

## POLARITY THERAPY SELF HELP TECHNIQUES

Unswitching: Place thumb, index and middle fingertips together. Place left fingertips at the indentation above the breastbone and right fingertips in navel. Close eyes and hold points a few minutes until you feel centered and calmer. Use when upset, ungrounded or disoriented.

(From Brain Gym) Cook's hook up: Sitting or lying down, cross one leg over the other at ankles. Cross arms over and hold hands under armpits. Close eyes and remain in this position until you feel a shift and a sense of completion. After this shift, uncross legs and arms. Place fingertips together in lap or over abdomen and hold a few more moments.

Both of these techniques are helpful to restore a sense of balance and presence of mind. They can be used when you are feeling sad, angry, overwhelmed, or spacey. Each makes room to take in new information.

BREATHE: Conscious breathing an easy way to relax, calm down and come into the present moment. Breathe deeply and become aware of your physical body. Notice your chest rising and falling. You can add the technique of breathing in light, color, life, or peace, as you breathe out tension, pain and negativity.

THOUGHT: If you find yourself thinking a negative thought, such as a criticism of yourself, another or a situation, STOP. Choose a better feeling thought, find something to appreciate – anything – nature, someone you love, something about yourself that you like, something that you admire in another person. Take the focus off of negativity and place it on something positive. This aligns you with your true Self.



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