

The Clendinning Technique of Energy Healing

Area or Dis-ease	Treatments that may be helpful
Adrenal Glands	<p>Massage the adrenals with horizontal backwards and forwards motion, as this can release tension</p> <p><i>Tip: Liquorice root may also help.</i></p>
Anaemia	<p>Look into the persons eyes – you can see anaemia. Try including the following foods in your diet: molasses / sorghum / red beet / beetroot / parsley / kale / cooked spinach and herbal-tonics.</p> <p>For anaemic people who don't want to eat liver consider: liver capsules, cod liver oil, skate oil, beetroot, parsley, dark green vegetables. Cook the liver very quickly in hot oil or take Floradix tonic.</p>
Breasts	<p>These are the most important part of a woman's body. If you tend to do too much for others you may here a spirit voice advising you to slow down. If you hear this it means you are doing too much for others. It also means listen to the spirit voice within you. This is about you, you must take time for yourself.</p> <p>Breast issues are linked to the uterus (refer to douching). Iodine painted directly on the skin of the breast in the olden days was believed to help if cancer was found in the breast. (or 4 drops Lugols solution in warm water used to be taken orally but check quantity ratio)</p> <p>Simply a good massage will help.</p> <p>Use your hand to horizontality scan the breast then go back and scan the breast vertically and take your time. You must include the auxiliary region (the side of the body). If you notice a smell from the vagina check the breasts as there may be a link.</p>
Cold feet	<p>Ask ... Is this a circulation issue? If so you could try putting a very little cayenne pepper into your slippers. It may help to use a rebounder or lymphasizer in the evening and have an Epsom Salts bath.</p> <p>Young children with temperatures – crush a whole garlic clove and put it in gauze and attach it to the bottom of the feet to draw out the temperature.</p>
Constipation	<p>Take Cascara Sagrada (moderate laxative) / Senna. LBS11 (mild laxative) (Nature's Sunshine) Or take four or five prunes and put into boiling water, then leave them to soak for 24hrs, then you can drink the water the prunes have been soaked in, for best effect.</p> <p>People need to massage their bowel in a clockwise direction on the abdomen. Place yourself in a sitting position, keeping the legs and pelvis still – gently twisting your trunk in a side to side motion to assist with movement in the abdominal area.</p>
Constipation in pregnancy	<p>Try taking old time prunes (prepare as above) and eat 4 or 5 prunes for breakfast. Constipation relates also to whether you love yourself and remember we do not need to carry forward experiences from the past that have already been lived so let them go.</p> <p>Cod liver oil will help build up immunity.</p>

I do not give medical advice nor engage in the practice of medicine. Under no circumstances do I recommend a particular treatment for specific individuals and in all cases recommend that you consult your doctor before pursuing any course of treatment.

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Digestion	<p>Check that the digestion is not caused by ulcers. For indigestion you could try taking Swedish bitters 1 tsp once a day or Apple cider vinegar 1 or 2 tsp in water or sauerkraut 3 DSP. Importantly remember to chew your food properly.</p> <p><i>Tip: Ginger helps digestion.</i></p>
Dry feet, heels and hands	<p>Try rubbing into the affected skin: coconut oil or skin of avocado or emu oil.</p>
Eyes	<p>Firstly rub hands together and then place your warm hands over the open eyes and focus on putting the healing energy into the back of the eyes. You can also put energy in at the temple, or the brow of the nose. Try doing daily eye exercises. Bates is the 'Bates Exercises', the radiant living organisation promotes this (Geoffrey's father did these exercises and ended up removing his glasses at 50 then didn't use them again till he was 80)</p> <p>Lymphatic drainage to the face can improve the eyes by gently stroking around the eyes. You can try a rebounder like a lymphasizer for general lymphatic drainage.</p> <p>Eye exercises for the brain. Place the hands together, directly in front of you, draw a figure of eight with your hands. Using just your eyes, follow the figure eight to move the ligaments etc behind your eyes.</p>
Facial Drainage	<p>Gently stroke the face from centre of the chin outwards and the midline outwards using both hands to help drain the face.</p> <p>Determine the centre of the face and create an invisible line down the centre, using this line, start at the chin place one hand on each side of it and sweep fingertips out to the side of the face.</p> <p><i>Tip: Ginger can also help facial drainage.</i></p>
Foot spur and collapsed foot arch	<p>Try a foot orthotic. Alternate with it in for two weeks, and then take it out for one week. Repeat but not for more than 2 months total as it can become a crutch.</p>
Gallbladder cleanse	<p>When you belch and get a horrible taste in your mouth you probably have a gallbladder issue.</p> <p>This is an indication to try a gallbladder cleanse, prior to cleanse try one cup of freshly squeezed Granny Smith apple juice in the morning for several days as it 'softens things'.</p> <p>Note: Stay close to the toilet as "the cleanse" can be sudden.</p> <p>On the day of the cleanse, measure out ¾ cup of olive oil (may mix with apple juice to enable palatability) and ¾ cup fresh lemon juice – in separate containers.</p> <p>Starting at 5pm, every 15 minutes take 1 dessert spoon (1 tablespoon in USA*) of Olive Oil, then lemon juice, and wait 15 minutes whilst lying on your right side. Then repeat olive oil / lemon every 15 minutes until it has all gone.</p> <p><i>Reference various people, Dr Bernard Jensen, Hanna Kraeger etc.</i></p> <p><i>* A dessert spoon in NZ is equivalent to a tablespoon in USA.</i></p>

