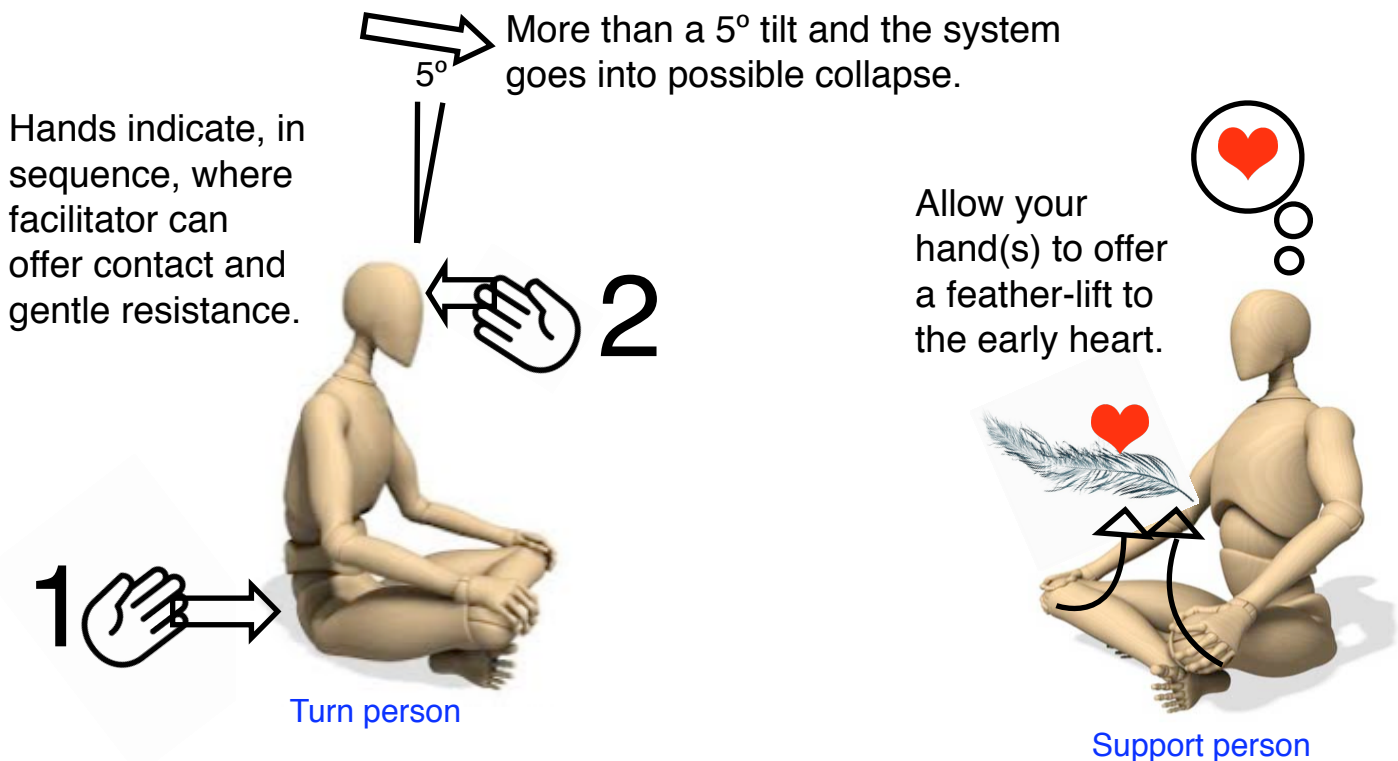


Back Support and Feather Heart-lift

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The heart is surrounded by connective tissue - the pericardium. The connective tissue goes all the way up to the base of the cranium. By giving a feather-lift to the heart, pressure is released in the connective tissue and the spine.



STEPS

Facilitator and support person make a lot of space with their attention.

The facilitator offers support to the lower back of the turn person (1). After a moment and with the other hand, the facilitator comes into relation with the forehead (2).

The support person supports the pre-nate's or baby's heart. In the mind's eye hold an image of the tiny heart, then allow your hands to slowly come up under it and offer a feather-lift.

The facilitator gently supports the head of the turn person so that it doesn't fall more than approximately 5 degrees.

The turn person finds the place/posture that allows them access to their potency while staying present. If the head comes too far forward the energy required to sustain it increases to the point that the system starts to enter into collapse.

The turn person allows their head to fall slightly forward. The facilitator maintains a gentle resistance.

The turn person may begin to bend forward. The facilitator continues to offer gentle resistance and support in the lower back and forehead, allowing for some movement while supporting the person not to go into collapse. In this way potency can build and expansion can happen.

Facilitator and support person continue make a lot of space with their attention.

Some people may tilt their head backward, in which case the facilitator can offer the same support on the occipital bone.