing, there are tides; there are energies; there is potency; there is life in those tissues. They are alive and you sense that in different ways. Notice it. Allow the information to come to you.

And when you’re ready, you’re going to let your body know that you’re going to move your hands away. And notice whether they come away easily, or it’s like you’re magnetized and you’ve built a relationship that is still holding you. So, when you request to come away, it’s a request and you wait for your body to “de-magnetize” and say “Okay”. As your hands are released, allow them to float away. So, that is a craniosacral touch. Wasn’t it fun? Yes.

Student: Awhile after starting, I really felt my hand and my feet and my leg as just one unit.

Mary Louise: Exactly. Exactly. Milton Trager, when he developed Trager work, he used to talk about something called the “hook-up”. In the biodynamic craniosacral, we talked about negotiating space and contact in such a way that when I rest on somebody’s tissues, they don’t feel me there. Ann Wales who is a very famous osteopath had this beautiful metaphor of a rider coming onto a horse. The horse is already in motion and the rider comes into relationship in such a way that he or she blends right into the horse’s movement. And in a sense, that’s what we do with the listening touch. We create a bridge where the person goes, “Oh, you’re there, but you’re not trying to make anything happen. You’re not imposing anything. You’re not going away and spacing out. You’re just being with me.”

So it’s a very, very sweet touch and often people who have experienced craniosacral say they love receiving it. It’s a touch where the body finally feels, “Oh my God, someone’s listening, someone’s listening.”

And another theme within a biodynamic approach is that *over 90% of our attention is always on the health*. You know how western medicine looks for what’s wrong. In the biodynamic approach, we always look for “Where’s the vitality? Where’s the potency? Where’s the life force? Where’s that impulse and that intelligence inside that knows how to heal? What does it want to do? What does it show me if I stay in relationship with it?”

So when we talk about listening touch, we’re listening for health and we’re floating on tissue and we’re responding. I’m sure most of you will feel that when you go to take your hands away, it would be a shock if you took them away too fast. It’s very important how we come onto someone’s tissues and how we leave them. And you know, when we talk about the social engagement nervous system, when someone’s body begins to realize we are listening and honoring, it

begins to shift the overall nervous system balance. It's a tremendous resource for clients to know it's safe to be here and we are doing this together.

I'll show you what we're going to do because when we begin the full sessions, we're going to be at different tables.

So, we're going to begin with one shoulder. First, keep your arms down. Take a moment. Notice your body. Notice your breathing. Notice when you inhale and exhale. Now you're going to reach over to take one shoulder. Your fingers just crawl over the back. Notice your breathing rhythm and on your next exhale, you're going to gently brush your fingers upward and over the shoulder. And take a breath or two and then slowly bring your hand back and get ready. Find your breathing cycle. And on your next exhale, you're going to gently just brush, slow stroke. And we're going to do that the third time just after you've taken a breath or two, slowly bring your hand back. Notice what your breathing cycles are like. And on your next inhalation, whenever it is, you're going to gently brush soft stroke up the shoulder.

And with your eyes closed, notice the two sides of your body. Notice the two sides of your face. Notice your feet on the two sides. And it's just from a simple brushing stroke of your shoulder. Notice your general sense when you breathe, how your lungs felt, whether the two sides are the same or different.

And now reach over and put your hand on the other side. Feel the sense of your breathing cycles. And on your next exhale whenever it is, just gently brush that shoulder. Now, let yourself take a breath or even two. And when you're ready, you're going to bring the hand back and into your breathing cycles. And on your next exhale, you're going to gently stroke. And always feel free, when you're working in this class, to move or stretch or do anything your body wants to do. You just do it. And when you're ready, you're going to bring your hand back over, noticing your breathing cycles, and when you get the next nice big exhale, you're going to slowly brush on that exhale. And once again, notice the two sides of your body. Notice the two sides of your feet, your face, your breath. How are

the two sides breathing? And when you're ready, you're going to slowly open your eyes. And that's how we do a shoulder brush. It's a very gentle brush or stroke and could you feel what it did to your body?

Student: Yes.

Mary Louise: And when we work with these muscles up here, these are muscles that are related to your accessory nerve, the trapezius muscles. And as you work with them you're actually accessing that social engagement system. And you're starting to work with re-regulating the nervous system, which among other things, re-regulates your lymph and blood flow in your whole body.

Okay. So the next things we're going to do, we're going to go upstairs because we're going to want our arms to be able to relax. I'm just going to briefly show you. I don't want you to do it because I want you to feel the difference when we do it to each side and when you look in the mirror and you have a partner.

So what we're going to do is similar to the shoulder brushing. It is a stroking of the face with the exhalation breath. This time we will do it on the face. We will begin on the forehead and work down to the jaw line.

And when we come to the "warming circles", you will work moving upward. We talk about face "lift" and part of our intention is to work upward. It's about lifting and it's about enlivening and softening.

We'll systematically work with the three Zones of the Face. Each zone has a left and right half and will be worked bilaterally. We also briefly touch in with a fourth Zone in the neck.

The upper zone is the **Forehead Zone**. If you draw a line above the eye to the front of the ear, everything above that is the Forehead Zone. The upper border is the center hairline.

The middle zone of the face is the **Cheek Zone**. If you draw a line from above the mouth and come to the jaw joint, this is the lower border. The line from above

the eye to the front of the ear is the upper border. This zone includes your cheeks and your nose.

The lower zone of the face is the **Jaw Zone**. If you draw a line from the above the mouth to the jaw joint, everything below this line is in the Jaw Zone. The lower border is the jaw line itself.

The **Neck Zone** includes the throat, neck and upper shoulders.

Start in the **Forehead Zone** close to the midline. Your fingers are just above the inner corner of the eyebrow. Make small sequential circles going upward using two fingers (middle and ring fingers are a good possibility, but use the ones comfortable for you and the client). Move out from the midline, each time circling upward. There will be five to six rows of circles with the final rows extending above the hairline on the sides.

In the Cheek Zone, you're going to begin above the lip and continue up the midline of the nose and both sides of the nose. Move out from the midline, each time doing vertical rows of circling. There will probably be 1,2,3,4,5 lines to do this.

Now we move to the Jaw Zone, starting with the chin. This is a little shorter. It doesn't take as long to do it. On the last line, continue up the jaw bone to the joint.

So we begin with the warming circles and you will get a sense of where it is tight and where it is loose, how that circle wants to go and how the tissue wants to be touched. We're having you listen to your own body first so you get a sense of how it directs you or draws you. How do those circles want to move? How big? How soft? How deep? And we'll be doing that with both the stroking and the warming circles. We're going to look in the mirrors and get a sense of your own face before you do it. When you work in partners, they also will look, assess and remember your face. You'll look at your face before you do it and after to see what looks different and what feels different.

To summarize: The **Forehead Zone** includes above the eyebrows. The **Cheek Zone** includes the cheeks, above the lip and the nose. The **Jaw Zone** includes the jaw and mouth. The **Neck Zone** includes the neck, throat and upper shoulders

Self Directed Review

1 What did you notice that was different when you brushed one shoulder only?

2 Natural Facial Rejuvenation helps to create healthy tissue by increasing the flow of: _____

3 How do we know which way to do the warming circles?

Section Seven: Listening Touch Exercise

Before you begin, take a mirror and notice your face. You might even make a brief sketch or write a few words. Where is there tension or flaccidity? Where are there lines or discolorations? What is the overall sense of color and tone?

As we get ready to work, it is important that your elbows are able to relax. Therefore have a stack of pillows available so that when you're working on your face, your elbows can be close enough that you don't have to lean. You want your elbows to be at ease, not up in an awkward position and not down where it draws you into a curve forward.

Face Stroking

We're going to begin with both sides of the face at once. You have already felt how powerful it is on only one shoulder. We will stroke each zone two times. So we begin with a gentle stroking of the face in the Forehead Zone.

Forehead Zone: And you're going to bring your hands up to cradle the forehead and upper cheeks. Notice your breathing cycles. And on your next exhale, you're going to gently stroke out to the side and off the face. And softly circle your hands back and let them settle again. Catch your breath and let your hands settle. Feel how they float, how they're softly present.

And get a sense of your breathing cycle and on your next exhale, you're going to softly stroke out to the sides. And let your hands slowly come back. This time let your hands settle back to that middle or Cheek Zone and allow your hands to rest on either side of the nose.

Cheek Zone: Notice your breathing cycle. And as you exhale, slowly stroke out your hands and take your time circling back. There may even be a breath in between or two. Allow the hands to settle on the Cheek Zone and on your next exhale just slowly stroke or brush out to the side. Slowly let the hands come back and we're on our third round here. Get a sense of your breathing cycle. Now on

your next big exhale, slowly stroke out to the side. This time, we're going to come back on to the chin as the midline of the Jaw Zone.

Jaw Zone: Noticing the breathing cycle. On your next big exhale stroke out to the side along the jaw line, maybe even encompassing a little down the neck with your touch. And let the hands come back. Listen for the next exhale and when you're ready and you think you got a nice big exhale stroke. Let your hands circle back to the midline of the chin. Feel how softly they rest there, listening for the next exhale. When you're ready, you're just going to stroke.

And just let your hands come down and rest. Feel your whole body. Sense your nervous system. Sense your breathing. Sense your face. This is getting us ready to actually sense softly into the tissues.

Warming Circles

Forehead Zone: We're going to begin close to the midline just above the eyebrow. We're going to take one or two fingers, perhaps the third and the fourth and you're going to begin little circles. And after you've done a circle or two in one place, you just continue to circle in layers up to the forehead and when you hit an area that is stagnant or tense, you listen more closely.

You're going to maybe circle the other way, or circle a little jag, or circle softer here. And your circles might be clockwise, they might be counterclockwise. And they might alternate. We're just walking a line and bringing awareness into the tissue. When you finish one line, you're going to walk out a little further and continue to circle upward on the next line.

It's a conscious touch that literally is listening for "How do these tissues want to be touched, want to be noticed?" See, hear, and feel. How do they want me to be with them? How does this skin and underlying connective tissue and chi, lymph and blood want to be touched? Now, I walk my third line and you could be slower, you could be behind me, slowly just noticing the next layer. You might do one really slow circle or two or three. And then coming up to the hairline, and

acknowledging when you get to the hairline, and starting down over the eyebrow. I'm on my fourth line. Notice your whole body as you work softly on these tissues of the face. And on my fifth line, I'm actually out at the corners of the eye. Some of the connective tissues here are just a little different. There is softness here. Now, it doesn't want to be touched. Now it doesn't like those circles. And depending on the width of your face, you may even have a sixth line here starting right above the cheekbone way out to the side. And softly coming up into the hairline. And slowly just take a break. Let your hands rest, let them come down.

So we've done one-third. We've done the Forehead Zone. And notice your sense of this part of your face now. And notice how maybe it is a little different from the rest of your face. If you're still working your circles, take your time and find your own pace.

Cheek Zone: Next, we're coming in to the Cheek Zone which is above the lip. And often we start in that little notch space between the lip and the nose, coming up onto the sides of the nose with little circles. Notice what it's like to have your nose circled, those little warming circles.

And when you're done that line, come out with your ring and middle finger more to the sides of the nose. There is actually a lot of muscles here, very interesting little muscles. You know how we flare our nose and lift our nose and do so many different things. We're just doing these loving little warming circles.

And remember the line that comes out from the corner of the lips. Start at the edge of the lip, level with the corner and coming up onto the cheeks. Sometimes the circles maybe little and slow and other times, they may be big. Sense how you're invited into the tissue and remember where you ended your last line. Come up under the eye and out to the corner of the eye. Remember this Zone goes along that line out from the corner of the mouth all the way up to level with the corner of the eye.

And coming out from the corner of the mouth, as you get toward the side, you're going to get those big muscles from the middle of the jaw joint up to the cheekbone. And circling, your last stroke begins right at the earlobe and goes up. So, depending on where you are, maybe all the way at the end or at the second or third line, just take your time.

And if you're done, just give yourself a pause. Notice what those two-thirds of your face feel like now, just from that gentle attention and presence. Do they feel in any way different from that final one-third?

Jaw Zone: And if you're ready, you're going to bring your fingers up to the chin. Little circles. Have you ever had your chin tremble? There is a bunch of muscles here. And very slowly circle up to right under the lip line. It's not a big distance but sometimes it really likes a bit of conscious attention in little steps. And after you've done that first line, come out a little bit, really acknowledge where that jaw line is and slowly circle up.

I'm on my third line. Sometimes my pace is slower or faster. Remember that this Zone comes up to a line coming out the corner of the mouth

When you get to the final line where you have that big masseter muscle, just continue all the way up to the jaw joint. And whenever you've done that, you're going to again put your arms down. Watch your sense of your body as a whole and your nervous system, your face, your breath.

We're going to close with three strokes here:

First come up to the forehead, listen for an exhale, and softly stroke.

And bring your hands back to the cheek zone by the nose. Wait for exhalation and stroke.

Come to the chin when you come back, waiting for a nice exhale and stroke. Look at yourself in the mirror. Look around the room.

Self Directed Review

How was that experience for you? Take some time to integrate what you have just experienced and notice the shifts in your body. Write down your perceptions:-

Section Eight: Listening Touch, Discussion after the Exercise

“Making contact with your face helps you be more conscious” Student comment

Susan: Coming to a close now. We are curious to know if anyone would like to share with the group. People are still talking, people are still sharing. Would anyone like to share with the group how it was for them? Yes, Robyn.

Student: Oh. Many things are happening. I got tied up in watching you and following the directions and I said “Forget it. I’m not going to follow the directions. I’ll do it ... I just listened.

Mary Louise: Fantastic.

Student: Because yeah it took away from my experience. I realized that and I got all uptight, so once I let go of that, I never realized how out of touch I was with my face.

Student: When I was touching my face, I felt I was focusing on my breathing and just relaxing my face and in that moment, I realized how much tension I was holding in my face, and then I felt a release.

Mary Louise: Wow.

Student: But I guess the thing that just amazes me is that I was totally unconscious of it.

Susan: And where was the release? Can you check in right now?

Student: Well mostly right underneath my jaw.

Susan: Okay.

Student: And like around my eyes and cheeks and forehead. And I guess it was not just physical but emotional. It was an emotional release for me too.

Susan: How are you doing right now?

Student: I'm doing good. I like being aware. I like being conscious. It makes me, it makes me feel I do have more control; it empowers me.

Susan: So making contact with your face helps you be more conscious. Is that right?

Student: Yes.

Susan: Great.

