**STEP NINE:** Do 100 circular strokes on both breasts simultaneously, keeping the shoulders relaxed and projecting positive thoughts towards yourself and your breasts. The circles should cover the outer portion of the breast and the tissues just slightly above, below, and to the side of each breast, allowing the circles to get gradually smaller, working towards the nipples. Massage to the area directly below breasts stimulates blood circulation. Massage to the portion of the breast below the nipple increases sensuousness and a sense of self-confidence. All in all, this step helps maintain a pleasant shape to the breasts.

**STEP TEN:** Pull the nipples, using gentle pressure between the thumb and index fingers. Nipple stimulation excites the finest capillaries and lymph tissue in this area of the breast.

**STEP ELEVEN:** Repeat the massage of apalapa marmas as in STEP FOUR to finish the sequence.

---

**Diamond Way Ayurveda**

www.DiamondWayAyurveda.com  
805-543-9291  866-303-3321  
Ayurveda8@earthlink.net
**STEP THREE:** With the same alternating method as in **STEP TWO**, using clockwise rotational pressure, touch in the hollow space behind the collar bone, starting again from the breast bone and moving up along the tops of the shoulders. This helps the body relax and combats fatigue.

**STEP FOUR:** Starting under the right arm, press gently into the deep hollow of the armpit and apply clockwise rotational pressure into apalapa marma (also kaksha). Do this 3, 5, or 7 times. Repeat on the left side. This point activates the lymph system in the upper torso and releases tension around the shoulders and arms.

**STEP FIVE:** Touch the point four finger widths below the top of the breastbone, approximately a half-inch below the sternal angle. Press and release this point (hridayam marma) in a gentle, pumping action 3, 5, or 7 times. This point allows us to more joyfully connect with our body and the world around us.

**STEP SIX:** In the same way you touched Hridayam in **STEP FIVE**, find the point that is approximately 4 centimeters below and to the right of hridayam. This point, known as apastambha marma, balances energy in the lungs and helps the body let go of grief and sadness.

We suggest you use two pumps of Pomegranate Oil per breast

**STEP SEVEN:** Locate a point that is midway on the sternum, roughly at the level of the nipples. Apply gentle clockwise rotational pressure to this marma, also known as hridayam, and then proceed down the remainder of the sternum with circular massage strokes. This helps to alleviate depression.

**STEP EIGHT:** With your left hand on your right breast, stroke over the topside of the breast with the flat of your hand, moving from the breast bone towards the armpit, using the pressure you would use to pet a cat. Use the right hand and repeat this movement over the left breast. Then, with your left hand, stroke the underside of the breast, starting at the breastbone and moving towards the armpit. Repeat with your right hand on the left breast. Do these strokes in an alternating fashion; left hand over right breast, right hand over left breast. Be sure to touch every part of the breast. Pay particular attention to the outer upper quadrant of each breast, as this is the most common area for problems to arise. Remember to end each stroke at the armpit.
About Ayurvedic Breast Massage

Ayurveda strongly recommends self massage as a daily ritual to help maintain good posture and a youthful vibrant quality of being. As part of this daily ritual, Ayurveda considers breast massage vital for the health of the body and the mind of every woman. This breast massage is a combination of techniques that use herbal oil, the stimulation of marma or vital energy points, and gentle strokes. The traditional herbal oil is made from pomegranate rind in a mustard seed base enhanced with amber attar. The blend is rich, warming with a delightfully sensuous aroma. Marma points are traditional vital energy points that act as switches between our conscious intention and the innate healing capabilities of our body to awaken our tissues promoting both healing and health maintenance. They are used to stimulate both the nourishment and cleansing of the breast tissue. The massage strokes used are applied as strongly as you would use when you pet a cat and are intended to gently activate the lymphatic system. Together, the points and strokes on the breast tissue itself help mobilize toxins, fats, the collection of excess subtle energies and hormones which are then carried away via the lymph system, allowing for increased blood flow with fresh nutrients to revitalize the breast tissue. Strokes around these tissues, on the neck and above, below and to the sides of the breasts further support this action. This technique helps your breasts feel more comfortable, look more beautiful, and gives you a calm confidence to enjoy your femininity. Those that have tried this technique tell us that they have experienced -

- A dramatic easing of tenderness and swelling associated with monthly cycle
- More self-confidence about the health of breast tissue
- Feeling happier about being female plus easing of mood swings
- A softening of scar tissues from implants or other breast surgery
- Fewer stretch marks
- Improvement in shape and tone of the breasts
- A feeling of being deeply and intimately nurtured
- Heightened libido

Massage in the morning relaxes and refreshes the body increasing energy and awareness whereas evening massage is considered more calming and nourishing.

About Pomegranate

Pomegranates have always been associated with the exotic, rare and even mystical. In the Indian tradition the beautiful pomegranate is considered to carry the cosmic memory of prosperity and fertility and in the middle east pomegranates are believed to have the ability to purge envy, jealousy, and negative vibrations from one’s whole being as well as to have the ability to ward off evil spirits. All over the world pomegranates have always symbolized female health, abundance, and sensuality.

About Mustard Oil

Mustard Oil is favored particularly in northern India for the benefits it brings when used for massage and skin care. It warms the blood of the chilly Vata body types and mobilizes congestion in the heavier Kapha body types. Mustard oil benefits Pitta types by cleansing the blood and freeing excess heat from the body by opening the pores. It is also known to strengthen the skin and reduce swelling.

About Amber

India is renowned for its know of the sensual and exotic. A major part of these practices is the use of aroma. In these rituals secret blend of oils are mixed to form amber attar, mixed with base oil these precious essential oils were traditionally used to anoint the breasts.

How much and how often?

