The Dying Patient’s Bill of Rights

1. The right to be in control
2. The right to have a sense of purpose
3. The right to reminisce
4. The right to be comfortable
5. The right to touch and be touched
6. The right to laugh (or cry)
7. The right to be angry and sad
8. The right to have a respected spirituality
9. The right to hear the truth
10. The right to be in denial
Windows to the Sky
from
The Heart of Listening, Volume II:
A Visionary Approach to Craniosacral Work
by
Hugh Milne, D.O.

I. Room Screen (p.253-254) A sequence initiating technique.
- Sit to client’s left. Place your left hand under client’s left scapula, with your fingers pointing towards their heart.
- Place the heel of your Right hand so it cups the curve of the anterior humeral head, with your fingertips pointing towards their heart.
- Begin gentle lateral traction of the shoulder, deepening energetic access. Send finger energy deep inside the Cave of Anahatta, the Heart Soul, the controller of spaciousness of the spiritual heart…other realms where nothing exists and everything becomes clear.

II. Heavenly Palace or Celestial Mansion (p.254)
- Sitting at the client’s head, contact the lateral-most part of both biceps brachii with our middle fingers (feels like the tip of the nose). Apply light but thorough contact to facilitate flight out of present time reality. (To give them wings!) Use when client lacks contact with own divinity or clarity of purpose.

III. Wind Palace (p.259)
- Connects heaven and earth, deepest level of energy in the body. One of the most important transition points in the whole “dreambody.” (Dreambody: the sum of mind, body, spirit; the whole human being.)
- Midline, 1/3 inch inferior to gap between occiput and superior aspect of the atlas
- Place non-dominant hand in cupping contact on frontal bone, and middle finger of dominant hand into contact with Wind Palace.
- Bring client’s head into slight back bending and introduce slight traction

IV. Broken Bowl: “The Supreme Balancer” (p. 261)
- Integration point for energy pathways Brings disparate parts back to harmony with the whole.
- Midway between AC joint and SC joint, just posterior to superior ridge of clavicle.
- Reach from head of table. Use both thumbs bilaterally with fingers on anterior surface of clavicles providing gentle opposition to thumbs.

V. Hundred Meeting Places (p.261)
- Place both thumbs at the vertex: the line of sight directly superior from the ear canal to the tip of the head.
  Optional: index and middle fingers of one hand on vertex, middle finger of opposite hand on heart. Good for hemorrhoids, sexual dysfunction, sacral pain and lumbago.

NOTE: These points induce a hypnogogic state, which is defined as a transitional state, a sub waking state, the intermediate state between waking and sleeping.
The “Scudder Technique”  
Adapted from  
Healing Touch:  
Level I Notebook

I. Definition (p.75)  
The “Scudder Technique” is a light touch energy technique

II. Goal  
To promote relaxation and energy flow, by increasing the movement of stagnant energy in the body.

III. Procedure  
If seated, therapist begins by standing behind the patient.  
If lying supine, therapist begins by standing at the patient’s head, if possible.  Otherwise, stand at either side.  
Repeat each step 3 times.

1. Using both hands, brush the patient’s brow, starting at the midline.
2. Brush across patients eyes (after asking them to close their eyes.)
3. Beginning at the coronal suture, brush down around their ears. Gently traction the earlobes towards their feet.
4. Starting at the chin, brush in front of the ear, behind the ear and back to the chin.
5. Move to the patient’s left side. Brush from the shoulder to the inside of the elbow.
6. Brush from the inside of the elbow to the finger tips. (Their hand palm up, if possible).
7. Still standing on their left side, remove stuck energy from their throat/ sternal notch area, by brushing the energy laterally (left).
8. Staying off breast tissue, brush down their sternum, and across the left lower rib cage, pulling the energy laterally.
9. Brush from their greater trochanter/hip joint to the back of their knee.
10. Brush from the knee to the inside of their arch.
11. Placing your palms together, pull the energy off the top and bottom of their left foot.
12. Move to their right side. Repeat steps 5-11 on their right side.
13. Finish by gently squeezing both feet/ankles.