Male student: Look how much more color she has in her face and her cheekbones. The color has come up really nicely.

Susan: The colors have come up for all of you. You are all looking more clear. Yes. Thank you.

Student 2: It was frustrating for me to try to listen to you and to follow the hand positions on the face. I felt more amazing sensations when I didn't try to follow you.

Susan: We realize that this is just the first time you're doing this. We're just practicing here. This is your first time. This is why we have developed the Home Study program. So you can actually be listening or watching over and over again. We're doing a CD version and a DVD. The DVD is so you can watch; the CDs are so you can just listen and follow along, so if you didn't get it the first time or the second or the tenth or the thirtieth, you've got it to listen to forever. And then for this class today, you can just relax; you're exploring. You don't have to try and get it. Thank you for letting us know

Student 2: Great. For me, it was also when I noticed the frustration, but I also know it could be revealing some things to me.

Susan: Very revealing. So would you be willing to just be okay with not getting it all today?

Student 2: Oh I'm okay.

Susan: You're okay. All right. Thank you for sharing that though, and now we have someone else.

Student 3: I was not aware of feeling anything at first and then when my partner was asking me questions, I did become aware of the difference. Yeah. My face like *exists* more than it did before. It is... let's think of the word. It's that there's something in there instead of vacancy.

Susan: Something in there. What would that be, I wonder? Who's in there, huh?

Student 4: The same with me. I feel this part of my face. I feel it. It's there!

Susan: You feel your cheeks more?

Woman: I feel them. I didn't feel them before!

Susan: You have cheeks?

Student 4: I do, of course.

Susan: Wow. This is exciting, Mary Louise. So we're getting that this student is coming into her face and others are coming into their faces and ...

Student 3: Oh, I just want to quickly add, because for months I have been having dental work - my jaw started to open. But it's always painful, like when I naturally do a yawning, when I'm not soft enough. Only the right jaw always try to open, but it's hurting a lot.

Susan: Right in there?

Student: Just my jaw. This has been going on for months now so if there are some points that I could address to help myself.

Susan: Well, let's explore. Who knows what points might help? You're just halfway through the class today. Does anyone else want to share before lunch? Before you go to exercise your jaws with lunch.

Student 5: I found that I didn't really want to stop in any one place. It was like, I'm much slower and also that it wasn't really circles. It was more like ... whatever... And because I've done this work, everything starts, you know, this impulse to move ... things start to happen.

Mary Louise: Exactly.

Student 5: I tried to keep in sequence and doing the circles as best as I could.

Mary Louise: I just want to give you all permission *not* to follow me when I'm leading the exercise. Because really it's about you finding your own way. Like Susan says, if you want to follow, that's great, but if we're using a listening touch, one part might just go, "Yeah nothing there, nothing there, and like okay". Another part may go "Don't think I'm going to let you leave for about 5 minutes."

Part of the way we gear our classes is so you can learn kinesthetically, visually, auditorally. And also that you can ask for the things you need- if you need a visual image, if you need a kinesthetic experience, or if you need an auditory example, or if you need me to slow down. And you always have permission to move or do things you need that are different from how I'm walking the group through things. This is not grade school.

This is personal exploration and you really need to be present with yourself- and just play and learn both as a practitioner and as a client. This afternoon, we're actually going to work on each other and you may get into a situation where I'm in one place and you just have to stay in another place, so stay there.

You know in our cranial classes, we talk about the three Ps and we say that the most important thing is the person. So we may give you a protocol, that's a P. Whether you do that step now or not is up to you. If you don't do it now, you can

do it later. You can do it on another person where the body is more receptive and welcoming, where it works better or whatever. Once you start a protocol, that person will have a process and the process that starts arising for them may not match the protocol. And if we really want to do something that benefits someone, it's more important to follow the process than the protocol.

Now if we're just learning paint by numbers, you can follow your protocol. But the way we teach, we don't usually paint by numbers. It's about presence. It's about being with the person. It's about playing. It's about exploring.

And of course, the person is more important than the process. The person is the most important thing. You don't have to do exactly what we're teaching at the moment. When we get into cranial work that becomes a very sensitive issue, because you may ask people to touch bones and places that can have deep wounds. And it may just not be appropriate for a person to go there right now.

In this class, you know, it's meant to be light. But sometimes, *you* may have emotion come up or *you* may have something deep where you go "whatever". For some reason, some little voice inside you says, "Nope, I don't want them to do that. I don't want to do that." That's not a problem.

Susan: We have a system here. We have a system which is the yang and the structure which we're teaching you. And then the yin is where you follow your own flow. We need both. So thanks for bringing that up.

Student: I like the comment that you just added.

Susan: We need the yin and the yang?

Student: And when you say "the structure is the yang". And how you feel about whether to follow or not or customize it. It's the yin.

Susan: That's the flow, that's the yin. That's what we're doing, but we've got to teach you the system today so you can take it away and play with it.

Section Nine: A Meridian Balancing Exercise: 5 Steps

Mary Louise: We're going to do a movement that has to do with the central nervous system and with your ability to hear and comprehend.

First let's just notice our state as we begin. Bring awareness to the ease of your movements. Begin by turning only your head to the left. And as soon as you hit resistance or stiffness, just notice where it is. Notice a point on the wall that your eyes rest on and use this as a landmark to know how far you easily turned.

Now- Bring your head back to the middle and turn it the other way. Notice when you hit resistance or stiffness, and register the place where your eyes settle on the wall. Remember that this is the point you easily reach when you turn your head to the right.

Okay. Now we're going to do some movements. The first one is called "ear unrolling". All you do is take hold of your ear and gently unroll or uncurl its edges. Feel the warmth that comes into the tissues. Your ears relate to your temporal bones. There is also an area of the brain called the temporal lobe that is next to the temporal bone. This part of your brain has a lot to do with comprehension and expression. So, just take your ear and gently elongate, massage, unroll. Where the ear lobe is kind of flat, elongate. And in those areas that are the rolled parts, you just unroll it. Okay. And just notice what that does. How does that area feel?

Now let's check in with our head rotations. Turn your head to the left. Come back to the middle. Turn your head to the right. Did that help your ease of rotation?

Okay, let's do some related movements. Put your right hand on your belly button and your other hand under your collarbone. Spread your thumb to one side and two fingers to the other side so you touch just a little below and outside the "bumps" of your collarbone. These are called "Brain Buttons". They help you to think and integrate the right and left hemispheres of the brain. Gently rub these

bilateral points. In acupuncture they are called K-27. After you've rubbed a bit, rest your hand and hold.

Now, we're going to balance two other meridians, conception and governing. You're going to keep your right hand on your belly button. And with your left hand, you're going to put your thumb below your lip and your two fingers above. Gently rub side to side with the upper hand and then hold. This gets your governing and conception meridians flowing. Governing meridian comes from the lower back all the way over your head to above the lip and conception vessel comes from your pubic bone up to below your lip.

Okay, we'll do one other set of meridian balancers. Keeping one hand on your belly button, take 2 fingers of the other hand and put them on the bony area behind your ear. If you know anatomy, you know this is called your mastoid process. Touching here integrates the triple warmer meridian which is one of your fire meridians. After you have held here awhile, bring your fingers to touch the other side. If you want, you can switch your hands so the other one is on the belly button, if it feels more comfortable.

Let's check in with the ease of motion again as you rotate your head. Turn your head one way. Come back to the middle. Turn your head the other way. And hopefully, you can turn your neck better and hear better.

Self Directed Review

Sense how you feel after these Five Meridian Balancing Steps and write down your experience:

MODULE #4: YANG LASER TOUCH

Section Ten: Laser Touch Presentation

“Holding these points with loving compassion, who knows what might happen?” ... “The bigger our perspective ... the more space we have for incredible healing to happen, ... holding presence with these points.”

Dr Susan Lange, OMD, L.Ac

Learning the Laser Touch and Acupuncture Points

Susan: We're starting this section of the class with a little Daoist prayer by Lao Tzu, because we're moving now from exploring the qualities of more YIN Listening Touch into exploring the qualities of the more YANG Laser Touch. In Chinese Medicine, we have the Laser Touch which is the very focused acupuncture and acupressure. We also have the Listening Touch which is softer and more meditative, and after I've read this, can you tell me which part this is coming from? The Yin or the Yang?

Lao Tzu

The master (and the mistress), take action.

By letting things take their course,

They remain as calm at the end as at the beginning.

They have nothing, thus have nothing to lose.

What they desire is non-desire.

What they learn is to unlearn.

They simply remind people of who they have always been.

They care about nothing but the Dao, thus they care for all things.

So is this a yin space or a yang space? _____

Yin, Yin. Yes. And in being yin, deep, deep into the yin, the energy starts connecting with the yang. You go in, in, you come into balance and then you come out, out. So it's actually both. So, good job. And it's constantly moving in, into the yin and out, out towards the yang. Do you remember the Tai Qi symbol we showed you earlier?

"Thus they care about nothing (the yin) and they care about all things (the yang)."
The yin and the yang.

We've reviewed yin & yang.

Now I want you to take a look at your Chart.

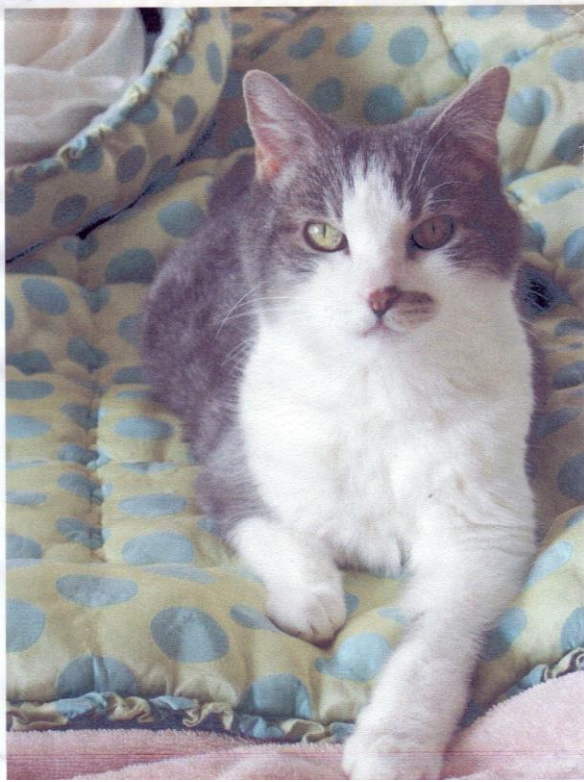
Section Ten: Part Two. Review.

The Listening Touch techniques that we have covered are:

- **shoulder brushing,**
- **face stroking**
- **warming circles**

We're moving into the second part of the class, which is more yang to start with. We're doing the yang Laser Touch now. We're still yin. This whole class is more yin than most classes. We're not teaching you vigorous massage strokes or using acupuncture needles because you can get that elsewhere, but we're going to do a more yang piece. It is more yang relative to the more yin Listening Touch approach.

Just in case you're a little overwhelmed by the prior half of this program and all the long names and jargon and people, just know that anyone or even any creature can do this!



We used to have a little cat called Clementine, the color of a soft grey pussy willow, and when Julian had a surgery a while back, little Clementine insisted on helping him heal. She would put her paw gently on his leg, along the correct meridians, settle into a meditative state and purr very loudly. So is she doing a Listening Touch or Laser Touch? Listening Touch, yes. And what would happen if she were to use her claws? Is that Laser Touch? Exactly. So she has the capacity to do both - just as you do. So take heart. Okay? This isn't about overwhelming you with tons of information. This is

just about hanging out in the flow and if Clementine can do it, we ALL can!

And Listening Touch plus Laser Touch equals ...?

Student: Love.

Susan: Yes. Loving Touch. Good job

Section Ten: Part Three. Aunt Susan Roche, Australia, 1980s

Susan: For me, it started with my Aunt Susan, Susan Roche. She was the Acupuncturist, who used to teach at the International College of Oriental Medicine in Sydney, Australia, and then she developed her own Natural Facial Rejuvenation Program called “Touch for Beauty”.

She grew up, as I did, in Hong Kong. Hong Kong in the 1950s was very glamorous, and a large part of it was very much about “surface” and appearance. There was a big concern about “face” or “xiang” as it’s called in Chinese. I was brought up with the more yin, more spiritual part, so the Hong Kong that I knew was the Daoism, the Qi Gong, the Yoga and Dr. Wong, my teacher. But there was also this part which is the land of tycoons, the land of “face”.

Then Aunt Susan went to Australia. She became a yoga teacher and also an acupuncture teacher. She was on the radio and television a lot and was often featured in newspaper and magazine articles.

And she used needles to do Cosmetic Acupuncture Facial treatments. So is this Listening Touch or Laser Touch? Yes. This is the alternate laser form. The Laser Touch goes with the needles. The yang within yin, so it’s the balance. She’s using very focused needles, but her client is going very deeply into a yin state. So acupuncture is the ultimate in being very focused, - it’s the fastest way we know. I call facial rejuvenation with acupuncture “the *laziest* way to looking good”, because all you do is lie on the table and get needles put in to you. What Mary Louise and I teach you



takes a little bit more time and repetition because we're teaching you how to do it for yourself as opposed to just lying on the table like Aunt Susan's patients.

Then she developed her "Touch for Beauty" program because she realized that when people are traveling on the road, or working in their businesses or even socializing, they need to know how to do it for themselves between acupuncture sessions. So it was developed into a program where you don't need the acupuncture needles, you just learn how to do it for yourself. She and her acupuncture colleague, Helen Smith, took their program all over Asia, Hong Kong, the Philippines, and Australia. And the program is also written up in the book "The Bodywork Book" along with Rolfing, Feldenkrais and Yoga, as I mentioned earlier.

Section Ten: Part Four. Scar Treatment examples

They were also very focused on teaching their students how to release scar tissue, because if there is a scar anywhere in the body especially on the face, it's going to affect other areas. It blocks the meridian flow. That was one of their big concerns. In level 2 we'll be teaching you how to release scars, because when people have cosmetic surgery or any kind of surgery, the scar tissue can be problematic and we don't want that, do we?

Student: So if somebody had a major surgery e.g. in the gallbladder, that could affect other parts of the body?

Susan: Absolutely. As an example, I worked with a young man in England many years ago who had had an appendicitis. Instead of the appendix being located in the normal appendix area the surgeon found it up towards his sternum. Very dramatic! So he had a scar all the way up from the appendix area up towards the center of his chest. And he came in for treatment because of insomnia. He couldn't sleep, his digestion was really bad and he was very agitated. He didn't know why. In one treatment, we released the blocked meridian flow caused by the scar tissue. He started sleeping more soundly. His digestion improved because the meridians related to digestion had been cut all

the way to the central mid-line which is the conception vessel meridian. Once the meridian flow was re-established his digestive tract could heal.

