



NEHC *Academy*

Workbook

Brain Drain Cranial Protocol

Weighted Tuning Fork Workshop Series



Name: _____

Disclaimer:

Practitioners, owners, and authors of New Earth Healing Center LLC and NEHC Academy are not medical professionals and shall not be held liable for results based on information provided in this document. The information provided within these pages are suggested techniques and opinions based on knowledge and experience gained from sound healing with singing bowls. Information provided in this document is not backed by research-based information or peer-reviewed science. Consult with a medical professional and use professional judgement before attempting any action suggested within this document and for treatments where using singing bowls or tuning forks on the body is contraindicated.

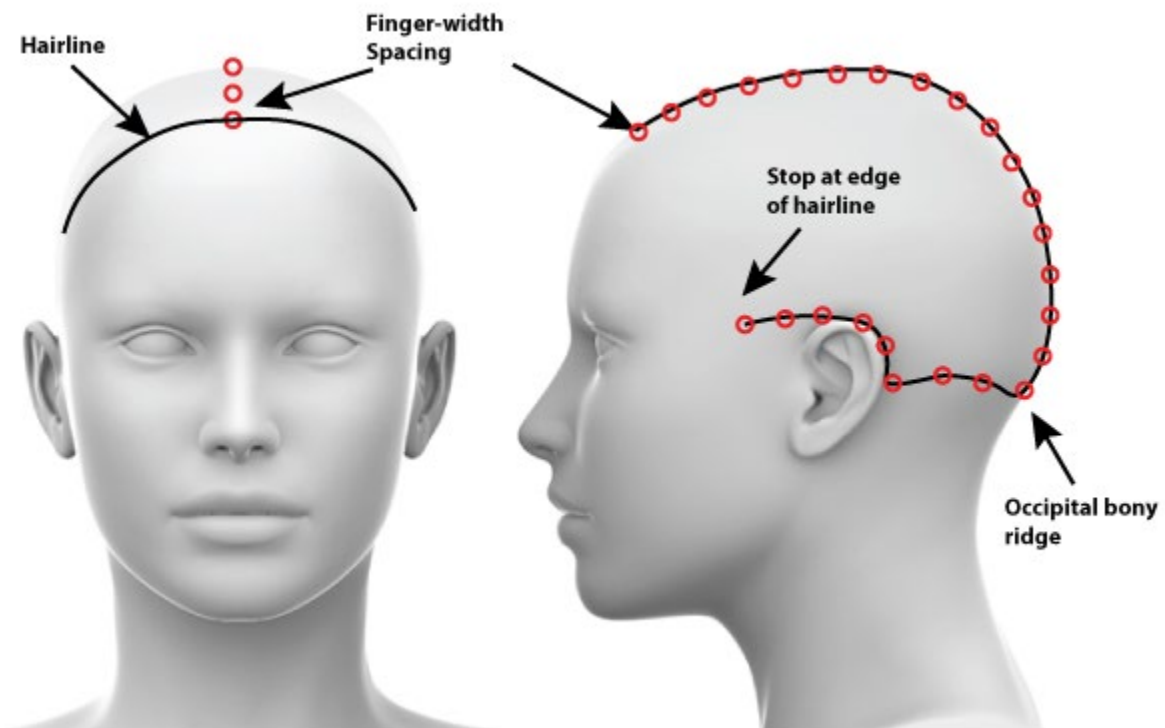
New Earth Healing Center LLC and its training division NEHC Academy operate within the State of Indiana in the United States. Techniques suggested within this document may not apply to all local, state, and national laws for performing sound healing or placing hands on a client. Check with your own rules and regulations prior to attempting these techniques with any client.

