

## Breast/Lymph Node Massage Ceremony

### Required Items

High grade castor oil or ghee  
Organic turmeric  
Cheese cloth  
Food grade cling wrap  
Wool or warm blanket

### Directions

1. Mix—1 ounce castor oil or ghee with—2 tablespoons of turmeric. Set aside.
2. Set up your altar in front of a mirror with items of your choosing: a lit candle, images of angels or saints, crystals, etc. and set your intention.
3. Gather the oil mixture into each hand. Using three fingers, start at the nipples and begin massaging with a firm touch in a counterclockwise direction. Work your way out from the nipples, massaging the entire breast and under the armpits and then down the course of the lymph nodes. Imagine and envision all toxins being swept out of your body. As you massage, do not make it an exploratory process focusing on problems, or searching for lumps or tumors. Instead, look at it as a pleasurable blessing of your breasts, giving thanks for the health of your body. Using the OM breath, breathe deeply while you massage for 11 minutes with continued focus on appreciation and gratitude for your life, and releasing both physical and emotional toxins.
4. Wrap breasts with cheese cloth and cover with cling wrap (to seal) and cover with a blanket—doing this will allow the turmeric oil mixture to pull out impurities. Relax and leave it on for 11 minutes.

\* I have included suggested links to the materials mentioned above. Feel free to purchase your own desired brands, but ensure they are high grade and/or organic.

[Organic India Turmeric](#)

[Ghee Clarified Butter](#)

[Organic Castor Oil](#)

[Cheese Cloth](#)

