

THE HOLDS FOR CALMING

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These are simple practices to bring deep relaxation and calm. They can be done on yourself or on another person. Keep the touch light. Hold in your mind and heart a field of peace, light, and spaciousness.

These holds are effective for shifting states of anxiety, emotional or physical pain, strong emotions like anger and fear, and insomnia.

If someone fears touch, or does not want to be touched, the holds can be done without touching the body and working purely with the energy field.

HALO Part 1

- Place your hands close to the ears but not touching. Fingers are pointed behind you.
- Hold between one to three minutes.

THE HALO Part 2

Connecting the cognitive brain and limbic brain.

- Place your left hand on your forehead..
- Place your right hand directly opposite cradling the back of the skull.
- Hold between one to three minutes.

SHOULDER HOLD

1. Lay hands gently on shoulders at the excess baggage points.
2. Good for children who are crying.
3. Breathe gently and release all “excess baggage.”
4. Hold for one to three minutes.

SEA OF TRANQUILITY

1. Place the left hand high on the chest at the sternum.
2. Place the right hand on the upper back opposite the left.
3. Breathe deeply and imagine all the heart pain draining down and out and into the earth.