Other scars from surgeries like C-section, hernia, back surgery, can cause health issues by blocking important meridians too. Also adhesions from the scar tissue can be a concern.

So Aunt Susan was very big on the scar issue in the 1980s, and she was one tradition of why I'm teaching this. And the other is my mom, Susan's older sister, Jane. Her great friend was Dr. Frances Wong.

Section Ten: Part Five. Dr. Frances Wong, Hong Kong, 1970s



Figure 2 Dr Frances Wong in Hong Kong, early 1970s

Remember how Dr. Wong broke against that tradition of the teachings being passed down from one person to the next person all the way down through the

generations? So she was very brave, going against the wrath of that nun. Remember the Buddhist nun I spoke about earlier?

The first training that Frances ever taught was about 1973 and my Mom was in it. So this was actually history. And then I took her second class.

When I was a teenager I used to get terrible eye pains and headaches (from old birth trauma patterns including forceps, and dental work) and she was able to help me release some of those old issues, so I'm a very grateful student!

Frances Wong came to visit us years later (in 1987) in LA with her son. He is a chiropractor working in Hong Kong, called Thomas. She also brought her mother who was in her late 80s. I thought the mother should have looked like a wrinkled old apple. She seemed so small and frail. But instead, her skin was like a soft pale peach. Can you guess how long she lived? Until 102 years old! And she did what we now call the "Full Frances" facial technique which we teach in Level 2. My mom did the "Full Frances" every single day. And I was also taught how to do Dr. Wong's protocol every single day. Today, we're teaching you the simpler version, the "5 Element Mini" – to get you started.

We want you to practice getting your touch right before we take you into the deeper areas of Level 2.

Section Ten: Part Six. Five Element Face Shapes

In this diagram we review the actual shapes of the faces according to the Five Elements. Remember that from earlier in the class? Did you practice looking at faces in your break? We want you to observe shapes and colors and ultimately, you'll be doing it like me! Dr. Frances Wong taught me in the early 1970s and I have never stopped observing.

- The wood type of person would tend to be more olive complexioned (or greenish) with a rectangular face shape
- The fire type would tend to be more ruddy with a more pointed face shape

- The earth type has a more tawny, yellowish, brownish color with a more square shape
- The metal type has more pale, whitish, ivory or even grey tones with a “flower pot” shape
- The water type has a more swarthy, bluish or dark complexion and a more round face shape.

Now remember we’re just beginning with the reading of colors in the face so I’m giving you very simple colors to start with. Most of you will be mixed types, but these basic colors will give you some clues to get started with.

As you go about your day and interact with other people, whether friends, colleagues or clients just practice observing. You don’t have to make any conclusions, just observe and soon you’ll find that you’re getting good at this and then, you never know, it might become second nature.

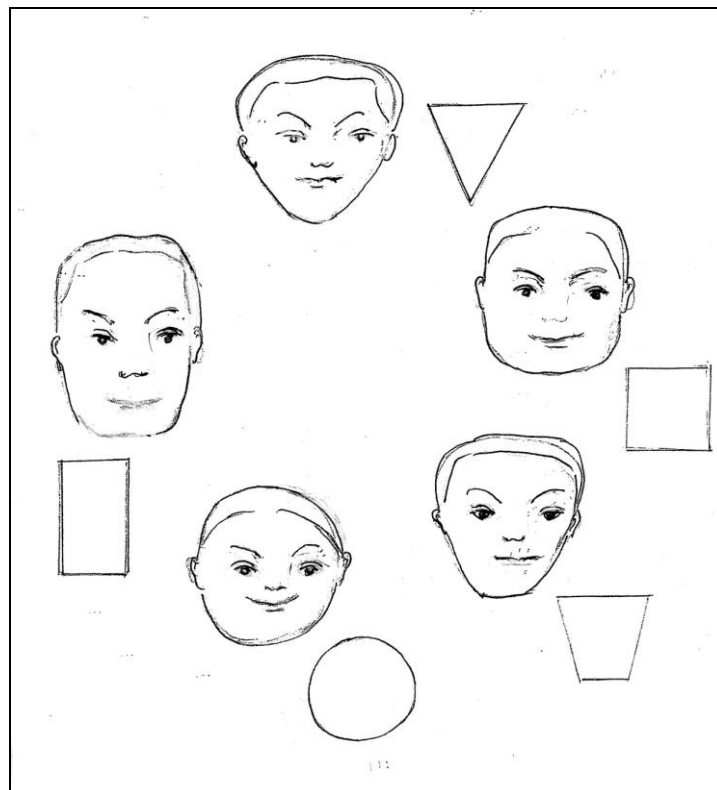


Figure 3 Five Element Face Shapes

Do you know what the normal color of the face should be? It's pink. The color of healthy blood flow.

Exercise:

If you're at home take a few minutes to gather some photos of family members or friends and observe their face shapes. Sometimes it's easier to look at photos than to find yourself staring at people on the street! Facebook and the Internet can be very rich areas to practice your facial observation skills.

Write down what you notice:

Section Ten: Part Seven. This is where we start you with the Laser Touch.

We will be working with the acupuncture points. We're doing a little bit of head stuff here, but once you've got the points down they'll be easy. You already have them drawn on your chart.

Now, we're going to introduce the seven points to you that are part of what we call **the "5 Element Mini" Facelift Massage.**

This is the laser part of our Natural Facial Rejuvenation "Five Element" technique.

We'll do the Overview first, especially if you're doing this for simple self help, and then we'll do part 2 when we go into greater depth for practitioners.

If you're doing this for self help only and are listening to the Home Study Course then you can skip the next track. I'll tell you when to skip

POINTS

Simple Overview (See Your Chart)

- **Point #1: Gallbladder 1 (GB 1), Wood, Outer Eye (OE)**
- **Point # 2: Small Intestine 18 (SI 18), Fire, Under Cheekbone (UC)**
- **Point # 3: Stomach 5 (ST 5), Earth, Jaw Notch (JN)**
- **Point # 4: Large Intestine 20 (LI 20), Metal, Nose Flare (NF)**
- **Point # 5: Bladder 2 (BL 2), Water, Inner Eyebrow (IE)**
- **Point # 6: Governing Vessel 26 (GV 26), Yang, Under Nose (UN)**
- **Point # 7: Conception Vessel 24 (CV 24), Yin, Under Lip (UL)**

Point Descriptions:

We're going to start with point number 1

Point #1: Gallbladder 1 (GB 1), Wood, Outer Eye (OE)

This is the green point on your chart, the green, gallbladder point. It's the beginning point on the Gall Bladder meridian: Gallbladder 1 (GB1), located on the edge of the orbit of the outer eye (OE). It's right at the outer corner of the eye just below the edge of the eyebrow and it's just on the inside of the orbital bone.

It's a yang, wood meridian; gallbladder and liver are connected and they are both wood energy meridians. The liver energy is the yin wood meridian. It's the energy

that expands and moves upwards and wood energy (gallbladder and liver energy) is very powerful, very focused and very strong.

So what kind of energy would it be? It's a more yang energy type.

The shape of the Wood type face is oblong & the color is olive. Do you remember that from earlier? This type of person tends to be more of a leader in the warrior sense. They're pioneers; they forge ahead in life and business. The emotion of wood is anger; the virtues are expansion and expression.

Types of Touch, Laser Touch.

Susan: You'll find the point at the inner edge of the orbital bone at the outside corner of the eye. It's a little tiny depression, a little notch. And the sensation that you're looking for, we call it the "hook". So this is more of a yang touch. It's that laser piece where you're actually feeling this "hook". It's almost like your fingers get drawn into it. It's not the Listening Touch, where you're very soft. You feel a "hook". Yes?

The Hook:

Susan: Do you feel it? It's like you've got a little ache. An ache. It can hurt a little. It might feel a bit like a toothache. Don't push too hard. If you push too hard and you notice that you're getting flushed or hot or slightly nauseous that shows you the power of these points. Let's just pull back with your attention; pause a second, pause, pause, pause. You guys are all so focused. I'm impressed. Pull back with your attention very gently and make contact with the point. Then you find that "hook" and then you take your finger away.

This form of contact that we're teaching you today, you can take away and you can do every single day. When you're at work, and you're leaning on your desk, you can do your "5 Element Mini" face lift massage. But you're doing it in a very gentle way and when you feel a specific point, sometimes it's going to grab you and you'll go, "That feels so good". How many of you were saying earlier, "Oh, I

like that strong firm touch”? Someone was even saying they liked an aggressive touch. Sometimes it feels like you want to be aggressive and you are being pulled into the point or drawn to push deep inwards. At other times, the contact will be soft. Or sometimes you don’t even want any contact. But right now, we’re just doing it very lightly. Are you okay with that?

Laser Lights:

Another way to do the Yang Laser Touch is to make contact with the points and to sense little flashlights or even laser lights extending from your finger tips and dropping deep into each specific point – as deep as the face will allow. And remember sometimes a point will actually push your finger away. In this example you’re being very focused with the light (yang) and you’re also holding a gentle touch (yin) at the same time. You’re allowing the light to do the work.

Well done.

Are you ready for the next point?

For the next point, look at your chart.

Point number 2 ...The next point is called Small Intestine 18

Point # 2: Small Intestine 18 (SI 18), Fire, Under Cheekbone (UC)

Small Intestine 18 is one of the end points of the small intestine meridian. If you look on your chart you’ll see that it is fire energy. It is the yang fire energy and it’s connected to the yin fire energy which is the heart meridian. It’s red. People with more fire energy tend towards being good teachers, communicators and entertainers. They’re usually very generous, openhearted people. The emotion of fire is anxiety; the virtue is joy.

Specific Location:

For this particular point, remember where gallbladder 1 is and then you’re going to drop right down below the cheekbone, until you feel a little ache or a “hook”.

Got it? Just below your cheekbone. It's going to be in a little notch. Can you feel it? Just below the outer corner of your eye. So, a little notch. Do you feel an ache on this point? It's like a little ache that helps you know you're on the right place.

Student: Is this good for Bell's palsy?

Susan: It can be, depending on where the Bell's palsy started. Acupuncture is very powerful for Bell's palsy. This is a really important point; this is where several meridians connect. So we've got the pointed, slightly reddish face shape for the fire element. This is a fire meridian point and this Small Intestine meridian is one of the most yang meridians of the body.

Susan: Feeling for the hook or a strong ache is the very yang way of contacting a point. And if you are being more in listening mode or yin, you might just feel that your finger is being drawn in gently. So that's the connection. That could be more like a gentle buzzing or it can be a pulsing.

So moving on to Point no. 3, you'll notice that we're actually going in a circle on the face – it's the 5 element circle. If you look at the chart, we start at the outer corner of the eye and we go in a circle on each side of the face. It's a circle on your face – actually 2 circles.

These meridians are connected with other meridians & they create a network throughout the body and all the meridians are inter-connected so there's actually a flow that happens through the whole body. And thanks to the wisdom of the ancient Chinese if you really know your points well, you can put a point in on the face and it will affect your whole body. When you diagnose the person right, it can be really, really efficient.

Okay, so now, we're on to Point number 3

Point # 3: Stomach 5 (ST 5), Earth, Jaw Notch (JN)

The yang stomach meridian is paired with the yin spleen meridian. It's the yellow point on your chart. The shape of the face tends to be more square and the color more sallow, or yellowish/brown.

People who have a lot of earth energy tend to be good mediators and harmonizers; they're very empathic and compassionate. The emotion of earth is worry; the virtue is balance.

Specific Location:

To find the point you just drop straight down from point number 2, the small intestine point, to your jaw bone. You can also slide from the corner angle of your jaw and there's going to be a notch in your mandible or jaw bone, exactly where the 2 lines intersect. If you get it wrong, this area is so powerful that you'll still get the effect but there is a little notch right in the bone. You find the notch and just slide slightly up over the jaw bone, slightly up. Do you feel that? And when you get that, again it's a powerful point.

Susan: The TCM (Traditional Chinese Medicine) description for this point says it's good for tinnitus, muscle deviation, swelling in the cheek. These are some of the indications, from the People's Republic of China (PRC). These descriptions came from modern China, but a lot of the way that I was taught was from ancient China. So, our understanding of what we use and how the points work is much, much deeper than what's written in the descriptions. Also there has been a lot of amazing research done on many of the Acupuncture points in general. And then with your Listening Touch, as you make contact, you will notice all kinds of things unravel in your body that filter all the way down.

As you're making contact with the points, notice what happens in your body. Are you getting hot? Remember not to put too much focused attention on the points; pull back if it feels too strong.

We don't want it to be too stirring up for you. Don't get too activated. So if you go to your chart of your face shapes, it is the square face. We know that the fiery

people are more yang; earth people are more yin than the fire people. In general they're considered to be more neutral. Not too yang, not too yin. In the old Chinese Four Element Chart the earth element is placed between every other element. So you come back to balance and then you go to your next element. Come back to balance, back to earth. You just keep slowing down and coming back to center.

Point # 4: Large Intestine 20 (LI 20), Metal, Nose Flare (NF)

This next point is on the yang metal meridian. We have it colored purple on your chart, but in reality it's either white or gold, in the more ancient texts. This is the end of the large intestine meridian which is the yang meridian of the metal element. It is connected with the yin, lung meridian of the metal element. So large intestine is metal. If you look at that face shape, the flower pot shape in the diagram of the Face Shapes, that's metal. The color can be pale or white. The metal energy is more contracted; we're moving more into the yin, so we're coming back inward and metal people are very clear, concise, integrated. They are very good at organizing and consolidating. If you're running a business, you always want a metal person on your team. The emotion of metal is grief; the virtues are clarity and integration. You actually want a person of each element type on your team because they've all got different gifts.

Specific point location:

So this point, if you follow down your nostril, it's at the widest part of the nostril and you're going to feel a little notch on each side of your nostril, at the flare of the nose. Feel that? Good. Sometimes, when you work with a small point like this one, you can use your fingernail; you can actually get right in there and of course, that's a more yang form of contact as you know. Think of Clementine, the cat, and of course, if you use your fingernails, you can actually get a more powerful yang effect. So that's metal.

