

Natural Facial Rejuvenation- Lange-Muller Method

www.RejuvenateMyFace.com

Class Hand-Outs

An Introduction to Transformational Face-Lift Massage

Our Natural Facial Rejuvenation System is a unique synergistic blend of Massage, Acupressure, Biodynamic Craniosacral and Natural Facial Rejuvenation Techniques that are brought together to create a gentle effective session unique to each individual.

This transformational face-lift massage works with the vitality within the facial structures and the elasticity and tone in the layers of connective tissue. It supports the body in increasing the underlying health expressed through:

- Chi flow
- Lymph flow
- Blood circulation-
including fresh arterial oxygenation and effective venous drainage
- Balanced cranial rhythmic impulse in fluid, membrane and bone
- Connective tissue flexibility and integrity

This deeply relaxing work helps the nervous system as a whole to shift. If the body is too yang and agitated, it calms it down. If it's too yin and depleted, it wakes it up. Through a conscious "listening touch" to the facial structures, the whole nervous system is gently re-regulated.

As well as restoring balance in the nervous system, natural facial rejuvenation affects chi and overall meridian balance. Working with specific acupressure points creates renewed health in organs, meridians, and psycho-emotional well being. This restores balance in the body as a whole. Through a conscious focused touch, we get the chi flowing in areas where there is stagnation or weakness and thus activate a natural full-body self-regulatory impulse.

This combination of balancing the nervous system and the chi creates a self-rejuvenating opportunity. We say that, "As you lift your face, you lift your spirits". You will find that recipients feel better and look better. What begins as a natural "face-lift", becomes a life lift, energy lift and spirit lift.

I've never seen a smiling face that was not beautiful. ~Author Unknown

Laughter is the sun that drives winter from the human face. ~Victor Hugo

It matters more what's in a woman's face than what's on it.
~Claudette Colbert, quoted in *Kindling the Spirit* by Lois P. Frankel

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Listening and Laser Touch

In our Natural Facial Rejuvenation System, we use a conscious “**Listening Touch**” as part of developing intuitive skills. This is similar to biodynamic craniosacral touch. When Adah Strand Sutherland wrote a biography of William Garner Sutherland, the father of cranial osteopathy, she chose to call it **With Thinking Fingers**. She realized that the effectiveness of his work was based on his ability to perceive what the body needed through what he sensed with his hands. We teach you to how to develop receptive conscious fingers that listen, see, sense and respond. We call this “**Listening Touch**”. This quality of interaction is essential for working with the face.

Your hands are soft, non-intrusive and gently present. They float on tissues and notice what is there. They respond as the tissues draw them into specific kinds of relationships.

For the gentle “warming” circles and the 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 the tissue as it glides and breathes, or they are resisted. The movements we intend in the “warming” circles are small. We do not want to stretch connective tissue. We want to gently stimulate and bring consciousness to the body of its present state.

We learn to listen to how the body invites your touch. Where there is hardness or resistance, we spend time waiting for a sense of fullness, health and invitation. We are listening for the body to respond in its own way to the consciousness of what is being held in those tissues. The body may become very still. The tissues may draw us in. We are looking for the self-rejuvenating forces.

We work with “**Laser Touch**” when we contact the acupuncture points. As our fingers **focus** on each point, we listen, respond and reflect. Notice whether you are drawn in. This touch tonifies when there is a deficiency. Notice whether the tissues make space by pushing you away. This helps to reduce inflammation or release blockages. Honor your sense of the touch that is evoked. Sometimes complex issues will both draw in and push away in a sequence that is appropriate for these tissues in this moment of time. Listening is active at each moment.

Acupressure points are usually near physical landmarks. The points on the face are smaller than on the rest of the body, usually about 1/8th of an inch. Your finger is larger than the point, so get in the general area, listen and sense for the draw. As you tune into the point and drop into it, you will feel a sense of a “draw” or a “hook” within.

Acupuncture points vary in depth with the seasons. In winter they are by the bone. In summer they are on the surface. The meridian system is a living dynamic system that is constantly regulating in relationship to the environment and itself.

Listening Touch + Laser Touch = Loving Touch

When you take the time to slow down and you connect with the currents of yin and yang, with the energies of listening touch and laser touch, you’ll access a deeper level of contact, connection, wholeness and heart. This is **loving touch**.

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Five Element Mini

Self-Help Version

Combining Listening and Laser Touch

Developing Listening Touch

- 1- Settle
- 2- Shoulder brush (optional)
Face “Cradle” followed by gentle stroking to the sides of the face.
(Notice your breath. After a nice inhalation, stroke outward on exhalation.)
- 3- “Warming circles” to relax and soften the tissues-
Gently do circling tissue motions beginning above the eyes on the midline. Do vertical lines from the eyebrow to the hairline and continue from the midline outward. Do this in three areas.
Zone 1- Forehead- Above the eye and encompassing the forehead
Zone 2- Cheek- Below the eye and above the mouth
Zone 3- Jaw- Below the mouth and encompassing the jaw

Developing Laser Touch

- 4- Acupressure Series

1•WOOD	Outer Eye (OE)	Gall Bladder 1
2•FIRE	Under Cheekbone (UC)	Small Intestine 18
3•EARTH	Jaw Notch (JN)	Stomach 5
4•METAL	Nose Flare (NF)	Large Intestine 20
5•WATER	Inner Eyebrow (IE)	Bladder 2
6•GOVERNING	Under Nose (UN)	Governing Vessel 26
7•CONCEPTION	Under Lip (UL)	Conception Vessel 24

Completion

- 5- Completion
 - A. Face Cradle
 - B. “Stroking” contact to the Face on Exhalation
 - C. Ground and complete with a shoulder brush

“A man finds room in the few square inches of his face for the traits of all his ancestors; for the expression of all his history, and his wants.”

