

Relief for Empaths

Doing these exercises when you are feeling disconnected, out of sorts, anxious or emotional will help balance your system, keep you calm, increase your capacity for joy and induce a sense of well being. It is the subtle shifts and daily self-soothing that you do that makes the permanent and positive changes.

The Crown Pull

This exercise is the best I have found to free us of our negative self thoughts. It also relieves mental congestion and headaches, clears and refreshes the mind, sharpens memory, and opens the crown energy center to higher inspiration.

1. Breathe deeply in through your nose and out through the mouth while performing the exercise.
2. Place your thumbs at your temples and your fingertips resting at the middle of your forehead.
3. Slowly, with pressure, pull your fingers apart to the hairline stretching the skin above your eyebrows.
4. Place your fingers at the hairline and repeat the stretch.
5. Repeat this pattern at the top, center and back of your head. Continue all the way back and down until you reach the base of your neck. Use pressure as you pull.
6. Move down to your shoulders and push your fingers in and hold. Then pull across your shoulders towards the front and rest at your heart center in the middle of your chest.
7. Resting your hands at your heart center, send gratitude to your body and energy center.

Figure 8's

Figure 8's around the eyes The body's energetic system is supported by a cross over pattern that resembles figure 8's. Tracing figure 8's all over the body helps support the overall health and proper functioning of the energetic system. When doing this pattern around the eyes, our body's begin to feel safe by increasing connectivity between the left and right hemispheres of the brain.

1. Using the fingertips of one hand, make figure 8's around the ridges of the eyes.
2. Pay attention to the direction, speed and pressure that your body is asking for.
3. Close your eyes while drawing these sacred figure 8's until your body gives you some feedback that it is soothing - a yawn, sigh or just a deeper breath.

Freeing the Diaphragm

For very very good reasons our body's breathing muscle (the Diaphragm) locks up when our sympathetic nervous system tells it there is danger - a tiger chasing us, an intruder in our home, or any other serious life threatening event. In these situations this is a good thing. With a locked diaphragm we can bring more oxygen to the limbs, upper lungs and other survival systems. The problem occurs when our internal emotions and life stressors (financial, physical, relational) set off these survival systems. The constant barrage of these life stressors causes this system to never turn itself off and the body's calming system to never be accessed. This exercise entices the body to activate the calming system, telling it that we are okay even in the midst of the distressing emotion.

1. Place your left hand under the center of your rib cage and place your right hand on top of it.
2. With your hands flat, pull your elbows close to your body so you are hugging your midsection.
3. Inhale deeply and push your diaphragm toward your hands while your hands push back against it. Hold your breath and push hard.

Although there is no set amount of time, the longer you hold your breath and push (without becoming lightheaded), the better.

4. Release your breath naturally, along with your hands. Relax.
5. Repeat two more times.

Polarities and Grounding:

Sometimes when we are feeling overwhelmed, anxious or out of sorts, it is because we are no longer connected to and supported by the earth. Our energies “disconnect” from the earth as a survival mechanism to help us be ready to “flee” the situation energetically if need be. Being firmly rooted to the earth is an important element in being calm and present. This exercise helps to shift the polarities back to their proper balance, connecting us once again with the earth’s magnetic poles.

1. Begin by placing your hand gently on the top of your head, palm down.
2. Now turn your hand over and place it on the top of your head.
3. Slowly alternate the hand between these two positions until you feel a shift in your breath, a yawn or a gentle releasing of your nervous system.
4. Continue this same movement down through each energy center.
5. If your wrist becomes uncomfortable, just simply switch hands or bend your fingers, alternating between bending and straightening
6. As an alternative, you can try starting at your 1st energy center at the perineum and move upwards.

Cheryl Breault LPC CACIII NLP Master Practitioner cherylbreault.com
Some exercises adapted from Donna Eden: *Energy Medicine*

The Hook-Up

This exercise supports a sense of overall connectedness, calm and empowerment. It connects two important meridians - central and governing vessels that flow up the front and back of the bodies. When these two are connected they fill us with a sense of wholeness. They often disconnect in times of distress. When they are not connected we may feel a sense of overwhelm, panic, ungroundedness and a lack of safety.

1. Place the middle finger of one hand gently in your navel
2. Place the middle finger of your other hand gently between your eyes at the "third eye" (between the eyebrows above the bridge of the nose).
3. Gently push in and pull up on your navel while pushing up at the "third eye"
4. Close your eyes and breath normally. Let the energies of your body "hook" you up. You will feel this occur through a deeper breath, a sigh, a yawn or just a feeling of peace and calm.
5. As an alternative, you can simply place your hand on your lower abdomen covering the navel and the other in between your eyes.

Calming Triple Warmer

In Chinese Medicine there is a meridian called the Triple Warmer. One of Tripler Warmer's main functions is to regulate the fight/flight/freeze response in our bodies. It is also closely connected to the immune system. In our society this meridian is often working overtime. This contributes to an overworked and overstressed self. Keeping TW happy and in balance helps us feel calmer, safer and happier. The following exercises are all about giving him some love!

Tapping the Triple Warmer

1. Place your hand on your chest, supporting your heart chakra
2. Tap/Hold/Rub the point on the back of the hand that is just below the knuckles between the ring finger and the little finger.

3. Pause and take a breath.
4. Tap/Hold/Rub some more on the same spot.
5. Move to the other hand when you feel your body take a deeper breath, sigh, yawn or you are just feeling calmer.
6. Repeat steps 1-4. Smile and breath in deeply at the love you are giving yourself.

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Smooth Behind the Ears

1. Rest your face in your hands, palms at your chin and fingers at your temples. Hold for two breaths.
2. Breathe in deeply and lift your fingers two or three inches, smoothing the skin from the temples to above the ears.
3. On the exhalation, circle your fingers around your ears, press down the sides of your neck, and hang your hands on the back of your shoulders, pressing your fingers into your shoulders.
4. Stay in this position for at least two deep breaths.
5. Drag your fingers slowly over your shoulders with pressure and draw your hands down to the middle of your chest on your heart chakra. Take a deep breath.
6. A short cut for this exercise is to simply smooth behind the ears beginning at the temple down towards the shoulder.

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