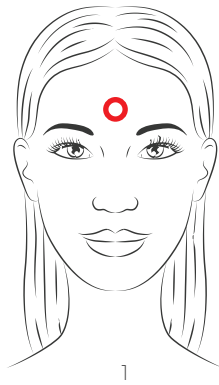


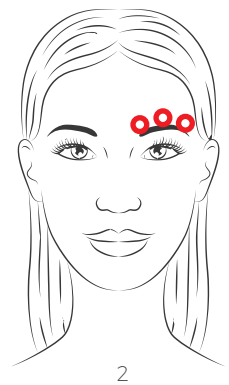
## KANSA MASSAGE AND MARMA POINTS

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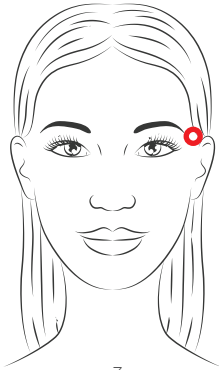
1

AJNA mid forehead Calms mind and emotions, stimulates memory & improves concentration. Helpful for relieving tension headaches.



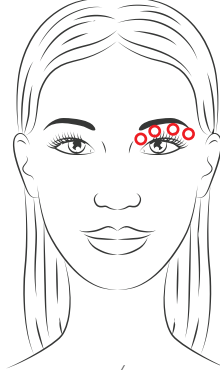
2

BHRUH ANTARA above inner end of eyebrow. BHRUH MADHYA above mid eyebrow. Sensitive if liver is struggling. Benefits the eyes. Better circulation to the brain.



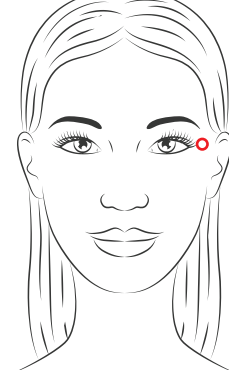
3

SHANKHA at the temple pacifies Pitta, great for migraines and tension. Deeply calming for ADHD. Relieves stomach pain, Benefits speech.



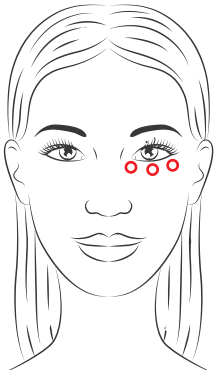
4

ASHRU below the eyebrow ASHRU ANTARA medial end ASHRU MADHYA - middle ASHRU AGRA - outer end Helps moisturise the eye, Helps relieve suppressed emotions



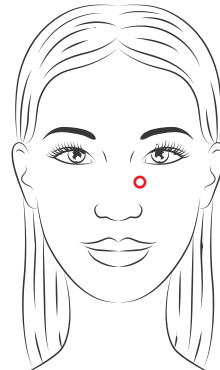
5

APANGA outer corner of the eye Balancing for Pitta dosha, helps with eye problems, Good point for general eye strain



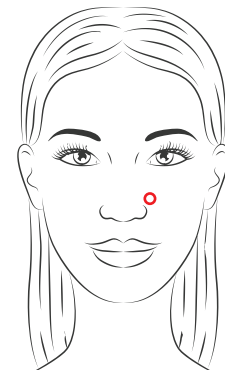
6

ANTARA VARTMA, MADHYA VARTMA BAHYA VARTMA Three points on the lower bony orbit of the eye. Benefits kidney and adrenals



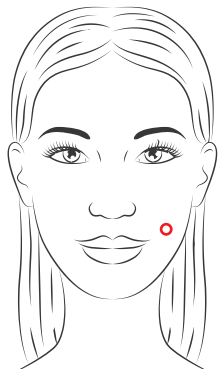
7

URDHVA GANDA either side of nose at the level of cheekbone or slightly higher. Benefits sinus, Relieves colon congestion, Enhances flow of prana (energy) .



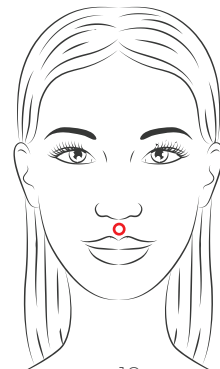
8

KAPOLA NASA at the flare of the nostrils where they join the face. supports lungs, clears nasal congestion, Stimulates opposite side of brain



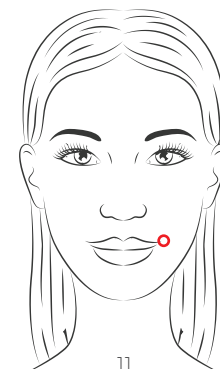
9

KAPOLA MADHYA depression when you clench your teeth. Better absorption in colon, Improves digestion, Balances saliva



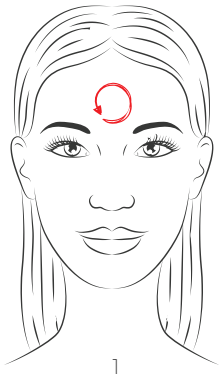
10

OSHTHA Middle of upper lip improves digestion, Improves color of complexion Improves mental awareness. Can Help if you feel dizzy



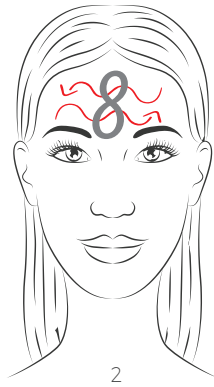
11

CHI BUKA at the corners of the mouth. Bells Palsy, TMJ pain.



