

## Calming, Clearing Technique to Reduce Stress

This technique is used by many organizations to calm and clear stress out of their lives. Use this technique as often as you choose, you cannot overuse it. Once you feel chills, goose bumps or a comfortable glow then you know it is working.

1. Stand up or sit and take several deep breaths to relax and calm yourself.

### **(First movement)**

2. Using your right hand, gently massage the center of your forehead in a circular motion with the tips of your fingers. Some call this your third eye area.
3. Leave your right hand on the center of your forehead and bring up your left hand, fingers touching.
4. Gently bring your hands over your eyebrows and temple down each side of your face and continue down the sides of the cheeks, over the sides of the chin, and continue under the chin to meet on the throat.
5. Shake both hands. Give them a good shake!
- 6.

### **(Second movement)**

7. Return to the center of the forehead with both hands. This time move your hands back over your forehead, over the top of your head to the back of your neck (Keeping your fingers touching) and around your neck to meet under the chin at the throat.
8. Shake both hands.

9. While doing these two movements, alternately, add the following affirmation as you perform each movement.

**“In the name of (your highest power), I cleanse my body.** (with first movement) **I cleanse my soul** (with second movement).”

If you prefer, you may use **“In the name of Love”** or **“In the name of Peace I cleanse my body.** (1st) **I cleanse my soul.** (2<sup>nd</sup>)”

Repeat the two movements alternately while saying or thinking the affirmation until you feel relaxed and calm, or until you feel chills, goose bumps, or a comfortable glow. It is Ok to touch your skin and hair. Have fun with it!