Point # 5: Bladder 2 (BL 2), Water, Inner Eyebrow (IE)

We say Bladder meridian, but urinary bladder (UB) is what the Chinese texts call it. We have simplified it to BL, bladder. So Bladder 2 (BL2). That's at the inner point of your eyebrow. And again, you're going to find a notch. If I use my fingernail, I can get right in there. I love doing this point. Sometimes I'm sitting at my desk and I feel like I'm "over-thinking" as someone said earlier. When I feel that I'm thinking too much and I'm losing contact with my body, I might just lean into this point on my desk and feel the powerful connection. This is a great point,

The yang bladder meridian is connected with yin kidney meridian. It's the water meridian and that's the element with the round face shape. The color would be grayish or bluish – or even blackish in an extreme. So do you feel the hook or the notch? Got it? It's at the inner point of the eyebrow

Susan: You want to be right at the edge of the eyebrow. Got that? It is all about touch. Are you doing okay?

Susan: I've been watching you all. You're turning pink. So back off, slow down. Slow down. What's very interesting is your awareness, because you've already started with listening. When I used to teach acupuncture anatomy 30 years ago, students could poke and prod these points all day. We would be in school all day teaching the different points all over the body. We didn't have the awareness then of making deep connections with the bones and the tissues, the lymph, the fluids and the blood. But here you are. We're now in a much more expanded paradigm, much more expanded and aware than back then.

The water element has the round face shape. Water is the most yin. So when you look at water type people, they might be softer. Their faces might be more fleshy. They're going to be more inward. These are the poets, the philosophers, the deep thinkers. The emotion of water is fear; the virtues are wisdom and courage.

Susan: In China, they've done tons of research on many of the acupuncture points. They are very powerful points and this particular one is amazing because it actually balances the cortisol and therefore the stress levels of the body. And when you're very stressed, cortisol is high. You want to calm it down.

That's our water meridian point.

These are the 5 points. The 5 Elements. And we have reviewed the five face shapes. When you look at people, you're going to say to yourself "That's a fire person, they're more yang. This face is more round, this is a water person; she is more yin". You're starting to develop your evaluation skills, your observation skills.

Next we have the two central meridian points. One is called Governing Vessel. And this is the point:

Point # 6: Governing Vessel 26 (GV 26), Yang, Under Nose (UN)

You roll down to just below the nose, the upper third of the space between the nose and the upper lip, and you can feel the point. Do you feel that? It's a very balancing point. This is also a very powerful point. Governing vessel goes all the way up the back so it's actually a very yang meridian. It goes all the way up the spine and up over the back of the head to the upper lip. And it connects with the Conception Vessel, called "Conception" because for women it actually originates within the uterus. So Conception Vessel is actually a fertility meridian. We use it a lot with women who want to be pregnant. So this is the next point that we're going to. This is the end point of the Conception Vessel meridian.

Point # 7: Conception Vessel 24 (CV 24), Yin, Under Lip (UL)

Susan: To find this point you drop just below the mid line of the lower lip into the hollow, the horizontal depression that you will feel. This one is a great point in pregnancy for morning sickness. It helps settle the stomach. It helps reduce nausea. The energies are moving up, they are getting too yang and this is a very yin meridian, because it's the front of the body and it helps the stomach settle.

Susan: **These are the 7 points we're teaching you that comprise the yang or laser part of our "5 Element" Facial Massage system.**

Seven points that you can actually use anytime you want to. At the end of this Level One program, we're going to teach you a segment on how to be more yang with these points and how to be more yin. If you want to calm down, we use them in a listening way. If you want to perk up and be bright and alert and focused at work, for example, we use them in a more yang way, a more laser way. Would that be useful to you? If you want to wake up and be alert? Good.

Susan: We're going to teach you the whole series of points, how they all work together, but first I'd like to clarify the difference between Biodynamic Laser Touch and Regular Laser Touch.

Biodynamic Laser Touch happens when you allow the body to pull you in deeply and powerfully – and you're focusing on a specific area or point. The pull or drawing inward comes from the interior of the body. And sometimes the body will even push your finger away. Trust what it's telling you.

Regular Laser Touch is when you use strong focused touch with an acupuncture needle, fingernail or pencil tip, as we would teach in Acupressure First Aid (which is a separate course). You are applying strong pressure from the exterior.

The type of Laser Touch that we teach you in this Natural Facial Rejuvenation Program is the Biodynamic form.

(If you are doing the Home Study Course for yourself only, then here is where you can skip to the next track)

Section Ten: Part Eight. General Discussion with Q & As

Susan: **“Holding these points with loving compassion, who knows what might happen?”**

Remember what Mary Louise and I have been saying all along? Mary Louise was talking about the embryological forces – the powerful healing forces. When you work with the face, these points can allow old birth patterns to gently start to melt. So have lots of compassion. The birth period is where you took on the influences of the family and the ancestors and what happened to *you*, and it all got sealed in at that time. It was sealed into your bones and your muscles, because it was the biggest transition of your life, (along with death - with your death patterns). Have lots of compassion for yourself and understand the depths of the layers that we’re working with here. The bigger the perspective we have, the more space we can allow for incredible healing to happen, just in holding presence with these places.

GV 26 extra info

Student: When I was taking shiatsu, they said, if you’re going to sneeze and it’s not appropriate, to push back up on GV 26 and it works.

Susan: It works. It does suppress the sneeze. These are powerful points. When you’ve got to be really effective fast, like doing first aid, you need laser touch - a needle or a fingernail – or the tip of a pen!

Male student: Is there a soft touch to that, a listening touch?

Susan: Not for fast action.

Male student: We have to do laser?

Susan: We have to do Laser Touch when we need fast instant results. Normally these points are contacted with needles. These are all usually done with

acupuncture needles but Mary Louise and I are developing more of the Listening Touch and softer approach.

Contra-Indications?

Student: I wonder if there are contra-indications for somebody that you wouldn't want to work on with these points.

Susan: As a massage therapist?

Student: Yes. Or like for a client that had Botox.

Susan: Good question. This is why we are so insistent on you developing this skill of Listening Touch. You can antidote both Botox and the other face fillers if you're using this treatment because the body is going to say "I don't want that nerve poison in my body" and it is going to want to push it out. Certain Detox herbs can also antidote these facial fillers by trying to eject them from the body. What does that tell you? Botox becomes addictive because it only lasts for about 6 months and then you have to go back. I actually have colleagues that are helping people unhook from Botox so that their bodies can reconnect with their own tissue again.

In one of our earlier classes that we taught a few years ago we had a number of estheticians and facialists, and one of them told us about how she works in Hollywood. She said that a lot of movie people now don't like to cast stars that have had Botox because they've lost their expressivity and their faces are too rigid. With high definition television it all becomes very obvious. So if we were teaching you a form of massage which is to go in and just push and impose your own protocol, then I would say there would be lots of contraindications. But it's very different if you're going with Listening Touch, because you are listening to the body and you are letting the body teach you what it needs. Does that make sense?

Christopher Muller (craniosacral therapist):

“I think it’s really nice when you develop that touch. You’re listening to the body. And then it shows you things so clearly that it’s almost impossible to make a mistake and it takes a lot pressure off you as a practitioner. It’s a really lovely skill to have. You have that skill and it just shows you everything. It makes life really easy for you.”

Susan: Thank you, Christopher, and thanks for asking the question. Here’s a good example. A client was in bed last night with this terrible, terrible head pain. She had knocked her forehead on a wall by mistake the week before. Her massage therapist/reflexologist worked on her toes yesterday morning, and you know what the big toe represents? Spleen and Liver energies in Chinese Medicine. And in reflexology, it’s the forehead part of her head. So, the massage therapist was working on the big toe, nice and strong, and the client, within a few minutes of the treatment said, “Oh, I’ve got a horrible headache now”. The massage person said, “Oh interesting coincidence. I’ll work more on your foot”. Work, work, work, work. Then the client was in bed in agony last night because she had been imposed on too much. The massage therapist didn’t know. She was never taught in school how to do Listening Touch. Does that make sense? Thank you for asking that. So that’s where we really need to listen, instead of acting like that very aggressive massage therapist with Julian. He wasn’t listening to Julian. He wasn’t paying attention. Julian’s foot was coming off the table and the masseur didn’t stop. It wasn’t his fault. No one taught him in massage school.

Q: So, how deep you can go?

A: You’re going to feel and listen and you’re going to let your own body tell you. And you’re going to feel in and listen to your client and let her body tell you.

If you're working with someone and they need more contact or firmer pressure, they will pull your finger in more deeply into the point. When you watch the introductory video that's online, watch James at www.RejuvenateMyFace.com.

James is a polarity therapist, himself. So he's done a lot of work. With this technique, he was on the table and he talked about how this big pain came up. It felt like this finger, his practitioner partner's finger, was just pushing in to his orbital bone and this big pain came out and he'd had problems with his eyes for many years. The pain came up and his body pushed it out.

Student: Pain isn't something to be avoided?

Susan: Not necessarily. In James' case it was an old, old pain (stagnation of energy) that needed to release. With this person who hit her head, if that had been allowed, then what would have happened is the ache would have come out. It would have pushed itself out and the body would have been healing. That's what it wanted to do. And now I'll give her a session on Monday so that she can let it continue to push out. When you're doing this work on somebody else, you're going to notice how the body pulls you in or how it pushes you away. When you're doing it on yourself notice what feels good for *you*.

Sometimes, I will hold a specific point and the point will pull me right in. It can happen especially if you have something going on like what we call a forceps dynamic where when you were born, there was a lot of extra pressure. In this case it may actually feel really good to have the pressure in present time. Just notice. Or, it may feel really important to hold your hands way out, off the body, to give it lots of space. As you develop the presence with *yourself* first, then you'll be connecting with the other more effectively. Is that helpful?

Can you see the power of this Listening Touch? Tracy was asking if you can do too much and if there's any contraindication. If you're not sure, then you back off and you listen. So you're going to do the dance.

(Only if there's an emergency and if you don't have time to do the dance, that's when you would need to go into a laser touch – and in that case it would be the external laser touch not the internal biodynamic laser touch.)

In review, the following four guidelines can help you in understanding how to work with the body at the deeper levels, and to assist old trauma patterns to release easily and gently.

The Four States absolutely necessary to dissolve old trauma

Here are the four states that you need to be aware of when you work with releasing old trauma from the face – and the body.

- **Safety:** the importance of creating safety – for yourself, and your partner or client
- **Slow pace:** why it's good to slow down and let the body tell you what it needs
- **Yin?** Knowing when the body is asking for the gentle Yin Listening Touch
- **Yang?** Or the more focused and firm Yang Laser Touch

Yin and Yang Meridians and Points

Points on the face are yang, compared to the more yin points on the body.

“The Yang points on the face reflect what's going on inside the more Yin body”

Student: For the governing vessel and conception vessel meridians, according to the wood, fire, what nature of element do they have?

Susan: One is yang and one is yin. They're not part of the Five Element System. Governing Vessel is the most yang meridian of the body. It goes up your back and over your head; Conception vessel is the most yin meridian in the body.

Susan: Now, this was my mom a month before she died. Remember how she was reminding me to do the Frances Wong protocol? Coming from Hong Kong, her face was still really important and she looks amazing. No cosmetic surgery or implants ever. To me, she is the example of the combination of Listening Touch and Laser Touch that becomes Loving Touch. She has been a huge inspiration for me and she is one of the reasons I have been teaching “The Lazy Way to Looking Good”.



Importance of Energy flow for a Healthy Face

Energy has to keep flowing. Any way you stop it- whether you're doing it in your business world or in your personal world or in your eating or your emotions- if you stop it and you stop it for long enough, it becomes disease. One of our purposes for getting you here is for your face, and to have fun, and to teach you that when you hold presence, things start to flow. Remember what one of you said earlier during the Face Evaluation Exercise? “I was observing and things changed”. Yes. Energy started to flow. So you've already got it.

As you're observing, things change – and your face changes.

Student: It's beautiful.

Susan: There we go. Good job everyone. You've done a great job being so focused and yang. And now we're shifting or flowing into the yin.

We're transitioning into the next phase where we put all the pieces together that you have learned so far, after your review.

Self Directed Review

List the locations of the seven points and their initials:

List the four states absolutely necessary before the healing of old trauma can occur:

MODULE #5: SELF HELP & PARTNER SESSIONS

Section Eleven: Five Element Self-Help Facial Session –

Listening Touch

Mary Louise: As we get ready to do our self-help five element facial session, you might get your mirror out and take a brief look at your face. You've already learned how to do an evaluation, and for now you're just checking in and noticing what is easily apparent.

Next, you want to find the page in your notes that has "Self Help Five Element Mini" written at the top. And, if you have a pillow or two, that you can rest your elbows on, that's highly to your benefit. These can be used to give your arms support so you can cradle your face in a relaxed way. Then you can relax by dropping your elbows into the pillows, and also having enough pillows so that your head naturally rests into your hands without bending forward. We will begin by naming the steps that are listed in your notes, and after we've named them all and talked about them, we will actually do them.

So, place your sheet with the Self-Help Mini instructions where you can see it. The first half of the Self-Help Five Element Mini is to develop your listening touch and the second half is developing your laser touch.

Look at the Number One, "**Settle**". You know that settling is an "intention". It's a pause. It's a lovely thing where you settle into your own body, where you come into a place where you are connected with yourself in a state of wholeness. You sense your midline. You sense the support of the earth.

Number two - "**Face Cradle**". What you'll do here is to cradle your face so that the palms of your hands softly cover the bulk of your face. Your fingertips will be on your forehead. The heels of your hand will be on the jaw. The edges of the little fingers touch will touch each other in the center of your face.

Another option here is the **“The Shoulder Brush”**. To do this, you’ll turn your head toward one shoulder. Then you’ll reach your hand over to gently grasp the shoulder you have turned toward. Notice your breath and on the next big out breath, gently brush up and over the shoulder as you bring the head to the center. Then you’ll repeat on the other side.

We have also already done **“stroking the face on exhalation”**. We’ll begin with the forehead and cheek zones, gently cradling and stroking to the sides. And then we’ll do the cheek and jaw zones, gently cradling and then stroking to the sides. Notice that when you are stroking to the sides, you have waited until you’ve noticed a nice inhalation, and then you do the stroking on exhalation.

“Warming circles” is our next step. We’ve already done them. We will do the forehead, cheek and jaw zones, one by one.

This completes our listening touch.

Now we move to the laser touch and the acupressure series. Here we’ll be connecting to the energies of the wood, fire, earth, metal and water meridians. And we’ll also connect with the governing and conception vessel meridians.

