



## Through the Body to the Mind

1. Tapping – see separate Handout
2. Mudras - hand gestures that move energy and breath to specific places in body, by connecting energy points and channels; helps system find equilibrium

### Mudras for Grounding and Calming



Loosely wrap fingers around thumb (both hands)

Breathe in through nose to count of 3, pause, exhale to count of 4 or 5, take three of these type breaths

Over next 3 to 5 regular breaths, say aloud or silently in mind “I am calm in the center of my being” or a variant of this



Touch tips of first two fingers against tops of your thighs; if seated on floor can place them on the floor beside you instead (both hands)

Breathe in through nose to count of 3, pause, exhale to count of 4 or 5, take three of these type breaths

Over next 3 to 5 breaths, say aloud or silently in mind “I am securely grounded, rooted into the Earth” (can vary these words)



Touch tip of thumb and tip of ring finger (both hands)

Breathe in through nose to count of 3, pause, exhale to count of 4 or 5, take three of these type breaths

Over next few breaths, say aloud or silently in mind  
"I am balanced and centered"



Cup left hand with palm up, place in front of lower abdomen without touching body, and with right elbow bent hold up right hand in slightly cupped fashion; be sure sides of all fingers touch each other

Breathe in through nose to count of 3, pause, exhale to count of 4 or 5, take three of these type breaths

Over next few breaths, say aloud or silently in mind "I am fearless and safe"