

Energy Techniques for Relaxation and Calming

Over-energy correction: Cross left foot over the right. Hold arms out straight in front with backs of hands facing each other. Bring the right hand over the left and intertwine the fingers. Curl the arms up so that fingers are under the chin. Close the eyes. Place the tongue at the roof of the mouth behind the front teeth. Inhale through the nose. Upon exhaling through the mouth, let the tongue drop back to a relaxed position. Repeat this breathing pattern for at least one minute or until the body shifts*.

Frontal-occipital hold: Place one hand across the forehead covering the third eye (spot between the brows and approx. 1 inch up). Place the other hand at the back of the head, cupping the bump or occipital ridge. Hold for at least one minute or until the body shifts*.

* A shift is a subtle change in the body's current state. Some examples of a shift are a big sigh, a slight loosening of muscle tension, a need to move or stretch or yawn, slower breathing, a vague but noticeable sense that "something just feels better".

Adapted from Energy Medicine, by Donna Eden.