Do Not Reproduce:

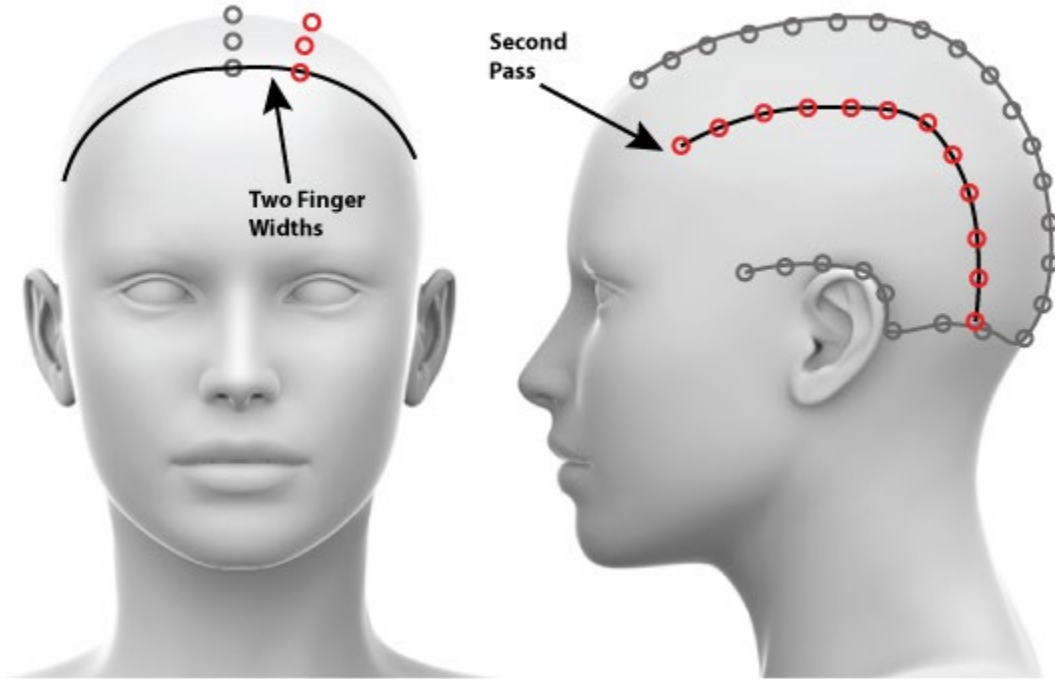
This document is provided as a workbook for an NEHC Academy training course, and receipt of this document assumes the owner will print pages for personal or professional use. However, reproduction in any format for re-sale is prohibited. Do not share information from this document in a public forum.

Brain Drain (Sitting Position):

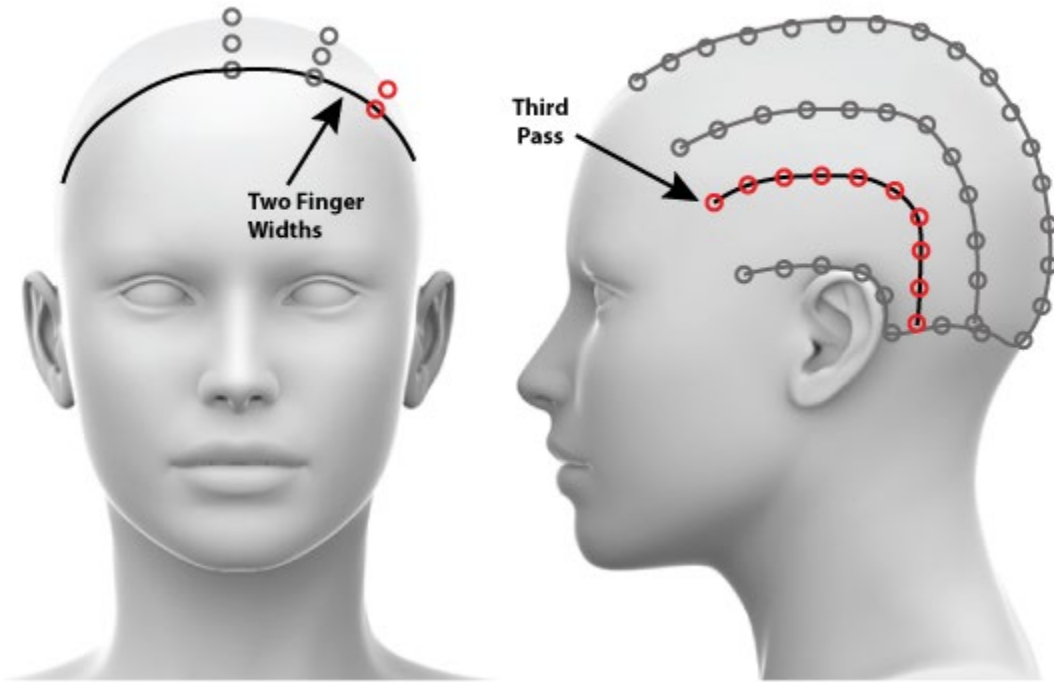
First Pass: First centerline pass down the center of the skull from the hairline to the occipital bony ridge at the back of the skull. Follow the bony ridge to one side until you reach the bony part just behind the ear. Then, follow the crease and curve just behind the ear lobe until continue straight along the temple until you reach the hairline. Repeat on other side from the centerline bony ridge.