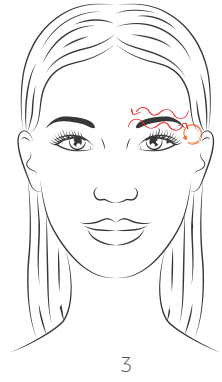
1

Massage in circles around the middle of the forehead in an anti clockwise then clockwise rememeber (imagine the wand to be the clock hand) 5-9 times each way



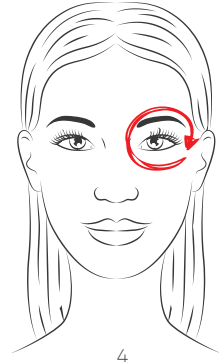
2

Massage in zig-zags and then draw the figure 8 pattern on the forehead.



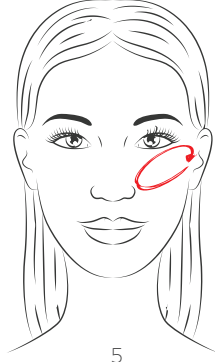
3

Move back and forth over the right eyebrow, stop at the right temple indent next to right eyebrow, massage in a circular motion in an anticlockwise then clockwise direction



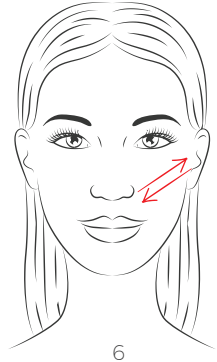
4

Stop at the temple indent, and move the wand anticlockwise towards the nose moving gently underneath the boney eye orbit, then around the eye to the eyebrow in a circular motion, around the eye, then repeat in a clockwise direction.



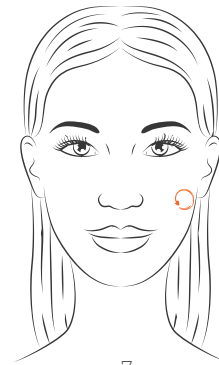
5

Stop at the temple indent, and move the wand anticlockwise towards the nose moving gently underneath the boney eye orbit, then drop down under the cheek bone, moving up towards the ear anticlockwise, then clockwise.



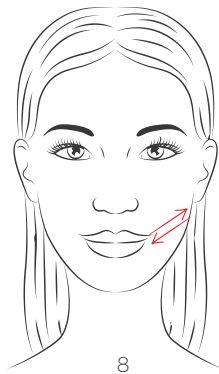
6

Stop at the side of the nostral move the wand under the cheekbone towards the lower ear and back to the nostral.



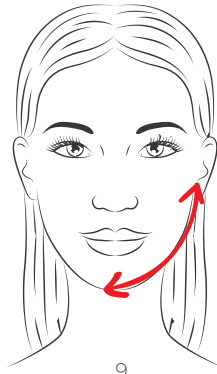
7

Clench your teeth to feel the jaw muscle close to your ear. Use the wand in a circular motion on this point, anticlockwise then clockwise.



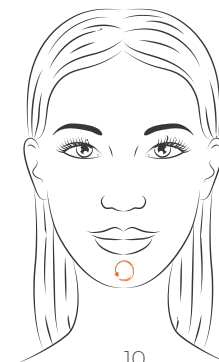
8

Then move from the corner of the mouth up to the ear lobe and back to the corner of the mouth.



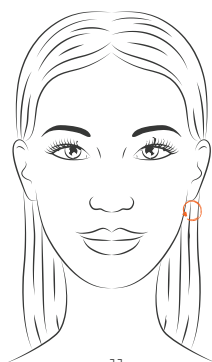
9

Move down from the ear to along the jaw towards the chin, from the chin back along the jaw to the ear lobe.



10

Stop at the chin. circle the chin anticlockwise then clockwise.



11

Then move the wand behind the lower ear lobe in the soft part just behind the neck muscle use circular motion anticlockwise then clockwise.



12

From behind the ear gentle stroke the wand down the side of the neck to the collar bone, repeat 5 - 9 times. From the collar bone move towards the cleval in light sweeping motions. Know repeat the routine on the left side.