And to complete the Self-Help Mini, we will do the gentle cradling and stroking we began with, and we will back out the same way we came in. First we’ll cradle. Then we’ll stroke. We just let everything settle-and find itself.

At the end, it says we can **ground at the shoulders or the feet**. This means we’ll do anything to bring attention to the shoulders or the feet. To support them, we can gently cradle either or both and think of the support of the earth and the floor.

When we leave our final contact, we do it gradually and consciously. We wait until the body releases us. You might feel like your arms just start to float away. When you’re close to done, let yourself have the thought, “We’re thinking that maybe we’re almost done.” Then wait for release.

So we're going to begin and do this **Self-Help Five Element Mini** . Get your pillows under your elbows. Adjust their height. Are you ready? Are you comfortable?

Settling:

We're beginning by settling. Really sense what helps you to settle.

We often use images like:

“Find the fluids in your body”.

“Sense your bones”.

“Sense the parts of you that are cradled or touch the earth”.

“Sense your midline”.

“Sense how your midline orients you between the left and the right, the top and the bottom, the back and the front”.

Face Cradle:

And as you continue in this process of settling, you're going to begin to gently cradle your face. This is not a leaning onto your hands. It is a floating of your hands onto the tissues of your face, and a floating of your face on the whole surface of your hands. And just notice, as your face is cradled, how soothing that is. This, in and of itself, is a tremendous balancer for the face, the whole body and especially the nervous system.

Gently turn your head one way, and as you take it to the side, don't force it at all. Just take it to where it gently goes and slowly come back to the middle. Your hands are still resting on your face. Turn your head to the other side. And slowly come back to the middle.

Shoulder Brush:

If your pillows are too low, you'll need to do the shoulder brush instead of the head rotation. And it is always lovely to do the shoulder brush in addition to the head rotations.

So let's begin to explore the "Shoulder Brush". Turn your head to one side. Now gently lift your opposite hand to cradle that shoulder you have turned toward.

Wait until you feel a nice in-breath arising. And, as you exhale, you're going to brush along the shoulder. And relax. Take a moment to feel what happens in your body after brushing your shoulder. Do this two more times.

Now you're going to turn your head to the opposite side. And again reach over and grasp that shoulder. Wait for a nice inhalation. And after that nice inhalation, you're going to breathe out and slowly brush up over the shoulder. Repeat this two more times. And just take a moment to notice, to get a sense of what that feels like in your whole body.

Face Stroking:

We're going to bring our hands now up to the forehead zone of the face. See what it is like to float your hands up to the forehead. If it makes it easier, let your elbows sink deeper into the pillow. And now we're going to do a stroking of the face on exhalation. You're just noticing your breathing and getting a sense of what it's like. Wait for a nice inhalation- and as the out breath comes, slowly stroke out along the sides of your face.

And when your hands come back, come to middle zone or the cheek zone of your face. Rest your hands on your cheeks and notice your breathing. And when you have a nice in-breath, get ready to stroke laterally way out to the sides as you breathe out.

And as your hands circle round, just let them come back to the chin and jaw area. When you're ready, when you sense a nice inhalation, you're going to slowly stroke out. So we've completed the forehead, cheek and jaw zones with the stroking on the out breath.

Warming Circles:

And now we are going to begin the **warming circles**. You can do this in an abbreviated way using four fingers at a time to cover a wider area or two fingers at a time to do it more thoroughly.

Forehead Zone: We begin with the **forehead zone**. Bring middle and ring fingers **in a line right above each inner eyebrow**. Begin to circle those fingers slowly one layer at a time up toward the hairline. You can sense the fingers doing different things in response to the tissues. You're listening. How do these tissues want to be touched? You're doing gentle circles and when the first horizontal layer just above the eyebrow feels like its been softened, touched and relaxed, you're going to move your fingers up toward the hairline, just a little bit.

And again you're going to circle. One layer might go slower and one might go faster. Your listening fingers might even start to go different directions. And now come up again, closer to the hairline, circling, listening. How do these tissues want to be touched, want to be circled? And one more layer so you're circling just below or on the hairline.

And when you've done this, you will bring your two fingers **on each side to above the middle of the eyebrow**, circling upward. Then **above the outer eyebrow**, circling upward. And then you're going to bring your fingers to the **outer crease of the eye on both sides**. And this will allow you to get the rest of your forehead, with two fingers gently circling upward, one tier at a time. You begin to circle, one horizontal line at a time, moving up toward the hairline again. You are moving over that area outside the eye we call the temple, and up into the hairline at the side of the face. Continue until you meet the level of the hairline that's in the center of the forehead.

Some fingers may move more deeply, some more slowly, some more rapidly. Gradually, layer by layer, you come up into the hairline.

Cheek Zone: When that feels done, we're going to begin with the **cheek zone**. This time we'll start with two fingers right under the nose. We **begin right over the lip** and circle in two to three layers until we come up **to the level of the nose**. Then we continue, walking up the **sides of the nose** itself. Then bring two fingers to the center line and make sure you come right up that **ridge in the center of the nose**. And once you've done that, bring your fingers in two horizontal lines out to each side, just above the lip level. Two fingers on each side, outside the area of the nose, you will **slowly come up across the cheekbone**, one row at a time, until you're immediately under the eye.

We're going to proceed moving outward from the center beginning above the lip, circle upward one row at a time. Your next line begins with your fingers out at the **edges of the corner of the mouth**. So, your ring finger is directly at the corner of the mouth. You're going to come up over the cheekbone until the little fingers actually touch both corners of eyes. After this line, you will move the fingers onto **the fleshy center of the cheek** in rows circling upward. Finally you **begin on that big chewing muscle that's comes up from the jawbone**. On this last row, begin your circles and really notice what is happening. Especially notice that muscle that relates to chewing. And listen to whether your fingers are drawn in deeper or pushed out, softened or wanting more pressure. And you're going to finish up at the level of the eye. Remember this cheek zone comes all the way up to the level of the corner of the eye.

So, we're moving next to our final zone, the **jaw zone**. And we're going to make a line, **beginning at the middle of the chin**. And we circle up until we are immediately under the lip. This area has so much sensory and motor nerve fibers. Come up until you are touching immediately under the lip. **Move out slightly** and come up again, this time ending under the outer lip. Then begin **further out on the jaw** and come into the fleshy area even with the side of the lip.

For our ***last circling up, we're coming right onto the angle of the jaw on each side***. And slowly, slowly we allow our fingers to move deeply into the big muscle that has to do with chewing again. We're coming up to the area just under the cheekbone. This is the area of the temporomandibular joint where we often hold a lot of tension. And this is the area where we will end our warming circles.

Section Twelve: Laser Touch Part of the “Self Help” Session

Now that the listening touch has opened and softened the tissues and enhanced the circulation, we’re going to come into our laser touch. This will bring an energetic tone and deepen into the meridian energy system. We begin our acupressure point series. To begin, our middle fingers float to the **outer corner of the eye (OE)**, just on the edge of the bone. Keep your other fingers close in, softly nearby that middle finger.

Sense the type of touch that is requested. How does this point want to be touched? Does that point want a deep touch? Does it want a soft touch? Does it push you away? Does it draw you in? If you actually spend some time with this **gall bladder point** at the outer corner of the eye, what does it want? And just like the exercise we did when we put our hands on our own thighs, you can sense when it lets you go. See if you can sense when this point has balanced or shifted energetically and gives you a sense that it releases you.

And when it does, you’re going to come in a straight line down **under the cheekbone (UC)**. So you’ve moved from the wood to the fire, from gallbladder to **small intestines**. And again, listen. Sense how the tissues draw you in, or push you away. Do they bring your fingernail in? Do they soften your finger? Do they broaden the contact? What kind of touch does that small intestines point want? And your job is to listen and respond. And you give it what it wants.

Again, we’re waiting for a sense of completion or being done, as if the body says, “That’s enough.” It’s natural for the body to take a deep breath when the energy moves through, or sometimes to just float the fingers away. You are waiting for a sign that lets you know.

And when you're ready, you're going to come down, in a straight line **to a notch on the side of the jaw bone (JN- jaw notch)**. And you can feel your fingers drop into that notch where that **stomach meridian** point is. Here we are working with earth element. Does it draw you in? Does it push you away? Does it want a fingernail? Does it want a soft edge? Does it want a circle? So, we have started with the wood, gone to the fire, and now we're at the earth.

And when it feels like the stomach point releases you, or you take a deep breath, you're getting ready to move your fingers to the **large intestines points** directly on either side of the **flare of the nose (NF- nose flare)**. Allow your fingers to settle in. Does it draw you in? Does it keep you soft? Does it rock or circle you? And if you stay settled and you really listen like you're in the back of the movie theater, resting in your own center, how does it draw you in? How does the intelligence of the body interact with this metal point? We wait. We're waiting for a deep breath or a sense of floating the fingers away. We're waiting for some sense that the energy has shifted.

And when you're ready, you're coming to the **inner eyebrow (IE)**. This is a **bladder point**. This relates to the water element and it's a wonderful stress-releasing point. It actually helps to shift your cortisol levels down. It relaxes you. Do these points draw you in deep? Do they keep you soft? Do they pinpoint your fingernail or create a rocking or circling? And when do they float you away? When do you take a deep breath? Listening. Waiting.

And when the energy has shifted, and when you're ready, you're going to come to that point right **under the nose (UN)**. Feel free to stay with any point or to go at a different pace from the pace I'm going. Go at your own speed. And right under your nose is a **governing vessel point**. Sense into it. What does it request? What kind of contact? How deep a touch? How soft? And once you've listened and responded, you wait. Wait for a deep breath. Wait for the finger to be floated

away. How do you notice when the energy shifts here at this governing vessel meridian point?

And when you're done there, you're going to the last point in our acupressure series. This is **below your lip (UL-under lip)** and above your chin, in the crease. The conception meridian point is under your lip. How do you feel into this point? How does it draw your touch? How do you respond so that you can settle together, into a stillness where things may change. And as you wait and you listen, you might sense shifts in the tissue, change in the temperature, a different flow, or you may sense pausing, releasing, reorganizing. There might be a deep breath. There might be a floating away of the fingers.

Integration and Completion

When you're done here, we're going to work with integrating and completion.

Face Cradle and Stroke to the Sides: Allow your finger to float away and place your hands in the face cradle. This face cradle is always a means to bring us into balance and harmony. This gentle touch to the face encourages nervous system harmony through contact with the social engagement system. This gentle touch to the face increases the flow of lymph and blood and energy.

So, as you wait in this face cradle, you wait for a sense that energies have shifted and feel balanced, that the session is complete. Sometimes you might rest in this face cradle for seconds and sometimes for minutes. When you feel that the session is done, you wait for a nice deep inhalation – and as you exhale, do a broad stroke and come out to the side covering the entire face.

Grounding: And our next step is to ground ourselves and complete. Feel your feet on the ground. Let your shoulders relax. Do that same shoulder brush we did at the beginning. Turn your head to one side. Reach over and grasp that shoulder. Notice the breath, waiting for a deep inhalation. And on the exhalation, brush

across the shoulder. Notice what happens in your body as your head comes back to the middle and you settle.

And turn your head to the other side. Gently reach over and grasp your other shoulder. Listen to the breathing. After a nice inhalation, on the exhalation brush. Allow your hands to float away and relax.

And that was a Five Element Self-Help Session. It's something you can do once a day, once a week.

All the pieces go together- cradling, stroking, brushing, and warming circles, acupressure points. Feel your face. Feel your whole body. Sense your nervous system. Sense your "Self Connected Wholeness". And when you're ready, you're going to slowly open your eyes and have a look in that mirror. It's kind of amazing

Self Directed Review

What differences do you notice in your face after a session on yourself? How is it to work on yourself? What shifts do you notice in the rest of your body?

Section Thirteen: “Five Element Session” With Partner

Now we are going to do the “Five Element Session” with a partner. You have a full-length session written in your handout notes. We may abbreviate a few things since we have been settling doing various things all day. We just want to give you a sense of what it’s like to deeply relax while someone else does the work. We encourage people to trade these sessions with friends, relatives and whoever they know that might benefit. And of course, this work is great for clients if you are a practitioner. We want you to experience what it is like to lie there like a lump and just let yourself drop and become a lovely lump.

Settling

So, first we’re settling. We’re going to just take a brief moment so you can find yourself. We always say that before you do a session on someone else, you need to first orient to where you are- in your body, time and space. How do you sense your Health? How do you sense your own fluids and the yin softness within your body? Connect with your bones. Notice their solid yang strength... Sense your relationship to the earth... Find your midline. Notice how it centers and organizes you. We aren’t necessarily touching yet. We’re just coming into a place of settling so we can begin our listening touch. Susan and I call this centered, grounded, neutral place “self-connected wholeness”. Find the health in yourself and listen for the health in your client.

Often we can feel that we have been fragmented and we are starting to become whole. We can sense that we’ve been ungrounded and we start to re-connect with the earth. When we’ve been uncentered, we begin to come back to our middle.

Shoulder Cradle and Brush

We’re going to begin with a shoulder cradle and brush once. This can be done as a set of three. Gently come under the sheet and under the shoulder blades. Listen to the breathing of the client. Wait for a nice inhalation and as the person

breathes out, gently make a two handed sweep up and out from under the shoulders. We are gently reminding the body of the possibility of a relaxed state.

Face Cradle and Stroke

Next, we're going to do a broad face cradle. When you're ready, bring your softened hands toward the center of the person's face. Allow them to lightly float on the tissues. Your weight drops onto your elbows so your hands can be softer, and lightly present.

Allow yourself to settle into the "back of the movie theater". This is a place where you don't try to see the picture. The picture is so big that you allow it to come to you easily and automatically. So, settle into a place in the back of your head where you can rest and allow information to come to you.

And after you've cradled the person's face a minute or two, you're going to listen to their breathing. Notice when there is an inhalation that may be followed by a nice exhalation. And as they exhale, slowly brush down the sides of the face, in a broad lateral movement off to the side. If the breathing is shallow, you can ask the person to take a deep breath in. Then you can stroke laterally out to the side on the following exhalation.

And slowly circle your hands back toward the midline of the face. And again wait. Notice the breathing cycles. Wait for a nice exhalation and then slowly stroke or brush out to the side. And, one last time, we're going to let the hands come to the midline. And as we notice a nice exhalation, stroke outward and circle the hands up once again.

Warming Circles

And this time, the fingertips of both hands are going to settle at the upper border of the eyebrow. You are going to do warming circles in the **forehead zone**. You will listen to the touch that is requested and make little circles with all eight fingers. Your hands are soft and elongated. Your fingers are flat and listening. If

there is a sense that your hands are being floated away, you let them be floated away. If they are drawn in more deeply, you let them be drawn in.