Pour one-quarter to one-half teaspoon of oil into the palm of your hand and gently apply over one of your breasts. Do the same for the other breast. Allow the oil to stay on your breasts for 10 to 20 minutes. This includes the time the massage takes. Shower or bathe to remove the oil that has not been absorbed before dressing. Rarely very fair skinned people find the mustard oil a little irritating. If this should occur apply milk, cream or yogurt and rinse thoroughly.

For best results do the massage daily or a minimum of three days per week. Monday, Wednesday, and Saturday are considered the most auspicious days.
1) No breasts are perfectly symmetrical. Each pair will vary in shape and size in relation to each other.

2) Fibrous and fatty tissue in the breast is normal, even if it feels uneven as we say good-bye to child bearing years. Fibrocystic disease is a misnomer. Changes in breast texture are a part of growing older.

3) Eighty (80) percent of breast cancer patients have no family history of breast cancer.

4) Ninety (90) percent of breast lumps are not malignant nor cancerous. They should always be checked, of course.

5) Mammograms are tools for early detection, not prevention.

6) Most massage therapists are not trained in breast massage and/or will not do it because of the fear of sexual harassment suits. Most agree, however, that it is therapeutic and beneficial.

7) Breast cancer incidence leaped 50% when hydrogenated oils (i.e. margarine) became common in post World War II diets.

8) Famous naturopath Hazel Parcells observed that there was a strong correlation between the use of underarm deodorant sprays with aluminum-based compounds and breast cancer in the women she treated.

9) Teenage girls still view Barbie as the ideal female figure. If 'life-sized,' she would be 5 foot seven inches, weigh 100 pounds, and have measurements of 40" 18" 32". Mattel has recently introduced a new Barbie into their line to, promote more realistic expectations.

Diamond Way Ayurveda
www.DiamondWayAyurveda.com
805-543-9291  866-303-3321
ayurveda8@earthlink.net
GOOD THINGS YOU CAN DO
FOR YOUR BREASTS

1) Practice breast self massage as well as using the spa service. Touch your breasts gently and often using warmed oil, whilst in the shower or with your partner. The best choice in oil to use is Pomegranate Oil. If you cannot find a supplier for this, choose unrefined sesame oil.

2) Exercise regularly using movements that involve the shoulders and build torso and upper arm strength.

3) Wear comfortable, natural fiber (i.e. cotton) underwear. Bras that have under wires or that are strapless  push the breast up and/or make red marks weaken supporting muscles and constrict lymph tissue and if worn regularly or for long periods will make the breasts sag and allow toxins to accumulate in your breast tissue.

4) Use underarm deodorant that is free of aluminum salts or other compounds. Aluminum is a heavy metal that can enter the blood and lymph systems through the skin and severely challenge the immune system.

5) Avoid hydrogenated fats like margarine and vegetable shortening. (Be aware that these products are in many store-bought crackers, cakes, and cookies - even health-store brands.) Use olive, peanut, sunflower, or sesame oils in cooking and butter or - better still - clarified butter (ghee) on bread.

6) Eat a diet low in animal or saturated or monosaturated fats, refined sugars, dairy products, red meats, and caffeine and high in whole grains (i.e. brown rice, oats, barley) , green and orange vegetables (i.e. carrots, squashes, kale, broccoli, cabbage, etc.).

7) Eat soy-based products, such as soy milk, tofu, and tempeh. Just a little regularly helps block the tendency for breast tissues to bond with extra estrogens that can cause disruptions in healthy functioning of breast tissue.

8) Choose to eat organically raised foods and use environmentally friendly cleaning products. Many synthetic chemicals (including what is found in fertilizers, pesticides, germicides) mimic hormones and cause physical and emotional havoc in body and mind.

9) Use supplements such as vitamins E, C, and B complex as well as minerals. Eat mineral-rich sea vegetables or take mineral supplements particularly when your stress level is high.

10) Use hormone-free contraception. Avoid long-term use of the pill and synthetic hormone therapies when possible. A number of natural alternatives to hormone therapies are emerging on the market.

11) Expose your breasts to sun and moon light. Remember how good it feels to experience the sun, sea, and air on the rest of your body. Find topless beaches or in the privacy of your back yard! Women go topless in the parks of Copenhagen. Could this ever happen in Central Park?

12) Sleep in complete darkness. Your body gets deeper, more healing sleep in the dark of night.

13) Color T.V.s, microwave ovens, and computer screens emit radiation that can damage tissue. How long are your breasts in front of our close to a computer or T.V. screen daily? Use shielded computer display terminals and try to keep a good distance between you and your T.V.. And, don't stand right next to your microwave. (As regards cooking, you get more usable nutrition from using your oven or stove compared to a microwave.)

14) Enjoy nurturing yourself. It is not self-indulgent or kinky to massage your breasts and/or pamper yourself with a massage or your favorite spa treatment. It is a needed survival skill.

15) Have a good cry when you need one. Feelings of grief and loneliness, if unacknowledged and/or allowed to linger, are just as toxic as DDT.

16) Send positive messages to your breasts. One patient of Dr.Christine Northrup who was recovering from breast cancer says before she leaves for work daily, "Come on girls. You're safe with me." Banish the view that are breasts are time bombs. Stride out in confidence.

17) Adopt positive female role models. Have beautiful female images to look upon at home and at work.

18) Be complimentary to yourself about what you like about your body and compliment others as well. Overcome the cultural stereotypes that imprison us and our view of others. According to Ayurveda, each body type has its own, unique beauty. Seek that out in yourself and become it.

19) A noted spiritual teacher and friend of mine. Lama Ole Nydahl says that "Every atom vibrates with joy and is held together by love." Love most of what you do in the day and see the humor in what you don't. Put your heart into your work and relationships.

20) Sensuality and sexuality are not opposed to or the enemy of spirituality. Celebrate the sensuality of your body!