

Lomi Pule

E aloha mai

E mana mai

E pono mai

E ola no!

Amama ua noa.

Let there be love.

Let there be power.

Let there be harmony.

Let there be healing.

So be it, it is done.

Clearing the Path
www.carrierowell.com

Movements are waves that roll back and forth from the palms to the fingers in sets of three.

- Begin at the head massaging the scalp
- Press out over the shoulders starting close to the neck moving out then back in
- With palms on either side of the spine press down to the hips then out over the iliac crest and back toward the sacrum then back up the spine to the shoulders
- Move to the clients left side and press with both hands side by side on the upper arm, above and below the elbow then on the forearm.
- With one thumb at the wrist the other presses once on the palm, first knuckle and tip of each finger.
- Roll back up the arm the same way you came down and place the hands with palms on one side and fingers on the other side of the spine
- Rock down the whole left side of the body down the spine to the hip, use forearms on hip
- Rock down the inner leg then press from the foot with thumb down the arch, ball and toes
- Rock back up the length of the left side starting with the outside of the leg, up spine
- Move around the head of the table to the right side and repeat all above on the right
- Come to head of table and finish with the press out over the shoulders starting close to the neck moving out then back in
- Have client turn over onto back

- Begin at left foot and supporting the knee the whole time with one hand then the other roll up the outside of the leg and down the inside then move to right leg and repeat
- Move to right arm and press down the upper arm, above and below the elbow then on the top of the forearm then back up
- Keeping contact move around the head of the table and repeat on right arm
- Placing hands on top of each other press with palms and pull back with fingers down the midline of the belly from ribs to pelvis and back up
- Move to head of table and press from sternum out to shoulders then reach under the shoulders and press in from both sides toward neck
- With fingers roll 3X up the neck and traction at the occiput
- Press with palms on the middle of the forehead starting at the brow line out toward temples in 3 lines that move up the forehead to the hairline.
- Remove hands and let the client rest with deep breaths.

Music for Lomi Lomi

Slow

Enya	Caribbean Blue Water Mark A Day without Rain Paint the sky with stars
Chinmaya Dunster	On sacred Ground
John Huling	Spiritland
Tribal series	Tribal dreams
Wang Jain-yuan	Tranquility
Zhang Fu-quan	Tea
Compilation	Hawaiian slack key guitar masters collection
Kutira & Raphael	The Calling
Shamanic Dream	Anugama
Sadhana	Maneesh de moor

Fast

Mark Ho'omalulu	Po'okela chants
St Germain	Tourist
Dead Can Dance	Spirit Chaser
Near eastern lounge	Buddah Bar collection
Nusrat Fateh Ali Khan	Michael Brooks remixed

Mixed

Delirium	Karma
Dead Can Dance	Toward the Within
Vas	Offerings
Peter Gabriel	Passion
Robbie Robertson	With the Red Road Ensemble
Dave and Steve Gordon	Sacred Spirit Drums & Sacred earth drums
Buddah Bar Series #3	

Sexy/Sassy

Esterio	Breath from another
Portishead	Portishead Dummy
Enigma	Enigma
Sade	Lovers Rock
Massive attack	Blue Lines Mezzanine Protection

For information on DVDs, workshops or private sessions contact Carrie Rowell LMT at 808-936-6698 or check the website at www.hamoea.com.