You're going to do warming circle with two horizontal four finger lines that move up one tier at a time until you come to the hairline. This eight finger circling is a very efficient way to gently release tensions in the tissues.

And when you reach the hairline, allow your hands to circle back and come to right above the lip to either side of the nose. Here you will do warming circles in the **Cheek Zone**.

You're going to do an eight finger circling in the cheek zone. And for brevity, you will do only one set of layers of circling in this cheek zone area. Circle up, outside the nose, to under the eye. Then come out to the cheekbones and up to the outer corner of the eye

Now you come to the **Jaw Zone**. You will approach two areas here. The **first is close to the midline**. Start with your two forefingers close to the center line and your other fingers tucked close by. Come up from the chin to right under the lip. Here we go.

And next you're going to come out and begin **near the corner or angle of the jaw**. You're really going to bring consciousness to this line. You come up through the large chewing muscles, the masseter. Your fingers are attentive, listening and responding and these warming circles begin to open up the tissues.

And you carry this last line of eight finger circles up to the cheekbone, you have now done warming circles on most of the face.

Laser Touch

Next we begin our laser touch approach to the acupressure points. You might review the points before beginning:

- **Point #1: Gallbladder 1 (GB 1), Wood, Outer Eye (OE)**
- **Point # 2: Small Intestine 18 (SI 18), Fire, Under Cheekbone (UC)**
- **Point # 3: Stomach 5 (ST 5), Earth, Jaw Notch (JN)**
- **Point # 4: Large Intestine 20 (LI 20), Metal, Nose Flare (NF)**
- **Point # 5: Bladder 2 (BL 2), Water, Inner Eyebrow (IE)**
- **Point # 6: Governing Vessel 26 (GV 26), Yang, Under Nose (UN)**
- **Point # 7: Conception Vessel 24 (CV 24), Yin, Under Lip (UL)**

OE- Take your middle finger and come this gallbladder point just inside the bone at the **outer corner of the eye (OE)**. Listen attentively. How are your fingers drawn in or floated, softened, or pointed, rocked or swirled, quieted or intensified. Listen, respond, wait.

See if you can sense when the energy moves there. We're listening for a relative shift, a sense that your fingers are released, or that there is a deep breath, or something has moved through.

OE + UC- Then you're going to add a finger. You're going to do something new and "connect the dots". Here though, we are connecting the elements. Hold your **thumb on the gallbladder point and come down onto the small intestines point with your third finger**. It is like a straight line dropping from the corner of your eye to **under the cheekbone (UC)**. And your listening is really focused on that third finger. It's focused on what's happening in the small intestines point.

And you really listen for a sense of what's happening in that small intestine's point in the context of the whole. Always, you are feeling the whole. And we're being very soft here, unless the body really pulls us in. Now you are waiting to feel for when it feels like there's a shift.

UC + JN- And once again, when there's a deep breath or your hands are floated away, you will shift so your **thumb comes down to that small intestine's point and your third finger drops into the notch on the side of the jaw (JN-jaw notch)**. Your third finger is in an indentation on the side of the jaw. And now you're connecting small intestines energy with stomach energy.

JN + NF- And again, you're just waiting. You may sense a release of your hands. You may sense a nice deep breath. Whenever you feel that stomach energy has moved through, you're going to connect with large intestines points. You **leave the stomach point finger right where it is, and move your thumb from small intestines (under the cheek) to large intestines (by the flare of the nose (NF-nose flare))**. The finger on the stomach point remains where it is and your thumb pivots around it, moving over to the flare of the nose.

NF + IE- So, when this moves through in these large intestine points, our final point in the 5 elements will be the water element. The bladder point is right on the inner eyebrow. So, you will move your fingers up so that your **middle finger is on the large intestine points by the flare of the nose and your thumb is on the inner edge of the eyebrow (IE)**. You will just be cradling between the flare of the nose (NF) and the inner eyebrow (IE).

And as best as you can, keep your elbow fulcrums. Just relax into those elbows. Let your fingers be soft and let your fingers listen. Notice whether your fingers are drawn in or floated. This bladder point completes the circle of the five elements and the way they actually flow from Wood to Fire to Earth, to Metal, to Water. And these five element meridians are bilateral or located on both sides of the body.

UN + UL- And when this watery bladder element energy moves through or shifts, you're going to come in relationship to the two midline meridians, governing vessel and conception vessel. You'll bring a finger above the lip, a little closer toward the nose (**UN- under nose**) than the lip for governing vessel, and a finger

into the crease, under the lip (**UL**) and above the chin- conception vessel. And you'll hold those two points.

How are you doing with your experience of letting yourself relax while someone else does the work?

Face Cradle and Stroke

When the energy moves through these midline meridians, you're going to come into a face cradle.... Softly cradle the whole of the face with soft floating hands. This contact is like a rider that comes onto a horse in a motion without disturbing the rhythms of the horse. The hand is floating right there, present but not heavy, contacting softly and respectfully listening.

We're moving toward a completion here. So, we're listening for when it feels like the body says, "Okay you've cradled me long enough." And when it feels like that has happened, you're going to look for a nice inhalation and exhalation where your hands can gently stroke out to the sides on exhalation.

Grounding

Now you're going to ground the session. You can ground in different ways at the shoulders or the feet. If you want to ground at the shoulders, you can just come under the sheet and cradle the shoulders. You don't have to go far under, just softly contacting the back side of the body anywhere helps us to ground. Another option is to rest your hands directly on the shoulders.

And if you're going to the feet, you'll need to get up and walk to the end of the table and gently rest your hands on the ankles or under the ankles. And really our intention here is to complete, to integrate, to help the body settle and ground. Notice when the body releases us. When and how does it let us go? And when that happens, we're just going to slowly float away and that's it.

Section Fourteen: Debrief Discussion, Post “Partner Sessions”

“Becoming very aware of more of myself”...

“A deeper confirming how this ... work is profound and healing... my own deeper sense of knowing the healing power that is in my body.” Students’ comments

Susan: Do you have something that you want to let us know about and the group know about? How was it? You all look absolutely amazing.

Student 1: We’d like to share over here.

Susan: Okay.

Student 1: When I was working on my partner, I felt I was just telling her that she fell asleep and what I appreciate is if anybody could fall asleep with my hands on them that they felt safe and trusted in me, I just really know that it’s one of my biggest values, if not *the* biggest: trust and safety. So I was very deeply touched and flattered by that. And it meant a lot to me. It means a lot to me, and when I was being worked on, a multitude. This whole workshop has been just a multitude of feelings from one extreme to the other, and from just really feeling peaceful to a lot of pain. So it’s been a tremendous release of emotions for me. Really getting in touch and being present and I could go on but just ... becoming *very aware of more of myself*.

Susan: Thank you for letting us know that. Good.

Susan: Becoming aware of yourself, becoming aware of ourselves. That’s what this particular class is all about. Thanks. Who else would like to share?

Student 2: Me too. Because I’m not a therapist. It’s just the second cranial class I’ve taken. So when I see someone go very deep, I would think I really can't, because when I go to therapists, they tell me, “Oh your nervous

system was like a firecracker, you know, fireworks”. So now, I get the sense to experience other people. That’s amazing. I begin to understand what that means when somebody was totally resting, the therapist feeling the fireworks. So I sense that in my hands and also, it’s giving me deeper confirmation how this piece of work is profound and healing.

Mary Louise: How profound and healing it is. Yeah.

Student 2: It is more soaking in and healing.

Susan: And how is that for you right now?

Student: I think *it gives my own deeper sense of knowing the healing power that is in my body.*

Susan: Yes.

Student 2: It is more connected to that subtle energy.

Susan: Great. Thank you. Good. Looks like Christopher got a great session there. Anyone else who wants to share before we move on? Any questions? Any thoughts come up?

Student: Do you have clients experience a lot of emotional release when you’re doing this kind of gentle work? I felt like I kind of ran the gamut of some emotions when she was working on me and I was surprised about that.

Student 2: I was very acutely aware (of the emotions) and that’s another piece too, because there were times when I just wanted to run out of here. It was too overwhelming for me.

Susan: So that’s a great question. There is so much held in the face. And if we go in too far or too deep or if we’re too focused, then it can just push out stuff that’s too much and that’s why we want to just do gentle pieces, little bite-sized pieces. Baby steps. We’re teaching you to be very “listening”. If it is too much you can always say to your practitioner “it’s too much, back off” That’s an

important part of the experience – and also in you learning to speak up for yourself.

Student 3: For me, it was just a moment of awareness that *it takes a lot of work to hold that much tension in my jaw!*

Susan: There you go.

Student 3: And I just feel like that “letting go process”.

Susan: Great. Fabulous.

Student 4: That was also true for me... it felt, you know, not overly emotional, but just a kind of awareness. *Wow, I work really hard to be so stressed!*

Susan: (laughs) You’ve got it. That’s right.

Mary Louise: A beautiful statement.

Susan: Yes.

Mary Louise: You know a lot of our stress is a habit.

Susan: And it does take a lot of energy to keep holding on to it. And when you just hold the container, which is what we’re doing here, and you’ve all helped us create this container, a lot of old stuff can just bubble up and release.

Student 4: Because sometimes, we wonder why we keep doing this, (i.e. hold on to so much stress). (Laughs)

Susan: And it is habit.

Student 4: Yup.

Susan: And when the early (childhood) patterns or old injury patterns come up and just can push out, we don’t need to hold on to them anymore. Often, we don’t even need to know what they’re about. That’s the beauty of this

work where we're working with bones and muscles and lymph and qi. Often we don't have to agonize and get the psycho emotional pieces. We can just let it come up and out and it's just energy that's coming back into the flow again instead of getting stuck and stagnant and sick. Okay? Then once the body has started to release some old patterns it can be perfect timing to work with a support practitioner, like a therapist or a counselor, in a more verbal way. Sometimes it takes a team - a good support team.

Thank you. Alright, we've got some other pieces to complete before we finish.

Mary Louise: We have our blitz.

Susan: Yes, we have our blitz.

Mary Louise: We have our evaluations.

Susan: We will teach you the blitzes next. This is how you can take this Natural Facial Rejuvenation work out into the world in five minutes – or less!

MODULE #6: THE 5 MINUTE REJUVENATORS & INTEGRATION

Section Fifteen: Part One. Yin & Yang Blitz

“Listening Touch and Laser Touch bring you into the balance of Loving Touch.”

Dr Susan Lange, OMD, L.Ac

How to do the Yin Blitz or the Yang Blitz, aka “The 5 Minute Rejuvenators”

This is where we take the information that you have already learned in prior sections and we condense it so that you can use it on a daily basis, on auto pilot, in any situation. At work, at home, on the go – no matter how busy you are, you can do these quick and easy steps!

Susan: Are you in a yin mood or a yang mood right now?

First, notice exactly where you are in this moment and ask yourself if you want to be more relaxed or more energized?

If you’re feeling like your energy is a little low or subdued (more yin) you may want to add more of a yang charge to your body.

On the other hand, if you’re feeling hyper (more yang) or need some help calming down, you may want to do some relaxing and centering.

Student: I’m more yin, right now.

Susan: You’re more yin. Do you want to do some playing into some yang? What shall we start with? Are you ready for some yang?

Students: Yes.

Susan: Alright! Give me some words that are yang that you would like, say if you're going into a situation where you need to be present and clear – like a business meeting or you're giving a presentation.

Student: Strength and Focus.

Student 2: Clarity

Susan: Strength, Focus. We would normally write this on the board in a live class. So write these words down, this intention, in your notebook.

Strength, Focus ... and Clarity.

There's a clarity that's soft and yin and there's a clarity that's very narrow, laser-like and focused, which is yang.

So we've got Strength, Focus and Clarity.

Think of those three words and we're going to begin.

Which point are we going to start with?

Student: GB 1.

Susan: **Point number 1: Gallbladder 1, GB 1, Wood, Outer Eye (OE)**

Yes, good. So feel the point on each side of your face, the outer edge of your eyes, just inside the bone, with your middle fingers and get that little achy place. Let me know when you've got it. Gallbladder 1 -the yang, wood element meridian.

Student: Not achy.

Susan: Not achy? What are you feeling? Can you feel where it is? A little hook?

Student: A Pulse.

Susan: A pulse, okay that's good. Everybody got it? Yes. Feel the little notch for the wood, Gall bladder point and you're going to think: Strength, Focus and Clarity. And here in the group, let's say them out loud!

Susan: "Strength, Focus and Clarity!" Is that right? Strength, Focus and Clarity.

Okay. What's the next point?

Student: Small Intestine.

Susan: **Point number 2: Small Intestine 18, SI 18, Fire, Under Cheekbone (UC)**, the yang, fire element meridian. Good. Remember where it is? You're going to drop straight down below GB 1 to below the cheekbone. You're holding the next point on each side of your face, just under your cheekbones, finding that hook.

Think and speak out loud (if you can), "Strength, Focus, Clarity".

And notice what's happening in your body.... right now.

Ready for the next point? Which one is it?

Student: Stomach 5.

Susan: **Point number 3: Stomach 5, ST 5, Earth, Jaw Notch (JN)**
The yang, Earth element meridian. Find the notch in the jaw bone: the jaw notch. Good job. What are your words?

Student: "Strength, Focus, Clarity".

Susan: That's right. Notice your body. Feel those sensations. Okay, got it? Feel that? What's the next point?

Student: Large intestine 20.

Susan: **Point number 4: Large Intestine 20, LI 20, Metal, Nose Flare (NF)**
Good. The yang, metal element meridian. Feel it? Find that little notch in there, level with your nose flare. Large Intestine 20, level with your nostrils. And you're using your third or fourth fingers. Yes. "Strength, Focus, Clarity". Is that right? Notice your body. Okay. Ready for the next one? Which point is next?

Point number 5: Bladder 2, BL 2, Water, Inner Eyebrow (IE). At the inner edge of each eyebrow, exactly. The yang, water element meridian point. And what are the words?

Student: Clarity.

Susan: "Strength, Focus, Clarity". Notice your body; be aware of the physical sensations in your body as it aligns with the words, the intention and the actions of the points. Okay? And then what would the next points be?

Point number 6: Governing Vessel 26, GV 26, Under Nose (UN)
Just under the nose, the most yang meridian of the body - and then ...

Point number 7: Conception Vessel 24, CV 24, Under Lip (UL), which is just under the middle of the lower lip, in the notch. It is the most yin meridian of the body.

