

## up/down/up - down/up/down hair care and energy adjustment

a very powerful **yogic tool** is to rake your skull with this particular strategy, to adjust your energy:

if you are depressed or low in energy, with a wooden comb, you rake your skull and hair (just like you might rake the lawn, in organized lines across the yard) starting from behind one ear and moving across the **whole skull**, to the back of the other ear in **UPWARD sweeps**. then, you rake it **DOWN**. step 3, you rake across the whole skull **UP**, again and when finished, gather all your hairs in your hands and **pull up!**

the opposite is done if you are nervous, hyper or anxious, and if you can't sleep:

you rake your hair **down**, then **up** and then **down**. Finally, gather it at the base of your neck and **pull all your hair DOWN** - ahhhh

i do this at the end of every day and then i braid my hair, getting ready for bed

try it, you'll like it - an excellent way to lift yourself up or calm yourself down!