Second Pass: Move two-finger widths to the side and run another line of placements parallel to the first pass and stop at the bony ridge. Repeat on other side.

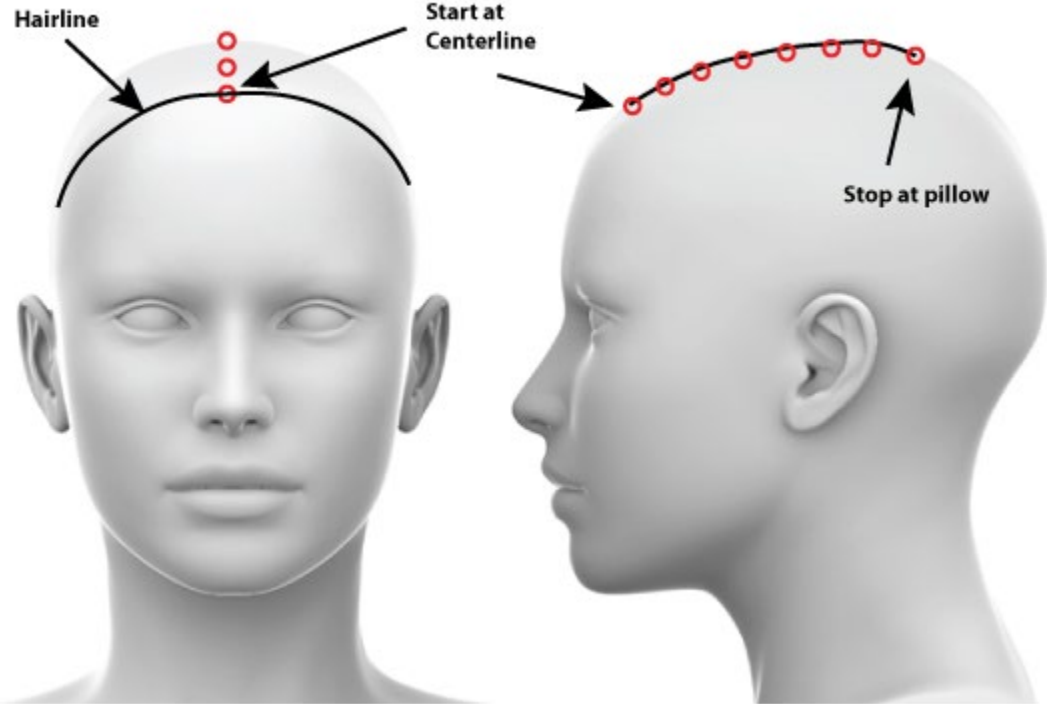


Third Pass: Move two-finger widths to the side and run a third line of placements parallel to the second pass and stop at the bony ridge. Repeat on other side.

