

Let us take care of our Emotional health during the breakdown of COVID-19 through Energy medicine.....

COVID-19 has almost affected every nook and corner of the world emotionally if not physically. The unknown always sparks anticipated fear and anxiety than the known. This uncertainty triggers lot of emotional burden, leaving the immune system completely shut down.



Here are few Energy medicine techniques to help common people and health care professionals to have better Emotional health. This helps to release emotional burden, strengthen the immune system and balances the function of whole body and energy system.

EMOTIONAL WELL BEING



1. EMOTIONAL STRESS RELEASE

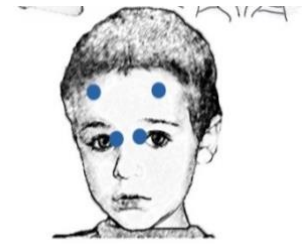
Imagine a safe and pleasant place (person, place or a situation). Think about the situation that triggers fear, anxiety or any negative emotion and place your hand on your forehead while thinking about it. Take off your hand, think about the safe place, relax and check the intensity of the bothering emotion. Keep repeating the procedure until you are out of the emotional burden. Now you will be able to think of alternatives and creative solutions and change the way you react to the situation.



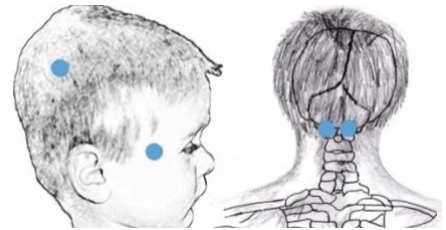
(Touch For Health by John Thie, D.C.)

2. HOLD AND RELEASE FEAR AND ANXIETY

Hold the space between eye brows and hair line, area closer to the centre and just above the eyebrows and repeat (Am letting go of the fear and “I am strong”).



Hold the space between ear and top of the head, temple (outer corner of the eye) and on the back of the head and repeat (Am letting go of anxiety and “I am calm”).



3. BALANCE EMOTION THROUGH COLOUR:

Visualise or see blue colour by placing your hand on your forehead and repeat

- I defuse fear, worn out, reaching for the unreachable and desolation. (until you feel like defusing)
- I Infuse Inner guidance, Retreat to self, Insight and peace at home. (until you feel like infusing)

(Colour balance by Rosemarie Sonderegger, included in Touch for Health by John Thie, D.C)



4. ENERGY TUNE UP:

- To be in the present without the emotional effect of past and future, Hold behind the head and forehead. Now repeat “My brain is alert and clear”.
- To use both thoughts and feelings, hold the top left side of the head (feelings) and top right side of the head (thoughts). Now repeat “My thoughts and feelings are clear and balanced”.
- To balance right and left side of the body, hold finger tips together and repeat “I am Balanced and attuned”. (*Energy Medicine Self care, Dr. Mary Jo Bulbrook, April 2011*)



PHYSICAL WELL BEING

5. SELF-CLEARING :



Start the procedure by thinking about any physical symptom (cold, cough, sneezing, temperature, etc.) or emotional signs (fear, anxiety, sadness, etc.) Hold your foot by covering the top and bottom with hands and imagine you are draining the symptom from top of the head, letting out through your foot. Repeat it with other foot.



Place one hand on the head and raise the other hand, and fill yourself from top of the head to foot, with healing love and healing energy, thus providing a sense of holistic wellbeing.

(*Energy Medicine Self care, Dr. Mary Jo Bulbrook, April 2011*)

6. SWITCHING ON:

Stress, fear and other negative emotion shuts down the brain function. To switch it on,



- Hold the navel and rub below the collar bone. Exchange your hands and repeat.
- Hold the navel and rub above the upper lip and below the lower lip. Exchange your hands and repeat.
- Hold the navel and rub tailbone. Exchange your hands and repeat.

(Touch For Health by John Thie, D.C.)

7. CLEARING BRAIN ENERGY PATHWAY:

To release blocks in the brain pathway due to emotional breakout, brush your hand up and down from pubic bone to lower lip few times. Then, trace it from pubic bone to lower lip few times in the same direction (down to up).

(Touch For Health by John Thie, D.C.)



8. HYDRATION:



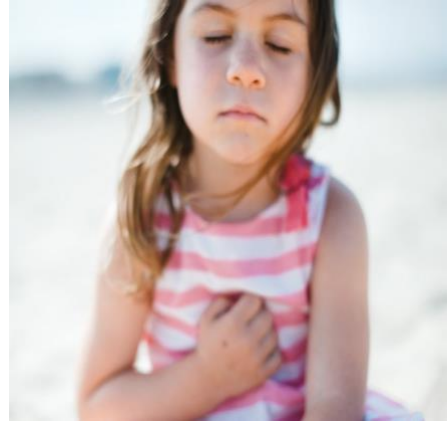
*Keep yourself
hydrated all the
time for optimum
functioning.*



SPRITUAL WELL BEING

9. AFFIRMATIONS FOR SPIRIT/SOUL WELL-BEING:

Make yourself comfortable, relax and take few breaths. Place your hands over the heart and repeat “I Release all the obstacles that is affecting my journey towards life purpose and I focus to care my self in preparing me for all that I need to accomplish what is asked of me from Divine source”.



Now place your palm on your lap and focus on the emotions of the affirmations, connect on a deeper level and repeat. Visualize that you are receiving the energy of the words and infusing into your body, mind and spirit.

1. The energy in and around me vibrates love, hope and peace.
2. I embrace my new vibrant body with joy and laughter.
3. Every moment I feel calm, composed and confident about my health.
4. I feel refreshed and centered in my present state of mind.
5. I am happy, healthy and transformed.

Place your hands over the heart touching each shoulder and experience the new energies settle in you.



Let us all nourish together by spreading love and compassion...Share it with people around the world...



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