

Lymphatic Treatment #1

1) Synch cisterna chyli, right lymphatic duct, thoracic duct

Sitting on the right side of the supine client, I am using the left water finger on the right lymphatic duct and the left fire finger on the thoracic duct. I am using the right fire finger for the cisterna chyli. The right lymphatic duct and the thoracic duct, in the open phase, move posterior and inferior, slightly lateral. The cisterna chyli moves posterior, inferior and slightly lateral. It is recommended to also synch the clavicles and the sternocleidomastoid muscles. The clavicles move, in the open phase, lateral, slightly posterior and inferior. The SCM muscles move lateral, slightly posterior and inferior. When doing the SCM muscles it would also be recommended to synch with the mastoid processes of the temporal bone. In the open phase, the mastoid processes move medial, slightly inferior and posterior.

2) When all of these structures are in synch follow the cisterna chyli, right lymphatic duct, thoracic duct to the complete expression of the open phase and hold. Keep holding in the open phase until there is a strong tingling sensation in the hands and possibly moving up the forearms. When the interchange between all the fluids of the body, which includes the electrolysis in the lymph nodes that prepares the lymph for its return to the blood stream is complete, you will sense a floating of your hands rising out of the contact points with the cisterna chyli, right lymphatic duct, thoracic duct. The treatment is complete.

This treatment is safe and recommended for everyone. The lymphatic system is a large part of what is know as the immune system. Perhaps, the largest part on the physical level.