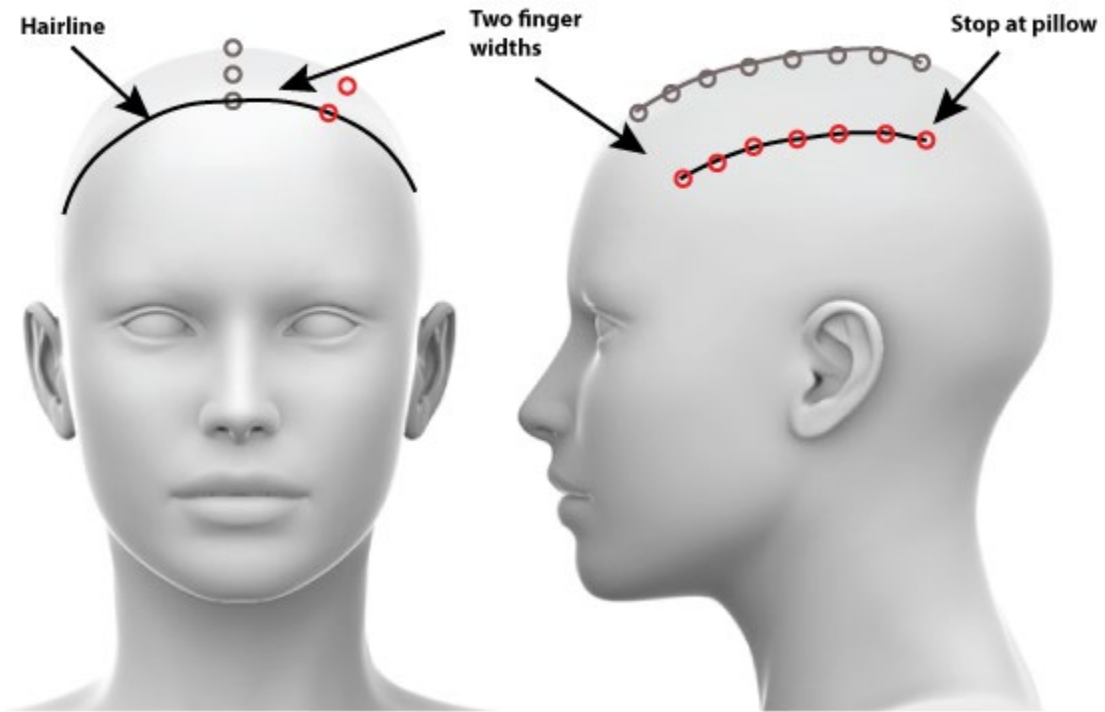


Brain Drain (Laying Down):

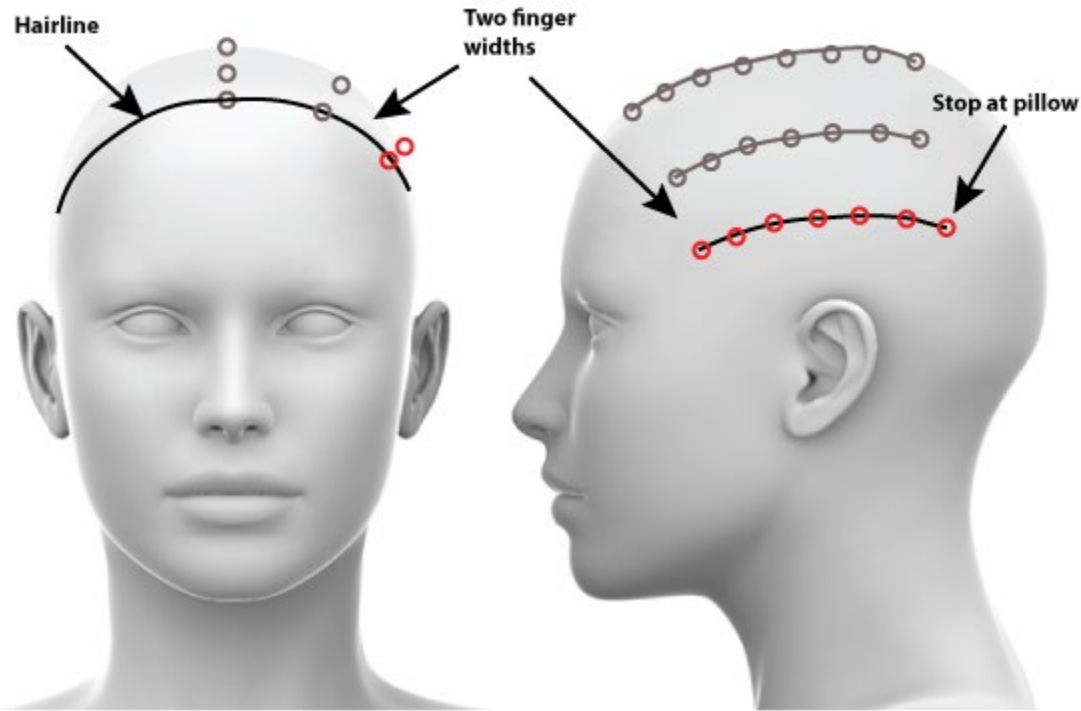
First Pass Facing Up: Follow the centerline to the pillow.



