

1. Place palms at the base of the skull, fully covering the occipital ridge.	Energizing base of brain to support flow.
2. Place one palm on the occipital ridge and one palm on the brow.	Energizing and opening flow.
3. Cup palms gently over the brow and eyes.	Energizing and opening flow.
4. Place palms over the crown.	Energizing and opening flow.
5. Place palms over the temples.	Energizing and opening flow.
6. Place palms over the ears and sides of neck.	Opening flow and supporting interface between Glymphatic and Lymphatic systems.
7. Using middle fingers, track crown to above ear, behind ear, to base of skull. Thumbs track straight down back of skull to base of skull.	***Shivarandhra (GV19): Enhances Cerebral and CSF circulation, stimulates memory, calms mind, balances emotion.
8. Using beak fingers right hand, track straight down midline of spin to mid thoracic (thoracic outlet port?). (8a). Continue on to directly below mid right axilla. (8b) and hold.	***Manyamula (GV16) : Enhances Cerebral , CSF, & lymphatic circulation, relieves neck tension, and improves coordination and equilibrium. 8a: Vrukka (HTJJ T12) Regulates the function of the kidneys, adrenals and bladder. Relieves edema of the lower extremities. 8b. Stanya Parshva (SP 21) Enhances lymphatic circulation
9. Using beak fingers left hand, track straight down spine to base of spine. (9a). Hold momentarily, then continue on o left hip (9b).	*** #9a & 10a Kukundara (close to BL26) Benefits kidney & bladder function.
10. Right beak fingers travel back to mid point of thoracic spine (8a), then continue down to base of spine (10a). Hold momentarily, then continue on to right hip (10b).	*** #9 b & 10b Enhances circulation, relieves edema of the lower extremities.
11. Complete by placing palms on shoulders.	*** Urdha Skandha (GB21): Stimulates downward flow of energy. Relieves stress and mental fatigue, calms the mind & releases stagnant unexpressed emotions.

***Names are ayurvedic. Enclosure () is corresponding acupoints.

References: Lad, V. & Durve, A. (2015). *Marma Points of Ayurveda*. Albuquerque, NM: The Ayurvedic Press.

GLYMPHATIC SYSTEM SUPPORT - Expanded

