



## **The 8 Minds of *NO HANDS* Massage**

- **EMPTY YOUR MIND**  
Be like a baby and open to learning new information every time you start each stroke.
- **LEARN AS A CLIENT**  
The essence of *NO HANDS* is the *feel* of it. The more often you feel it, the more you know.
- **CHANGE ALL MOVEMENTS**  
Be willing to expand and open all your movements throughout the treatment. This will change your Massage.
- **HEAR YOUR OUT-BREATH**  
It is *counter - cultural* to breathe out loud, but FLOW is essential in NH and without hearing the breath we cannot do this.
- **FOCUS ON P.O.C.**  
With all your weight on the client it is essential that you are 100% aware of your *Point Of Contact* all the time
- **WORK WITH WEIGHT**  
There are no 'techniques' to *NO HANDS* – it is your weight that does the work. The real magic is in the dance of weight and gravity.
- **GO SLOW**  
To do all the above, you must go slow enough to *feel* everything.
- **MAKE CLIENT'S WORDS YOUR ONLY REALITY**  
Listen to what your clients say and avoid putting any theory or interpretation of your own into the client's mouth. Listen to the words *they* use to describe their experience.