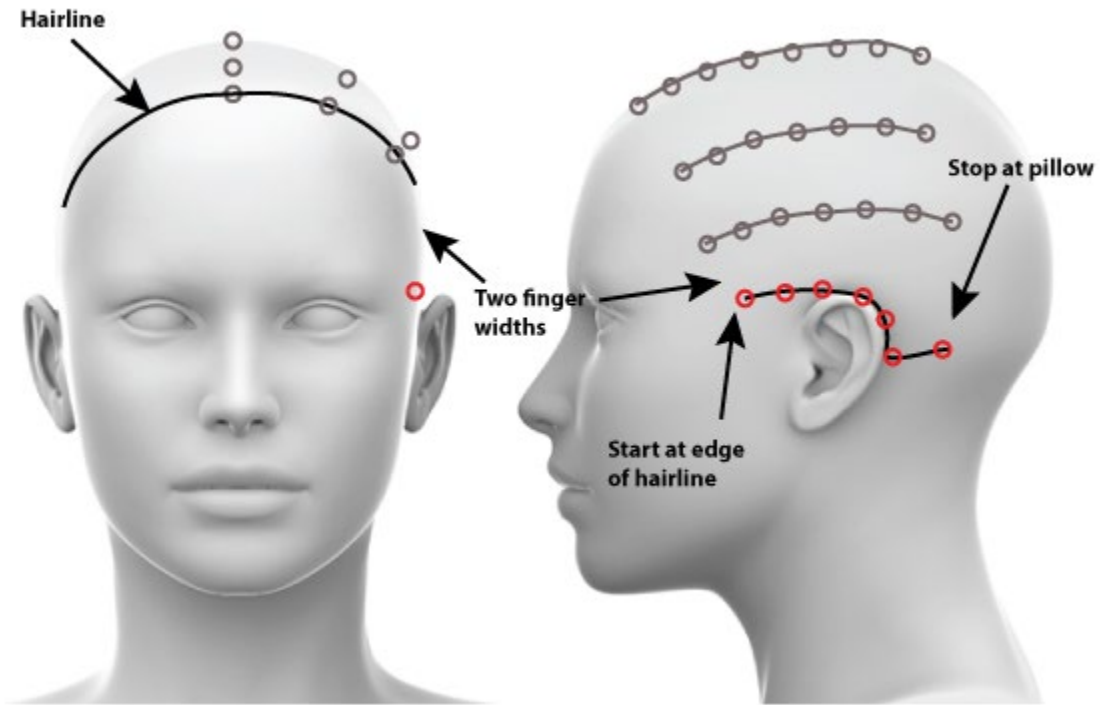
Second Pass Facing Up: Follow the second pass in a parallel line two finger widths away from the first pass. Stop at pillow.