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Head	Ladies love to have their heads massaged when they have their hair done.
Headache	<p>There are four options; you can dowse which one is appropriate.</p> <ol style="list-style-type: none"> 1. You could rub around the T4 - lumbar 4 vertebrae and give healing there 2. Stand in front of the person and make a ring shape with both hands by putting your thumbs together and your second fingertips together. Tip: Imagine you are holding a golden crown. Apply this “crown” over the person’s head (approx. level with their temples – you may have to separate your hands to fit) and by focusing your concentration and applying pressure you “lift off the headache”. You can do this a couple of times 3. Rub the brow 4. Rub one of the bumps (the two nobly bits at the back of the head) to release the tension of the headache
Ileocecal valve	<p>Ask, is the ileocecal valve working correctly? And dowse to check.</p> <p>The valve should only open as the bowel contents enter. It should close properly and not allow the faecal matter to flow backwards into small intestine.</p> <p>Do specific healing to the valve if it is leaking.</p>
Knees	<p>Try chicken broth and for general “pick me up” (must be free range chicken). Could also be good to create healthy cartilage.</p> <p>Avoid Soy products.</p> <p><i>‘Rhus Tox’ (aka Poison Ivy) is a Homeopathic remedy (known as the squeaky gate and is good for all joints) that can help with knee injuries.</i></p> <p>Ginger and Turmeric ¼ of a tsp twice a day may help with inflammation and pain</p>
Leg length	Place the person in a prone position, then holding the feet, look at the feet to judge leg length. Then lift up both feet at right angles and look at the length. If you notice that there is a shorter side you should work on the area between the spine and adrenal on that side by rubbing it.
Legs	<p>Work on the hip area of the shorter leg first to release tension. Use of a ‘Rebounder’ Heal to toe but not bouncing can help drain lymphs.</p> <p>When Geoffrey was speaking to a Philippine healer he was told that if the inner thigh muscles are tight (where the trouser seems are) then this indicates a lack of or too much sex. The Client can be instructed to massage this area.</p>
Liver	<p>Black walnut can assist the liver and <i>Rescue Remedy</i> to calm the body.</p> <p>A good colonic, with a good therapist that stays with you, massages your abdomen clockwise direction and counsels you- It should be performed over an hour (a max of 5 in a week) A coffee enema can be an alternative or 2tbs benzonite and 2 tsp scillian hulls and arnica to finish used to be given but check ratios etc. Also Black Walnut can be used. Rescue remedy can calm the body.</p>

