



Capacitar

Practices of Hope & Healing

SWITCHING



At this time of strong feelings and divisions in the US and many places around the world, Capacitar offers some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from www.capacitar.org.

The following exercise—Switching—is adapted from the work of Brain Gym and is very effective in helping a person to connect with their center and release strong emotions.



Sit comfortably and breathe deeply.

- Cross your left ankle over your right ankle.
- Extend your hands forward and turn your hands over so that the thumbs are directed toward the ground.
- Cross your right hand over the left hand; interlace your fingers.
- With interlaced fingers touch the center of your chest.
- Close your eyes, breathe deeply and relax your entire body.

Imagine that you are able to drop down deeply into the center of your being. (You can imagine a center beneath your navel in the middle of your abdomen. For the people of China this center is called the Dan-tien. For the people of India this center is the Hara.)



- Relax your tongue in the roof of your mouth with the tip of the tongue touching behind the upper front teeth.
- Breathe deeply and let go of all thought. Rest in stillness and deep peace for several minutes.
- After several minutes relax your hands into your lap. Breathe and slowly open your eyes.
- Stretch your hands and arms and gently tap your head to stimulate your brain and energy.



Switching is a very beneficial exercise to calm and center oneself; to use before meditation for centering; to lighten depression and anxiety; and to focus the mind and spirit. When working with individuals or groups, the practice helps to calm and settle a person before therapy; or helps to focus people who are having flashbacks or strong memories and emotions. With children the practice can be adapted as a game, or in the classroom to focus before study.



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CENTERING



At this time of strong feelings and divisions in the US and many places around the world, Capacitar will offer over the next few months some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from www.capacitar.org.

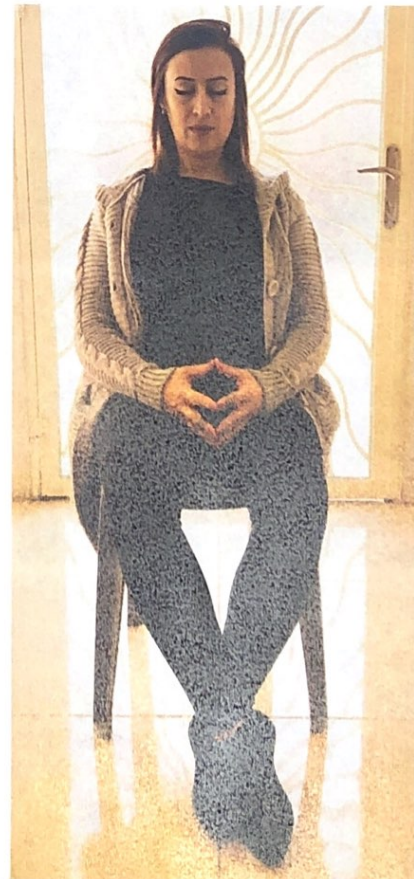
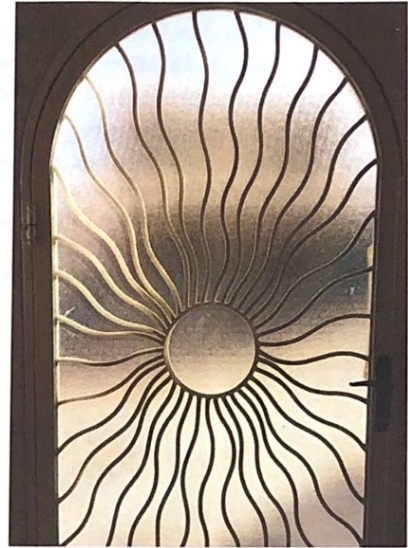
Centering is an important skill for everyone, especially when feeling out of control or experiencing strong emotions. Persons who deal with daily stress or violence are often scattered and unable to focus. Breathwork or abdominal breathing can be used to reconnect with the center. Normally energy flows in the left side of the body, circulates and then flows out the right side. With violence or conflict, one's energy can be easily scattered or drained. Many times when listening to a needy person, being in a negative environment or participating in a conflictive meeting or situation, energy can be drained. Often the other person feels better after the exchange, while the listener has absorbed their problem, feeling "burnt out" or exhausted by the experience.

Practice:

To protect yourself, to create boundaries, and to better focus and contain your energy, sit with crossed ankles and put your fingertips together. Or you can rest your hands lightly on your abdomen imagining that you feel your breath going into a center deep within your abdomen. With this position, you can be present in your center while listening deeply to another person. Centering can help those who accompany others to be present as a witness to their pain, rather than being a "sponge" absorbing their problems.

Centering Meditation:

The following meditation can be done in silence or with music. Be seated in a comfortable position, cross your ankles and put your fingertips together. Breathe slowly and deeply. Imagine that you are able to breathe in and rest in a safe place deep within yourself. Rest within your center and feel a deep sense of peace and relaxation. Enjoy this place for a few minutes, fully alive to yourself, focused and aware of all that is happening around you. Try to stay centered in your daily life, and when challenges arise, use deep breathing to return to your center.





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EMOTIONAL FREEDOM TAPPING



At this time of strong feelings and divisions in the US and many places around the world, Capacitar offers some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from www.capacitar.org.

Emotional Freedom Tapping, adapted from the work of Roger Callahan, PhD. (TFT) and Gary Craig, PhD (EFT), is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, and addictions, as well as for alleviating body symptoms and pain, such as headaches and overall body pain. The technique is based on energy field theory, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the healthy flow of energy. Tapping or pressing points on channels or meridians of energy can help move blocks in congested areas and promote the healthy flow of energy in the body, mind and spirit. This can be an invaluable tool for people as they experience difficult memories and traumas.

Practice:

- **Think of an issue to work with and measure your anxiety level.**

Choose to work with a problem, worry, fear, anxiety, traumatic memory or negative self-concept. Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety). If it is difficult to measure with a number, use a simple scale such as: (none, small, medium, large) or (big to little) or (tall to short). Often people who have suffered great trauma believe that they will never change. The reason for measuring the anxiety level is to show change.



- **Tap the following sequence of Points 9 to 12 times with your index and middle fingers.**

- #1 Points above where the eyebrows begin (crisis, frustration, and trauma)
- #2 Points at the sides of the eyebrows (anger and rage)
- #3 Points below the pupils of the eyes on the bones (guilt, anxiety and addiction)
- #4 Point under nose (crisis, trauma, dizziness, hypertension, psychological reversal)
- #5 Point under the lips on the chin (shame)
- #6 Points under the armpits (about 4 inches below) (crisis, anxiety and trauma)
- #7 Points below the clavicles on either sides of the sternum. (fear, anxiety and crisis)



- **Tap point #A at the side of the hand and say 3 times:**

"In spite of the fact I have this problem I'm OK, I accept myself." (Or some appropriate phrase)



- **Repeat the tapping and hand sequences:**

Repeat the sequence until your anxiety level is down to 0-2.

