

The Cortices Technique

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The Cortices Technique can be performed by anyone and is invaluable as a daily self-help tool. It balances the communication between the right and left hemispheres of your brain, it's like a wonderful reset button. It improves brain function, releases stress, anxiety, pain, and also helps with insomnia, improves memory and so much more.

Try to practice this technique on a regular basis, you can do this in the morning, or on an evening before bed, and you will soon see the benefits of resetting the brain, as you improve the communication between the right hemisphere and left hemisphere of the brain.

METHOD:

1. Rub hands together first, create some energy. Place one hand with fingers closed together at the base of the skull, warming the brain.
2. With the opposite hand gently tap the three brain points for 2-3 nourishing breaths each.
3. Firstly, tap the top of the head (brain), sternum (heart brain), and a couple of inches below the navel (gut brain).
4. Move your hand up along the skull a full hand position upwards.
5. Repeat this procedure until you have covered the whole midline of the head from the base of your skull to just above your eyebrows, making sure that the entire brain is covered. Your hand positions may overlap to ensure that no areas are left untouched.
6. Repeat until you reach just above the eyebrows.
7. Hold both temples for 2-3 breaths and then, keep one hand on one temple and complete the tapping points.
8. Place your hands on your lap and relax a little further taking a few nourishing breaths.



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