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Migraine	Migraines headache consider dietary sensitives – check sugar, dairy, gluten. Age consideration. Migraines as per Louise L. Hay’s book, <i>Heal your Body</i> can be reduced by masturbation or calling your partner home to make love.
Nausea	Ask “What can I do to help myself?” Rub tummy clockwise, give healing and visualise Geoffrey's hands as a channel. Peppermint and or ginger can help.
Phantom pains	Can still be felt even if an organ or limb has been removed so work on the area and the aura even though the physical part is not there, it is very effective.
Prolapsed Uterus or bladder	Visualise the sinews of the uterus or bladder and see them reattached and using gentle, upward movement of the fingers encourage those organs to lift up so you are working in the lower abdominal area above the pelvic bone. Use a lot of mind energy there. Run thumbs above pelvic bone using the mind to focus bringing up the bladder and holding it in place. See in the mind it is being reattached, use a lot of mind energy there.
Root Canal fillings	There are loads of bacteria in the mouth, it’s better to have the root canals removed if possible. It is important to see a good dentist who promotes the use of vitamin C and safe amalgam removal. Look at the types of foods that are eaten i.e. sugar and oral hygiene (it’s important to know that cavities can disappear over a period of time). Regular coconut oil pulling can reduce gingivitis and general bad oral health. <i>Ref: Weston A. Price</i>
RSI (repetitive strain injury)	<ol style="list-style-type: none"> 1. Check the soft pads of the hand and intuitively feel where to rub any tender areas. If there is tenderness this could indicate RSI (or the start of same). 2. If tender you can find the release point by holding their hand, palm facing inwards and travel up from the second finger upwards to the inner aspect of the bicep (about a hand’s width from the inner elbow) where you will find there is a tender spot and that is where healing needs to be given, you can gently rub it or press it. 3. Also you can release at a point on the chest - so find the middle of the right clavicle and go slightly to the outer aspect of that, down in between the 1st and 2nd rib and there will be a tender spot there. 4. You need to do that on both sides, for both hand pads and that midline area. 5. Another exercise is: <ol style="list-style-type: none"> a. Place one hand under elbow when arm is bent b. Place second hand in or around the raised hand c. Ask client to strengthen arm (i.e. resist) but not to stop the movement d. Repeat 3 times e. Take deep breath and hold whilst moving arm 6. Lower your keyboard and raise your chair

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Sciatic Nerve	<p>If there is a sciatic problem it may originate from the hip – gently rubbing along the “trouser seam”, then press on the hip to help release the tension. Also check the top of the foot and the sinew crease where the foot and leg meet.</p> <p>Determine whether the sciatic nerve is inflamed by:</p> <ol style="list-style-type: none">1. Gripping the Achilles tendon. If it is tender it indicates the likelihood of a sciatic condition and this can be further confirmed if it is tender.2. When pressure is applied on the top of the ridge of your feet on the bone. Or find another sore spot.3. Go from the ankle bone move your finger towards the middle of the foot so it lines up with the soft indentation in line with the middle toe.4. Go up from the outer ankle bone go in a straight line and you will feel a small indentation about 4 finger breaths up this is Geoffrey’s Sciatica “g” spot. Rub and press it here. <p>Get your client to sit facing you with their leg straight towards you. Support their leg, under the knee and under the heel. They need to push their heel down whilst you resist until their leg is 90 degrees and you ask them to do this several times on both legs</p>
Shoulders	<p>Try giving the shoulders a really good rub/massage. Women especially hold most of their tension there.</p> <p>Shoulder issues can be linked to the neck. Try this exercise:</p> <ul style="list-style-type: none">• Whilst looking forward, place your right hand against your cheek (with your elbow extended out horizontally).• Turn your head to the right against GENTLE pressure from your hand. i.e. Your hand is trying to stop you turning your head.• Hold for (say) 20 seconds then slowly turn your head right across to the other. Relax.• Repeat with your left hand pushing against your head turning to the left.• Do both directions again. <p><i>Tip: Choose the side that turns the most first.</i></p> <p>USE GENTLE PRESSURES AND DO NOT APPLY OR REMOVE THE PRESSURE SUDDENLY.</p> <p>Second shoulder exercise: Rub the neck, do the neck exercise then ask the client to bring their effected shoulder’s arm straight up at the side as is comfortable to have it lifted. Now fully supporting their arm putting one hand on their shoulder and holding the wrist with your other hand, then you ask them to push down to their waist. You just resist as much as they are pushing, you do not give any more pressure, they are doing it, you just equal their resistance.</p> <p>You do this three times, and then do the same on the other shoulder.</p> <p>Now ask them to do the same exercise with the arm straight up front.</p> <p>To complete the session, rub the shoulders and also up the back of the neck.</p>

