



SPINAL MASSAGE

A Step-by-Step Guide to Working with Strong Emotions and Challenging Behaviors Based on the Edgar Cayce Readings

To support noticeable, long-lasting change, please work with these remedies for a 28-day cycle.

● **STEP 1:**

Decide on a time of day that will work for you to spend 5-10 minutes giving your child(ren) a gentle spinal massage. After a bath, before turning off the lights to go to sleep, if there are a few extra minutes when waking up in the morning are all possibilities. The most important thing is that it's a time that works well for your family rhythm.

How can massage help with strong emotions and challenging behaviors?

According to the Cayce readings, when the nervous system is properly balanced, all systems of the body can experience improved coordination and restoration of their proper functioning. Studies now show that massage for children can boost children's immune system, increase relaxation, ease tense/stressed muscles, reduce headaches, anxiety, insomnia and depression.

● **STEP 2:**

Have your child lie on their belly on their bed and massage at the base of the head. Use an oil or lotion that is soothing for you and your children, if you'd like, or you don't need to use an oil if that could be disruptive.

● **STEP 3:**

Begin the massage at the base of the head. Massage away from the head and slowly down the spine. With your thumbs massage away from the spine, toward the ribs. Massage all the way down the spine to the sacrum at the base of the spine. Massage can be gentle or firmer depending on what is comfortable to your child. You can repeat the spinal massage several times, if you'd like.

To find out more about what the Edgar Cayce readings say about the benefits of massage, read this: <https://www.edgarcayce.org/about-us/blog/blog-posts/massage-much-more-than-a-back-rub/>

● **STEP 4:**

Repeat the process giving your child a spinal massage, every night, for at least 28 days. Notice any changes in your child during that time.

