

TOOLS TO HELP CALM AND CENTER



Sometimes we feel trapped, or stuck in a pattern. Other times we can feel lost, disconnected or anxious,. We worry or feel confused, and doubt ourselves. We have lost connection with our essential nature as Soul and Spirit. But we can return home to this natural state.

Below are some tools to help you quickly get back in to your body, and out of your head. You will get in touch with your true self in the present moment, feel more spacious, at ease, and better able to work with what is happening around you.

Peace within, peace without.



+ BREATHE IN THROUGH THE NOSE FOR A COUNT OF 2, HOLD FOR 3, AND EXHALE FOR 4. REPEAT 3 OR MORE TIMES.

+ GO FOR A WALK WITH A SET OF KEYS IN YOUR HAND. LEAVE ALL ELECTRONICS AND PETS AT HOME. WALK BRISKLY BUT WITHOUT HURRY FOR 15-20 MINUTES. TRY VARYING YOUR ROUTE.

+ SIT OR STAND WITH YOUR EYES CLOSED. BEGIN TO SHAKE YOUR HANDS AS THOUGH THEY ARE WET. ALLOW THE MOVEMENT TO EXPAND TO OTHER PARTS OF YOUR BODY. SHAKE UNTIL YOU FEEL COMPLETE. BREATHE IN THROUGH NOSE AND OUT THROUGH MOUTH SLOWLY FOR 3-4 BREATHS.

+ CLOSE YOUR EYES. LISTEN FOR 3 SOUNDS IN YOUR ENVIRONMENT. IDENTIFY THEM BY SAYING: I HEAR... ONCE COMPLETED TAKE 3 DEEP BREATHS IN THROUGH YOUR NOSE AND OUT THROUGH YOUR MOUTH.

+ BRING YOUR ATTENTION TO YOUR FEET. PLACE THEM ON THE FLOOR OR HOLD THEM IN YOUR HANDS IF YOU CAN DO SO CROSS LEGGED. FEEL THE WEIGHT OF THEM ON THE FLOOR OR IN YOUR HANDS. NOTICE HOW THEY FEEL. PERHAPS THEY TINGLE, OR YOU SIMPLY NOTICE THAT YOU HAVE FEET. GIVE THEM A SHORT RUB. SAY THANK YOU TO YOUR FEET FOR CARRYING YOU EVERYWHERE YOU NEED TO GO.