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Sore Achilles	Geoffrey's spot will give relief but check firstly if the hip is sore. The centre part at the top of the instep on the foot shows the Achilles is sore and shoes maybe too tight. Check sciatica? Special spot to rub, Geoffrey's spot will give relief.
Coccyx	<p>Pain here can appear from a bad fall that creates a soreness and tension.</p> <p>This is a private area so please gain permission before you do this technique.</p> <p>Have the client lying on their front, the practitioner is standing to one side facing down the body and feels the coccyx area where the tender area is. Tension can be released by massaging the soft tissue in a sweeping movement with both thumbs, away from the coccyx.</p> <p>Concentrate directing energy into the area with a view to opening that area again.</p>
Spine/Coccyx	<p>REMEMBER YOU ARE NOT A CHIROPRACTOR, you are offering spiritual healing. If you need to get an answer to a question then dowse and ask the body which way the spine wants to go to be aligned. When you find the area of issue you can very gently rub the inside of that area with a little pressure and ask the tension to leave. Ask it where it needs to go to create an energetic gap. You are just using the tips of your fingers and putting energy into that area to allow the vertebra to move into alignment, rub the muscles along the spine as you visualise. Define where the problem is. When a point is found to be out, rub the inside area with some pressure then hold the front and concentrate for it to move to one side.</p> <p>Problems in the coccyx can appear from a bad fall that creates a soreness and tension.</p> <p><i>Important: Gain permission to do this procedure as a private area-</i> The client is lying on their front, the practitioner is standing to one side facing down the body and feels the coccyx area where the tender area is. Tension can be released by massaging the soft tissue in a sweeping movement with both thumbs, away from the coccyx.</p> <p>Concentrate directing energy into the area with a view to opening that area again.</p>
Stomach / Hiatus Hernia	<p>THIS IS AN ADVANCED TECHNIQUE - IT SHOULD ONLY BE PERFORMED BY A SKILLED PERSON AND IS USED TO HELP CLEAR TENSION. This is for information only.</p> <p>The following technique could help to clear tension in the stomach area that could have been caused by stress.</p> <p>The client is assisted whilst lying on their back and need to take x3 deep breaths before the technique is applied, they hold the last breath, and at that point the practitioner uses the heel of the hand (the lungs are full) in between the breasts on the sternum and with one smooth movement, with a degree of pressure but not firmness, move the heel of the hand down past the stomach, then take your hand off and repeat twice only with the client still holding the same breath.</p> <p><i>Note: important to check first that the T3 vertebra is not out.</i></p>
Testicles	Ask God if the testicles are equal or dowse for prostate issues and soy influence. One at a time, left side, right side. Ask, "Are there any health issues?" and if there are then direct energy in.

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Thyroid / Iodine	<p>Firstly dowse and see if they are allergic to iodine. If they are allergic, do not apply it.</p> <p>Iodine is linked to thyroid deficiency. Apply a square inch of iodine lotion (4-5%) on the underneath of wrist (so it isn't visible). If it is still there after 24hrs then the body has sufficient iodine, if it is gone you can reapply (in a different area after the second application gets absorbed) and this indicates it has been absorbed into the body and the body is short of iodine.</p> <p><i>Geoffrey prefers that the iodine is placed on the skin of the body because then the body can regulate its own intake naturally rather than taking it orally as you could end up taking too much.</i></p> <p>Tincture of iodine, 7% if possible. Make soup (long slow cook bones as a base including <i>Kelp Seaweed</i> or <i>Dulse</i> - a vegetable from the sea.</p> <p><i>Note: Do not consume non-fermented soy- Ref book: "The Whole Soy Story".</i></p> <p><i>'Lugols Iodine' you can apply a square patch of iodine and if it disappears within 12hours it will indicate that your body needs more but note that after applying it twice in the same area you need to change the place you are applying it. (Geoffrey usually applies it to the inner forearm first)</i></p>
Toes	<p><i>Geoffrey says: that ladies usually love their feet rubbed.</i></p> <p><i>There are old wive's tales that if there is a smaller toe next to big toe - the person is solid, and has a more passive personality, they could be dominated. If the second toe is bigger than the big toe they have mind of their own and if the third toe is bigger than the big toe then they are a bossy boots!</i></p>

These notes were taken by Pip Oxlade whilst attending Geoffrey's workshops between 2011 and 2016