~Ralph Waldo Emerson, *Conduct of Life*

Self-Help Rejuvenator

(Yin or Yang Version)

- 1- OE Outer Eye
- 2- UC Under Chin
- 3- JN Jaw Notch
- 4- NF Nose Flare
- 5- IE Inner Eyebrow
- 6- UN Under Nose
- 7- UL Under Lip
- 8- Completion-

Yin - Chin Stroke

Yang - Chin Pat

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Five Element Mini- Working with a Partner Combining Listening and Laser Touch

Listening Touch

- 1- Preparation, Waiting and Settling
- 2- Contact and coming into relationship with tissues
 - A. Shoulder Cradle with Whole Body Relaxation
 - B. Shoulder Brush on exhalation
 - C. Face “Cradle”
 - D. Face Stroke on exhalation.
- 3- “Warming circles” to relax and soften tissues-
Gently do circling tissue motions beginning above the eyes on the midline. Do vertical lines from the eyebrow to the hairline and continue from the midline outward. Do this in three areas. Listen and respond.
 - Zone 1- Forehead- Above the eye and encompassing the forehead
 - Zone 2- Cheek- Below the eye and above the mouth
 - Zone 3- Jaw- Below the mouth and encompassing the jaw
 - Zone 4- will be explored in Level II Protocols

Laser Touch

- 4- Acupressure Series

1•WOOD	Outer Eye (OE)	Gall Bladder 1
2•FIRE	Under Cheekbone (UC)	Small Intestine 18
3•EARTH	Jaw Notch (JN)	Stomach 5
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7•CONCEPTION	Under Lip (UL)	Conception Vessel 24

The first point is held by itself. The following points are held in pairs and connected with the previous point.

Completion

- 5- Completion
 - A. Face Cradle
 - B. “Stroking” contact to the Face on Exhalation
 - C. Grounding at the shoulders and/or feet
 - D. Completing contact and leaving the field

“I think your whole life shows in your face and you should be proud of that.”

~Lauren Bacall

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The Mini Facial Rejuvenator Challenge

from an article in Healthy Times by Mary Louise Muller

All of us humans are getting older. That is the nature of life. And though our bodies are aging, most of us would like to continue to look and feel youthful. Eternal youth has been the quest of mankind for centuries.

As the “baby boomers” enter their 60’s, the market for anti-aging products is also “booming”. Products run the gamut from pills, potions and lotions to machines, injections and surgeries. The prices run from single digits to thousands of dollars.

Here is a product free of charge. It takes only time and conscious effort to give yourself the gift of looking and feeling better. Take the **Mini Facial Rejuvenator (MFR)** challenge. Take your picture, notice how you feel, and after doing **MFR** for 10 days, do it again.

MFR is a short version of Natural Facial Rejuvenation’s Five Element Mini developed by Mary Louise Muller and Susan Lange. You can add it to your daily routine- in the morning or evening when putting on facial products, or anytime during the day that you feel stressed or have some quiet time to give yourself “a lift.”

MFR works with acupressure and gentle listening touch to restore vitality and balance to the face. It supports the flow of chi, lymph and blood and increases elasticity and tone in your skin and connective tissue.

- 1- Find a place to quietly sit at a table or desk. Get a pillow for your elbows to rest upon.
- 2- Cradle your face gently in your hands. Wait for a sense of settling and relaxation in your nervous system.
- 3- Gently stroke your hands from the centerline of the face to the sides as you exhale. Do this in layers until you have covered your whole face and neck.
- 4- Do the Five Element acupressure series. Hold these points in the following order to support the sequential flow of chi through the five element cycle. Allow your touch to deepen or soften as you listen to how the tissues draw you.

1- Outer eye	OE	5- Inner Eyebrow	IE
2- Under cheekbone	UC	6- Under the nose	UN
3- Jaw Notch	JN	7- Under the lip	UL
4- Nose Flare	NF		

- 5- Cradle or stroke the face to integrate.

This deeply relaxing work affects much more than the face. It helps the nervous system as a whole to re-regulate through stimulating parasympathetic social engagement related structures. It helps to restore health and vitality in the whole body by affecting overall chi balance. Specific acupressure points support reduction in cortisol levels and renewed health in organs, meridians, hormonal balance and psycho-emotional wellbeing. We say, “As you lift your face, you lift your spirits”. You will find that you feel better and look better. What begins as a natural “face lift” becomes a life lift, energy lift and whole being lift.