 Make contact with each of these points in turn. And what are the words? ... "Strength, Focus, Clarity". Feel that. You're waiting to feel a click with the energy.

Now when you're done... we move to what we call the "Chin Clap" to complete the process.

We use soft, gentle strokes upwards from the clavicles or collar bones towards the chin for the yin version or bright, loud, applause kind of claps all along the underside of the chin for the yang version. Now take your hands off your face. And then look at each other in the room. Look around the room. Are you present? (If you're at home, look at yourself in the mirror.)

Male student: Jumping out into the room, everyone is so clear.

Susan: You're jumping out into the room. Are you ready to jump out into the world? Yes! And you're ready to take this into the world and share it with others and share your presence.

What does Listening Touch and Laser Touch create?

Loving touch. Listening Touch and Laser Touch bring you into the balance of Loving Touch. Well done. You've done a great job today.

Did you get what you came for? Remember those "Intention" words from the beginning of the class? When you came up with one word for each of your goals for the class. Did you get that? Yes? Great! Thank you. Thank you so much for participating and playing with us.

Now that you've done your pop quiz so well, here is a quick review of the seven points for you. (A description of the more in depth locations can be found at the end of this workbook.)

POINTS Simple Overview, See Your Wall Chart:

- **Point #1: Gallbladder 1 (GB 1), Wood, Outer Eye (OE)**
- **Point # 2: Small Intestine 18 (SI 18), Fire, Under Cheekbone (UC)**
- **Point # 3: Stomach 5 (ST 5), Earth, Jaw Notch (JN)**
- **Point # 4: Large Intestine 20 (LI 20), Metal, Nose Flare (NF)**
- **Point # 5: Bladder 2 (BL 2), Water, Inner Eyebrow (IE)**
- **Point # 6: Governing Vessel 26 (GV 26), Yang, Under Nose (UN)**
- **Point # 7: Conception Vessel 24 (CV 24), Yin, Under Lip (UL)**

***Section Fifteen: Part Two. The 7 steps for the
Acupressure Blitz***

(or the “Five Minute Rejuvenators” as we call them).

You will also find this process demonstrated on your Bonus DVD/video which was recorded at a live class at the Muller School of Massage, in San Diego:

Protocols for using this abbreviated version in different situations in clinical and professional practice, or other work/life circumstances.

Step 1 Find that place inside yourself that Mary Louise and I call “Self Connected Wholeness”. Notice if you’re more yin or more yang in this moment?

Step 2 Ask yourself if you want to be more relaxed (yin) or more energized (yang)?

Write down examples of situations when you might want to be more yin:

Write down examples of situations when you might want to be more yang:

Step 3 Choose 3 specific words to express the state that you would like for yourself whether more yin or more yang:

Yin words I like:

Yang words I like:

Step 4

Keep a checklist of words, states of energy and body sensations that you might like for yourself for future situations.

Here are some ideas for you from our students from other classes:

Yin words and states of energy:

My body feels relaxed and peaceful, open and receptive, nourished, nurtured, cosseted, more inward focused, meditative, intuitive, soft and gentle, calm and capable ...

Yang words and states of energy:

My body feels alert and energized, vibrant, invigorated, ready to go, directed, dynamic, powerful ...

What states might YOU want for yourself?

Yin states:

Yang states:

Step 5: Settle and get comfortable and speak your 3 key words either out loud or silently to yourself.

Step 6: Make contact with each of the points of the “5 Element Session” in order and at each point speak out your three words.

Remember if your body wants the more Listening Touch your contact will be more gentle, soft and yielding.

If your body is asking for the Laser Touch, the way you contact all the points or even individual points, will be more firm, focused and with stronger pressure.

Step 7: When you have completed contact with all 7 points, finish up with the yin “Chin Stroke” or the yang “Chin Clap”:

- Soft gentle strokes for the yin version
- Bright loud applause claps for the yang version

Congratulations! You have accomplished the “5 Minute Rejuvenator” process.

Section Fifteen: Part Three. Quick Step Checklist

- 1. Check your State: Self Connected wholeness**
- 2. Ask yourself if you want to relax (more yin) or get energized (more yang)**
- 3. Choose three specific words to balance yourself**
- 4. Keep a checklist of favorite words for future reference**
- 5. Settle ... and speak your three words out loud**
- 6. Contact each point on both sides of the face while speaking your words out loud (use your chart)**
- 7. Complete with the “Chin Stroke” for yin blitz and the “Chin Clap” for yang blitz**

Congratulations!

- **1: GB 1, OE**
- **2: SI 18, UC**
- **3: ST 5, JN**
- **4: LI 20, NF**
- **5: BL 2, IE**
- **6: GV 26, UN**
- **7: CV 24, UL**

Self Directed Review

What did it feel like to do the Yin Blitz?

What changes did you notice in your body?

What did it feel like to do the Yang Blitz?

What changes did you notice in your body?

How will you celebrate your accomplishment in completing this Home Study course in Natural Facial Rejuvenation?

Did you get what you came for? Here are word clouds created from prior students after taking this program



COMPLETION

In Conclusion

The biggest change that we have consistently noticed in the students who take our live classes is the increase of their Shen.

Shen is described in the very first Introductory CD and we are coming full circle to describe it again and in a different way.

In Chinese Medicine, Shen is described as the spirit that resides in your heart. When your body relaxes and your heart opens, when your Shen is healthy and full, it is expressed in your complexion and the shine of your eyes.

Listening Touch and Laser Touch create Loving Touch.

That Loving Touch is activated when practitioner and client come together and follow the steps outlined in our program.

That Loving Touch is Shen.

Take a look at this little video of students after a class:

Click on this link: [Shen Smiles](#)

We would love to meet you in person at one of our live 4 Day Programs.

Self Directed Review for Integration:

When you look at your face in the mirror after taking this program what do you notice?

What did you get from this Natural Facial Rejuvenation Program? First check in with your body sensations. Again notice what's different, what's shifting and then explore any "ahas" you might have had during the program.

List your experiences here:

How will you take the information and the system presented here into your professional practice and/or into your life?

(If you feel like taking a short video of yourself and sending it to us you get an extra ten points! Contact us about this if you want to do it.)

Section Sixteen: Aunt Susan's "Ode to the Face"

Mary Louise: Susan has a beautiful summary from Aunt Susan.

Susan: This is from my Aunt Susan. I found this in a magazine, an Australian Health magazine that she had written an article in. So these are the concluding words for this "Natural Facial Rejuvenation Program" Level 1:

Ode to the Face

At all times, visualize the result you wish to achieve and hold it firmly in your mind's eye.

Let your hands become the communication between your face, your mind, your body and your feelings.

Be aware of the healing you have at your own fingertips.

Thank your skin for the good work it has done for you over the years and encourage it to continue and with your cooperation to do even better.

Let time become an ally to increase your maturity, your wisdom, and your serenity.

Observe your physical changes but don't be afraid of them.

There is nothing more aging than the fear of aging.

As each cell has a memory, a little specific concentration, gentle concentration with awareness, can work wonders to reprogram it.

These few moments spent tuning into yourself, connecting with yourself and your face, once or twice a day, will reward you with health and harmony.

And above all, remember to lift the spirit and the spirit will help to lift the face.

Aunt Susan Roche Hutson, 1982.

Audience: Wow.

Susan: She was a pioneer, alright. Thank you. Good job.

Self Directed Review

Take a few moments to reflect and meditate on these words.

Gratitude and Appreciation

Thanks to our **friends, clients and students** whose belief in us has supported the emergence of this work.

Thank you, first and foremost, to **our husbands, Dr. Julian Lange, OMD, L.Ac., and Christopher Muller, RCST**, who have continually been in the background working with us, and whose encouragement and wisdom have helped to guide and support us.

Thank you to **Aunt Susan Roche Hutson** whose development of “Touch for Beauty” inspired Susan Lange so many years ago.

Thank you to **Lana Lawson**, developer of Facial Harmony, for a Facial Harmony session given to Mary Louise at a conference in the late 1980’s. This sowed the seed of her appreciation for the power of facial work.

Thank you to **Stanley Rosenberg** who was Lana Lawson’s mentor, for bringing a small touch of his work to LifeShapes Institute in 2008.

Thank you to **Margareta Loughran and Kundan Mehta** for putting their versions of Face-Lift Massage into writing.

Thank you to **Dr. Frances Wong** for bringing her powerful acupressure Face-Lift work to Susan Lange as a young acupuncture student in Hong Kong.

Thank you to **Dr. Stephen Porges** for creating the elegant theory of the Social Engagement Nervous System which gives an inkling of the possible significance of this work.

Thank you to **Franklyn Sills** for his development of craniosacral work for the facial bones based in a biodynamic fluid approach.

Thank you to **Dr John Pierrakos and Dr Barbara Brennan** for Core Energetics and Brennan Healing Science and their contributions to the development of the Reichian psychodynamic character structures/defenses which have deeply influenced Susan Lange’s work.

Thank you to **Dr. John Thie and Touch for Health** for developing simple skills for acupressure that have always inspired and empowered Mary Louise and Aunt Susan Roche.

Thank you to **Dr. Randolph Stone** whose understanding of the human energy system continues to inspire Mary Louise.

Thank you to **Dr. Van Buren** whose International Acupuncture Colleges and clinics, in England and Australia, created a fertile ground to inspire both Susan Lange and Aunt Susan Roche.

And last but certainly not least thank you to **Ray Castellino** for his pre and perinatal research on cranial molding, bonding and attachment. And to **William Emerson** and **Franklyn Sills** for their contribution to this work also.

Thank you also to those in the West who have contributed to the extensive field of trauma healing research, **Angwyn St Just, Pat Ogden, Peter Levine** (Somatic Experiencing), for example,

Also much appreciation goes to the non-profit group, **Acupuncturists Without Borders**, whose beautifully effective and caring trauma healing protocols have touched and continue to touch many thousands of people across the world, during times of deep, often life-shattering, trauma.

The simple gift of trauma healing from Eastern Medicine also comes through **Michael Smith, MD** and his NADA protocol.

ACUPUNCTURE POINTS:

List of names and descriptions

Traditional Locations of the Seven Chinese Acupuncture Points compiled for the ‘Lange-Muller Method of Natural Facial Rejuvenation’ by Dr Julian Lange, OMD, L.Ac

WOOD: GB 1, Tong Zi Liao (Pupil Seam)

You will find this point about half an inch lateral from the outer corner of each eye in a small notch or indentation on the orbital bone.

FIRE: S.I. 18, Quan Liao (Cheek Seam)

Located directly below G.B. 1 on the lower edge of the cheek bone or zygomatic bone, also in a small depression or hollow that is level with the nostrils.

EARTH: St. 5 Da Ying (Big Welcome)

This one is more on the side of the face, on the jaw.

It's in a hollow on the jaw bone which you can feel right in front of the masseter, or jaw, muscle which becomes more prominent and easy to see when the jaw is clenched.

METAL: L.I. 20 Ying Xiang (Welcome Fragrance)

This point is beside the nose, in the cheek crease about half an inch to the side of each nostril. You can feel a depression on the side of the cheek bone when you push in.

WATER: Bl. 2 Zan Zhu (Gathering Bamboo)

Feel for the little notch on the inner end of the eye brow just above the inner corner of the eye. The point is in that notch in the eyebrow.

The next two points are not associated with any of the Five Elements. Instead, they access the more primal forces of Yin and Yang in the body.

YANG:

The Governing Vessel is associated with the bodies Yang energy. It runs up the midline of the back of the body, over the head and down to the top half of the face.

This point is called:

Governing Vessel 26 or Ren Zhong in Chinese which means “Middle of Man.”

It is in the vertical groove named the philtrum that runs from the bottom of the nose to the upper lip. Its exact location is on the midline, one third of the distance down from the nose to the upper lip.

YIN:

The Yin point is on the Conception Vessel which travels up the front of the body, also on the midline up to the lower lip.

It is called:

Conception Vessel 24 or Cheng Jiang in Chinese which translates as “Contain Fluid.”

This point lies on the midline of the chin in the horizontal depression below the lower lip.

With a little practice you’ll be able to find all these points easily and without having to think much about it. Dr Julian Lange, OMD, L.Ac

Addenda

Glossary of names and technical words

Natural Facial Rejuvenation Glossary

Breath of Life - A concept from cranial osteopathy indicating the animating force that gives life and breaths within all living things.

Chi - The defining principle underlying Chinese medicine which represents the life energy that flows within the human body. . It can also be defined as the vibrational life force that animates and flows throughout all life forms. There are many different forms of Chi.

Cosmetic Acupuncture - A Chinese Medicine method of working with the face to improve complexion and the health of the face by using Chinese facial evaluation and acupuncture needles.

Dao or Tao - The ultimate living principle of the universe, also called “The Way” in Chinese Philosophy.

Daoism or Taoism - Along with Confucianism, Daoism is one of the great religious/philosophical systems of China. This philosophical system was developed by Lao-tzu and Chuang-tzu advocating a simple honest life and non-interference with the course of natural events. The same ebb and flow of life runs through nature, medicine and the cosmos creating an interconnection of all things, with no separation.

Elbow fulcrums - Dropping the weight of the hands and forearms into the elbows to create a still place or support so a practitioner can “float” the hands and sense things more clearly.

Fascia - Fascia is connective tissue that surrounds structures of the body such as muscles, bones, nerves, blood vessels and organs. It is made of collagen fibers and

creates a protection, containment, gliding and connection between the tissues of the body.

Fascial Connections - The interlinking of fascia to create a continuity that extends throughout the body. This means that touching one area affects all connected and related areas.

Five Elements - The system of five elements or five movements is used in Traditional Chinese Medicine to describe the constantly interchanging and interacting relationships between natural phenomena. It is also used to define the relationship between the physiology and pathology of the human body and the natural environment.

Fluid Tide - Within a craniosacral perspective there are subtle body rhythms that can be palpated. The fluid tide or mid tide can be sensed at a rate of about 2 to 3 cycles per minute. It is an expression of organizing forces within the body and is therefore useful in helping the body to re-establish intentions that come from the original ordering matrix.

Fluid Body - The physical body and a field extending about 18 inches off the body which considers the wholeness of tissue, fluid and energy.

Fluids - A basic resource in craniosacral work is to listen for the fluid nature of the body contained within the cells, around the cells, in the blood, in the lymph and in the body as a connected whole.

Fluid Body (a craniosacral concept) - The fluid body relates to the wholeness of the relationship of tissue, fluid and energy. There is a sense of interconnectedness of the whole body through the fluid matrix.