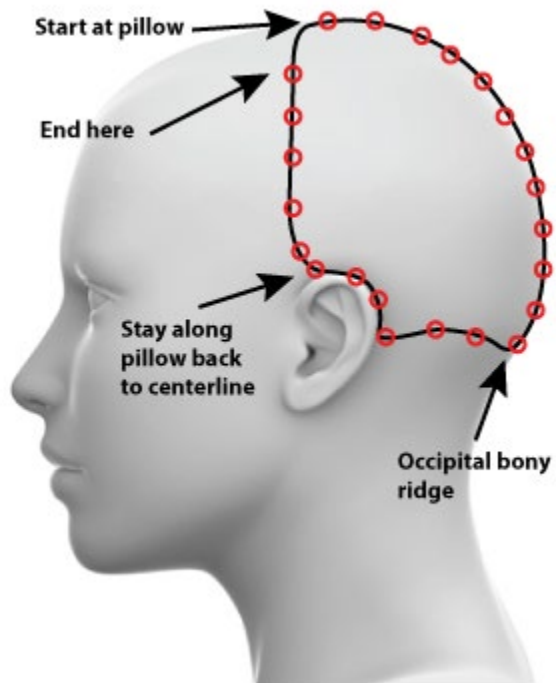
Third Pass Facing Up: Follow the third pass two finger widths from the second pass. Stop at pillow.



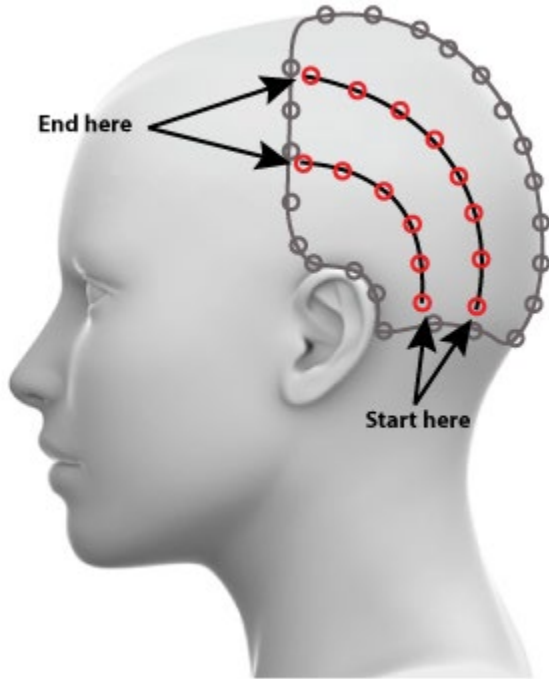
Fourth Pass Facing Up: Follow the fourth pass from the start of the hairline even with the top of the earlobe. Stay close to the back of the earlobe at the crease and stop at the pillow.



First Pass Facing Down: Start at the pillow at centerline. Run a pass to the occipital bony ridge. Continue along the ridge to the earlobe. Follow the crease behind the earlobe to the pillow. Follow the pillow back to the first centerline point. Repeat on other side from the bony ridge, around the ear, and back to centerline.



Second and Third Pass Facing Down: Run two final passes from the bony ridge about two finger widths apart and parallel to the previous passes. Stop at the pillow.



In this document, we will show how to do the Brain Drain Protocol starting with a modified neck flush from a sitting position.



The modified neck flush protocol can be performed in a sitting position prior to the client laying down on the bed, or it can be performed with the client laying down. We will show both options in this video.

With the client in a sitting position, position yourself behind the client. Position your hand just behind the ear with the index finger against the base of the skull. Fingers should be straight.



Press and slowly slide your hand towards the edge of the jaw and continue along the bottom of the jaw line.





Continue downward to the space between the clavicles known as the drain point.



Use your opposite hand to support the neck and prevent the head from rotating.



Perform the same procedure for the opposite side.



Do one last sweep along the base of the neck. Go slow to keep the fluid ahead of your fingers.



Then, place your index finger in the small indentation just below the ear canal and follow the natural route down the neck and into the drain point.



This should follow the route along the Sternocleidomastoid muscle.



The Brain Drain protocol begins with the first line of placements along the top center of the skull. The first placement is at the hairline regardless if the client has hair at this location.



The second placement should be about a finger-width behind the first placement.



You can also feel for where the vibration in the scalp has stopped and put the placement at the edge. Make sure to strike the tuning fork between each placement and allow the vibration to run out before moving to the next location.



Sometimes you can feel excessive fluid underneath the scalp. In this case, position another placement in the same spot to help drain the fluid.



Continue with placements along the centerline of the head all the way to the ridge of bones at the back of the skull.



Put your next placement just underneath the bony ridge and angle the tuning fork base slightly upwards.



You can also press inward and slide the base up slightly. Once the fluid has drained from the underlying tissue, the tuning fork base should slide off the placement location.

This is a good protocol and procedure location for relieving conditions associated with muscle movement and motor control.



Use your free hand to feel along the bony ridge for the next placement location.



Follow the bony ridgeline from the center and outwards towards the ear.



Perform additional placements if you feel an excess amount of fluid underneath the skin. This location is also good for relieving high blood pressure and some headaches and migraines.



Feel for the edge of the bony ridge where the hairline turns toward the top of the ear.



Now follow along the back of the ear where the earlobe meets the scalp. Stay just outside of the skin folds but follow the entire curvature of the earlobe crease.



Angle the base of the tuning fork up slightly and apply a small amount of pressure against the skin. Do not slide the tuning fork base along the skin. Make sure there is a small amount of skin that moves slowly with the base.



Once you reach the top of the earlobe, continue in a straight line towards the eye to stop at the edge of the temple.



From the centerline of the skull, measure two finger widths and start the second line of placements.





This second line of placements should follow the same procedure with placements about a finger width apart all the way to the ridge at the back of the skull.



The third line of placements should be about 2 to 3 finger widths underneath the second line to follow a natural curve to the same ridgeline.



Finally, follow up with another modified neck flush to help drain any excess fluid released in the tissue during the Brain Drain. Any fluids draining from inside the skull must go through the side of the neck, and slow drainage can fill up the space around the inner ear to cause problems like vertigo, tinnitus, and hearing loss.



Now we will show the Brain Drain from a laying down position with the client starting on the back.



Begin with a modified neck flush with a focus on the area from the indentation at the ear lobe to the drain between the clavicles.



Go slow to make sure the fluid stays in front of your fingers.



When both sides of the neck have been flushed, start at the centerline of the skull at the hairline.



Each placement along the centerline should be about a finger-width apart.



Continue along the centerline to the pillow. Further points can be reached by repositioning the pillow. Start the next line of points about 2 finger-widths away from the centerline. Follow a parallel line of placements down to the pillow.



Start the next line of points about 2 finger-widths away from the centerline. Follow a parallel line of placements down to the pillow.



Follow a third parallel line about 2 to 3 finger-widths away from the previous line.



Then, start the fourth line at the temple and work your way down to the top of the ear.



Just like in the sitting position, angle the base of the tuning fork towards the top of the head and gently move the layers of skin underneath the fork.

Now have the client turn over. They can use a pillow or face cradle. Using a face cradle will straighten the neck and allow more access to the back of the neck for your final modified neck flush.



In this example, notice the client's head is only resting on the pillow to straighten the neck.



Continue with the centerline placements at the point where you previously stopped when the client was laying on the back.



Continue along the centerline with finger-width placements all the way to the bony occipital ridge.



Then continue along the ridge to the ear along the curve of the ear lobe until you reach the pillow.



Then curve your placements back to centerline.



Finally, run two more parallel lines about 2 to 3 finger-widths away from each other.

Remember to keep each placement about 1 finger-width apart and wait for the vibration to run out on the tuning fork before moving to the next placement.



Finally, perform one last modified neck drain starting at the bottom occipital bony ridge. Move slowly down to the front of the throat between the jawline and the shoulders.



Follow all the way through to the throat drain between the clavicles.

You can also have the client sit up on the edge of the bed to perform the final modified neck drain. Some clients may experience vertigo or light headedness upon sitting up, so have the client sit up slowly and rest before standing up.



The modified neck flush can also be performed using a gem foot attachment. Here we are using a 15-millimeter clear quartz gem foot in place of the fingers for moving fluid to the drain point.



Use the same route as the fingers from the spine along the bony occipital ridge and straight to the edge of the jaw. Follow the jaw line to the front of the throat and continue to the throat drain between the clavicles.



Then, make a few final sweeps along the line where the neck meets the shoulders.



Continue this protocol on the other side of the neck.

This concludes the protocol and procedure for the Brain Drain.