Fulcrums - A fulcrum is a still point around which things are forced to turn or organize.

Fulcrums in CST – (CST is short for Craniosacral Therapy). In craniosacral work, it is very important how the practitioner settles within his or her own body. This then

creates a stillness where the client can be supported in settling and becoming whole. In developing stillness, the practitioner often works with grounding, centering, neutrality and developing a broad view.

Lao Tzu - the mythical developer of Taoism, which is one of the two major systems of religious/philosophical thinking in China. He is thought to have lived in the 6th Century BC

Laser Touch – Clear focused yang touch on acupuncture points that can affect deeper layers within the body

Listening Touch - **(1)** Soft spacious and “wide-angled” yin contact that allows for a deep connection and rapport with the body, **(2)** a soft, floating, gently present touch that senses subtle underlying natural rhythms and requests, and is therefore able to respond in an appropriate and non-intrusive way

Loving Touch - **(1)** When the body becomes aware that it can choose how to interact at any given moment with the practitioner (sometimes a focused yang and sometimes a soft yin), it begins to trust and relax more and can settle into a deeper open-hearted connection that we call love, **(2)** a touch that takes the time to slow down and connect with the currents of yin and yang and also the energies of listening and laser touch. This leads to a deeper level of contact, connection, wholeness and heart.

Meridians – Acupuncture meridians are invisible channels through which chi or energy can circulate through the body. When the energy can flow unhindered a person will be healthy and balanced. If the meridians become weakened or blocked, this can lead to physical, mental or emotional illness.

Midline - The midline is at the center of the body. It corresponds to many physical and energetic aspects that are expressions of our natural formative impulses. Some major midlines from a craniosacral perspective include:

Quantum midline - an energetic expression which precedes chakra formation

Primal midline - relates to the notochord in the embryo and the formative impulses that align and reorganize the body throughout life.

Fluid midline - relates to the craniosacral system including the cerebrospinal fluid and the dural tube and how tides are generated within the body as a whole.

Natural Facial Rejuvenation: The Lange-Muller Method - A unique form of transformational facial massage that is a synergistic blend of the best of traditional and modern healing touch. Acupressure “Laser Touch” rooted deep in Chinese tradition is blended with skillful gentle “Listening Touch” that comes from biodynamic craniosacral roots to transform the face and heart, body and soul and overall wellbeing and inner balance. Dr. Susan Lange, OMD, L.Ac and Mary Louise Muller, M.Ed., RCST, have combined these traditions into a fresh new holistic approach with the goal of becoming truly “Refreshed and Rejuvenated” at all levels.

Polyvagal Theory - A concept based on the work of Dr. Stephen Porges that emphasizes the link between the evolution of the autonomic nervous system and the emergence of social behavior. Dr. Porges proposes the phylogenetic emergence of two vagal (related to the vagus nerve) systems- (1) a primitive circuit involved in defensive strategies of immobilization like fainting and dissociative states and (2) a newer mammalian circuit linking the heart to the face, involved in social engagement behaviors and dampening sympathetic nervous system reactivity.

Porges, Stephen (born 1945) - developer of the concepts of Polyvagal theory (1994) and the Social Engagement Nervous System. Dr. Porges is a Professor in the Department of Psychiatry and Director of the Brain-Body Center University of Illinois at Chicago.

Potency - From the cranial concept. The underlying energetic power within the tides. It is considered that this potency builds within the cerebrospinal fluid and contains the intelligence and the impulse to heal all things.

Primary Respiration - A concept from William Garner Sutherland, founder of cranial osteopathy. Respiration that extends to every tissue and cell of the body and represents a direct relationship between the Breath of Life and physical structure. It was originally felt in the subtle motion of the cranial bones.

Qi- See “**Chi**”

Resilience - The ability to return to a baseline that is optimal for health and well-being. The ability to “bounce back”.

Roche, Susan Hutson (Aunt Susan) - Acupuncturist in Sydney, Australia, who developed, along with Helen Smith, the “Touch for Beauty” system in the 1980s. They described their work as “Cosmetic Acupuncture” for lay people.

Rosenberg, Stanley - Director of Stanley Rosenberg Institute of Copenhagen and developer of an innovative system for Face-lifting Massage.

Self-Connected Wholeness - This is a term created by the Lange-Muller Method of Natural Facial Rejuvenation to describe the state of settling and wholeness that a practitioner accesses at the beginning of a session (and throughout the session).

Settling - A state of relaxation where the nervous system has taken time to re-regulate.

Shen - Shen is described in Chinese Medicine as the Spirit that resides in the heart. Its expression is seen in the face and especially the eyes. This Shen seems to be enhanced by the Lange-Muller method of Natural Facial Rejuvenation

Social Engagement Nervous System - The more newly developed mammalian nervous system that is part of Dr. Stephen Porges’ Polyvagal Theory. We can support its function by working with structures that relate to the face, neck and

heart. This results in enhanced relaxation and balance within the nervous system and body as a whole. (Dr Porges' research validates the Chinese concept of the importance of the Shen of the heart connecting with the face. See Shen above)

Still, Andrew Taylor (1828-1917) - The founder of Osteopathy, a natural healing system based on principles of flow, balance and internal resources.

Sutherland, William Garner (1873-1954) - The founder of Cranial Osteopathy who developed an osteopathic approach based on the way the tissues of the body breathe. He discovered this in relationship to the cranial bones and called it "Primary Respiration".

Tide – A craniosacral concept. Subtle rhythmic movements of cells, tissues, fluids and energy that express the essential ordering principle carried in the rhythms of the Breath of Life.

Wong, Dr. Frances – Doctor of Oriental Medicine and Acupuncturist in Hong Kong. Founder of the Hong Kong School of Hygiene, she developed the Fingertip Acupuncture method of Facial Rejuvenation in the mid 1900s.

Yin and Yang – These terms are used in Chinese Medicine to describe two seemingly dualistic forces which actually complement each other in a continuous cycle of movement. They are always considered relative and equal to each other. Yin represents the more dark, soft and contracted energies relative to Yang which represents the more light, clear and expanded energies. They cannot be separated.

RESOURCES

- 1. Social Engagement System and Polyvagal Theory:** An audio interview with Dr Stephen Porges with a pdf transcript.

[StephenPorges-Stress-Trauma](#)

(If for some reason the above link doesn't work here is a backup link)

<http://meridianholistic.com/healthyliving/dr-stephen-porges-the-polygal-theory-to-study-treat-stress-trauma>

- 2. Ray Castellino** discusses the importance of the Face in bonding and attachment issues. He is the Founder of the Castellino Pre Natal and Birth Practitioner Trainings.

[Castellino on the Face in healing](#)

(Here is the full link if you need it)

<http://meridianholistic.com/healthyliving/ray-castellinothe-face-in-healing-bonding-attachment-issues-per-ray-castellino>

- 3. For an insight into Biodynamic Craniosacral therapy:**

Watch "The Franklyn Sills Interview" by Dr Susan Lange, OMD, L.Ac

[FranklynSills-CranioSacralTherapy](#)

(Here is the full link if you need it)

<http://meridianholistic.com/healthyliving/franklyn-sills-of-craniosacral-biodynamics-explains-biodynamic-craniosacral>

- 4. By the way, Comedy** is a natural, fun and free face lift, so check out this

blog for updates and laughs: www.ComediesThatHeal.com

And now check out our “live” CEU programs

“Natural Facial Rejuvenation: The Lange-Muller Method, Levels 1 & 2”

at www.RejuvenateMyFace.com

Comments from students after the four Day Program

“I look 20 years younger.... I felt like I was back in the womb” H. B. Cultural Ambassador

“The very first day I felt rejuvenated... then I felt the tension and trauma lift away... and now I have felt what I never had the first day I was born.” Judy, Massage therapist

“Getting Incredible Response (with) the women I work with.”

“I've been actively using what we learned (in Level 1) and can't wait to learn more. Often, I'm ending a session with the face lift techniques and am getting incredible response in that the women I work with (though my husband loves it too) feel special attention and relaxation with the techniques. I like to have them learn also how to do it for themselves, though they always prefer it when I do it. So, I'm really looking forward to seeing you again and learning more!” Victoria B, craniosacral therapist

WARNING:

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Dr Susan Lange, OMD, L.Ac & Mary Louise Muller, M.Ed, RCST

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“Natural Facial Rejuvenation; The Lange-Muller Method, Level One”

FINAL QUIZ

If you would like CEUs/PDAs or CE hrs. contact directly: Lifeshape@aol.com

Also copy your request to: info@MeridianHolistic.com

Even if you don't need continuing education credits, we encourage you to take the quiz because it will help you to consolidate your experience and the learnings that you take away with you from this Natural Facial Rejuvenation Course.

Multiple Choice Quiz for “Natural Facial Rejuvenation”, Home Study Course

___ 1. What are the proclaimed goals of the Lange Muller Method of Natural Facial Rejuvenation?

- a To enhance the natural health and beauty of the face
- b To support a level of deep relaxation in the body, thereby affecting the face
- c Restore muscle tone and vitality to the face
- d All of the above

___ 2. The yin meridians of the body are partnered with the yang meridians of the body and they all connect and end up on

- a The little finger
- b the liver
- c the face
- d the tip of the nose

___ 3. When you work the acupressure point sequence that we teach you, you activating the energies of

- a The whole body
- b Only the face
- c Only the surface of the skin
- d Only the deeper layers of the skin

___ 4. **When Botox or other substances are injected into the face:**

- a Areas of toxic energy stagnation are created and the affected meridians are weakened
- b All the meridians become supercharged and strengthened
- c The nerves and muscles of the face are toned and energized
- d. Those substances are easily processed and cleansed by the circulation

___ 5. **When surgical facelifts are performed the natural energy flow of the meridians that are cut is:**

- a Reduced
- b Restored
- c. Energized
- d. Unaffected

___ 6. **Which is not one of the primary goals of “The Lange-Muller method of Natural Facial Rejuvenation”**

- a. Reducing wrinkles
- b. Integration of the whole
- c. Connecting the energy of the head with the body
- d. Restoring flow

___ 7. **The properties of yin in Chinese Medicine are relatively:**

- a expansive
- b more outward
- c. cooling
- d. warming

___ 8. **The properties of yang in Chinese Medicine are relatively:**

- a. cool
- b. more soft
- c. contracting
- d. warming

___ 9. A more yang type of face would generally tend to have:

- a. More prominent features
- b. fleshier features
- c. softer features
- d. paler features

___ 10. A more yin type of face would generally tend to have:

- a. More strong features
- b. Softer features
- c. More bony features
- d. More prominent features

___ 11. Combining the skills of Listening Touch together with Laser Touch creates enhanced perception in the form of:

- a. Thai massage
- b. Karaoke touch
- c. Facial stroking
- d. Loving Touch

___ 12. The creative cycle of the five elements flows in which order?

- a. fire, water, earth wood metal
- b. water, earth, metal, wood, earth
- c. wood, fire, earth, metal, water
- d. none of the above

___ 13. The general face shape belonging to the wood element is:

- a. Rectangular/oblong
- b. Short
- c. Fleshy
- d. Pale

___ **14. The meridian point Bladder 2 is:**

- a At the medial inner end of the eyebrow
- b On the yang water meridian
- c Part of the Lange-Muller Mini Face Lift Massage Sequence
- d All of the above

___ **15. Applying strong pressure on a specific point is:**

- a A more yin technique
- b Always necessary
- c A more yang technique
- d Listening Touch

___ **16. Which technique creates more clarity, power and focus?**

- a The yin blitz
- b The yang blitz
- c Warming circles
- d Face Stroking

___ **17. The key deeper goals of “The Lange-Muller Method of Natural Facial Rejuvenation” are to help you:**

- a Develop your presence as a practitioner
- b Connect you and your patients with who you and they truly are
- c Have fun because laughter is one of the best natural facelifts.
- d All of the above

___ **18. The researcher who developed the theory of the Social Engagement Nervous System is**

- a Dr. Frances Wong
- b. Dr. Daniel Siegel
- c. Dr. Stephen Porges
- d. Dr. Clara Mugg

___ **19. Listening touch is based on:**

- a. Psychological principles of Carl Rogers
- b. Craniosacral principles of inner healing intelligence
- c. Acupressure principles of pressure and stagnation
- d. Dermatology principles of cleanliness and appropriate medication

___ **20. Listening touch includes:**

- a. Soft hands
- b. Floating hands
- c. Non-judgmental observation
- d. All of the above

___ **21. Unrolling the ears helps us to:**

- a. Cloud our thinking
- b. Listen and comprehend
- c. Sense better with our hands
- d. All of the above

___ **22. Warming circles encourage:**

- a. Lymph Flow
- b. Circulation
- c. Tissue flexibility
- d. All of the above

___ **23. At the beginning of a session, we settle as a practitioner. We are looking for a place of:**

- a. Sitting correctly in the chair
- b. Seeing what the problem is for the client
- c. Self connected wholeness
- d. All of the above

___ **24. Shoulder brushing is used to affect:**

- a. The social engagement nervous system

- b. The accessory nerve
- c. Breath, relaxation and harmony in the body
- d. All of the above

___ 25. The Natural Facial Rejuvenation stomach/earth point is in the

- a. Forehead Zone
- b. Cheek zone
- c. Jaw Zone
- d. All of the above

___ 26. The point which brings cortisol levels down is the

- a. Large Intestines/Metal
- b. Gall Bladder/Wood
- c. Small Intestines/Fire
- d. Bladder/Water

___ 27. At the end of the session, our intention is to:

- a. Invigorate
- b. Release things
- c. Integrate
- d. Stir things up

___ 28. When we observe the face, we want to do so with:

- a. Meticulous record keeping
- b. Close observance of things
- c. Space, love and non-judgment
- d. All of the above

___ 29. When we talk of observing “from the back of the movie theater”, we want to see

- a. All the details

- b. Only what is wrong
- c. The details in the midst of the wholeness
- d. Only what is right

___ **30. A round face is more**

- a. Earth
- b. Metal
- c. Fire
- d. Water
- e. Wood

___ **31. A square face is more**

- a. Earth
- b. Metal
- c. Fire
- d. Water
- e. Wood

___ **32. A red face is more**

- a. Earth
- b. Metal
- c. Fire
- d. Water
- e. Wood

___ **33. When we listen for Health, this means that we**

- a. Ignore all problems
- b. Notice the natural healing impulse that animates and underlies all things
- c. Give no attention to discharge
- d. Judge what is healthy and only focus on that