



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Butterfly Hug technique

The Butterfly Hug method was originated and developed by Lucina Artigas during her EMDR work with the survivors of Hurricane Pauline in Acapulco, Mexico, 1998

WHEN TO USE IT

- When stressed or after traumatic/stressful experience
- When feeling sad, exposed, raw, and need soothing and comfort
- Having racing or chaotic thoughts
- Unable to think logically or problem solve
- Need to release strong emotions like fear or anger

COMMON RESULTS

- Soothes the heart and nervous system; feels like being held, so gives the body need for loving touch when feeling vulnerable
- Calms stress and traumatic reaction
- Reduces emotional upset
- Calms racing and jumbled thoughts
- Helps the brain think more calmly and clearly
- By the way: is great to teach children and use with infants!

STEPS

- Cross your arms so that the hand is placed on the upper portion of the opposite arm between the elbow and the shoulder. (If your arms do not reach, you can cross them over and tap on the shoulder side of the chest under the collar bone)
- Alternate the movement of your hands tapping one arm and then the other like the flapping wings of a butterfly.
- Your eyes can be closed or partially closed
- Breathe slowly and deeply
- Observe what is going through your mind and body such as thoughts, images, sounds, odors, feelings and physical sensations like clouds moving through the sky with no judgment
- Continue until you feel calm and your thoughts have settled





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Self-Acceptance technique

ADAPTED FROM ROGER CALLAHAN AND DAVID GRUDER



WHEN TO USE IT

- Feeling really negative about many aspects of your life
- Dwelling on what's negative
- Feeling hopeless or suicidal

COMMON RESULTS

- Reverses your attitude to positive and life supporting
- Calms anxiety

STEPS

- Repeat the statements below 3 times each while rubbing the Sore Spots (where a gorilla thumps on the chest) with right hand on left side and left hand rubbing right side so arms are crossed.
 - With all my faults, weaknesses, and limitations, I want to deeply and completely love and accept myself.
 - With all my gifts, strengths, and ability to love, I want to deeply and completely love and accept myself.
- Take a deep, releasing breath and check in with yourself, then notice what's different; notice ways you feel more positive and able to take some positive action.
- Repeat throughout the day at least 8 times on really rough days.





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Anxiety Tap technique

FROM DONNA EDEN ENERGY MEDICINE



WHEN TO USE IT

- Feeling anxious or butterflies in stomach
- Experiencing an upset stomach

COMMON RESULTS

- Feel calmer
- More relaxed

STEPS

- Using pads of index and middle fingers, gently tap on cheekbones directly under eyes at least 15 times
- Breathe deeply - in through nose, out through mouth, several times.





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Blow Out technique

FROM DONNA EDEN ENERGY MEDICINE

WHEN TO USE IT

- Feeling overwhelmed
- Feeling like you are about to erupt or breakdown
- You feel as if can't take on ONE more thing

COMMON RESULTS

- Calmer
- More grounded
- More present

STEPS

- From a standing position, bend your arms and hold fists at waist level
- Breathe in deeply while swinging arms back and around so up over your head
- Breathe out with a LOUD SIGH as you open fists and thrust your arms downward
- Repeat 4-5 times
- Repeat one last time with a slow release - again opening fists at the end.





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Thymus Thump technique

John Diamond first suggested activating the thymus to release stress



WHEN TO USE IT

- Starting to cry and feeling as though you are going to fall apart and are trying to hold it together
- Feeling anxiety suddenly
- Feeling stressed in general
- Starting to catch a cold, fighting an infection or other challenge
- Bombarded by negative & abusive energy

COMMON RESULTS

- Increases emotional resilience
- Calms the nervous system
- Can stop an anxiety attack
- Boosts immune functioning
- Stimulates all energies (Donna Eden)

STEPS

- With either hand in a soft fist, pound lightly to vigorously on the center of the sternum (center of the upper chest). The thymus gland lies directly underneath the sternum and is activated by the tapping.
- Do this until the wave of reactivity/anxiety recedes, until some resilience is regained. May take a minute to several or more.



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Gamut Spot technique

FROM DONNA EDEN ENERGY MEDICINE



WHEN TO USE IT

- Stressed or overwhelmed
- Dealing with cravings (food or otherwise)
- Need to be discrete while destressing.

COMMON RESULTS

- More relaxed
- Feel calmer
- Able to think more clearly

STEPS

- Locate the groove (or 'valley') between the tendons of the 4th and 5th fingers on the back of either hand
- Rub, hold or tap --- 10 – 50x ---- with other hand
- Breathe deeply until calm – usually within 1-3 minutes

Notes:

This technique stimulates the Triple Warmer Meridian, which is associated with down-regulating the Fight/Flight response.





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Calming Head Hold technique

Adapted from Terrence Bennett's Touch for Health Neuro/Vascular Points

WHEN TO USE IT

- Are stressed, confused
- Have racing thoughts
- Have difficulty calming and integrating thoughts
- Have head ache
- Need to release a strong emotion like fear or anger



COMMON RESULTS

- Calms the mind
- Helps you relax
- Brings the blood out of the core of the brain, so stops the fight and flight response
- Helps new thoughts to be integrated
- Slows brain wave frequencies in the back of the head and speeds up frequencies in the front, improving the ability to think and be present

STEPS

- Place one hand across the forehead with the little finger across the eyebrows and the thumb up by the hairline.
- Cup the back of the head with the other hand, the thumb at the base of the skull, holding the rounded portion of skull.
- Hold this position lightly for several minutes until you can feel the heart beat or pulses in both spots, there is a sense that they are synchronized, and you have a sense of relaxation.
- Can do this while focusing on stressful emotion or event to calm thoughts and emotions or the focus can be neutral and just on the sensations in the head, hands, and internal experience as the systems calm and the thoughts slow.





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Heart Breathing technique

An adaption of the 'Quick Coherence' technique from the Institute for Heart Math: www.heartmath.org.

"It is only with the heart that one can see rightly: what is essential is invisible to the eye." Antoine de Ste. Exupery, The Little Prince.

WHEN TO USE IT

- You want to release stress and negativity
- Connect with your heart center & activate heart energy
- You wish to 'shift gears' from rational brain focus to heart focus
- You are feeling stressed or upset
- You're seeking guidance & wish to re-connect with the wiser, more loving wisdom of your Heart

COMMON RESULTS

- Release of stress and 'negative' feelings
- A greater sense of calm, balance and relaxation
- A sense of re-connecting with a deeper part of yourself

STEPS

- **HEART FOCUS:** Place both hands over your heart. Focus your attention on the area around your heart, in the center of your chest. Try to feel your heart beating. If you can't actually feel (or hear) your heart beating, imagine feeling its beat and rhythm.
- **HEART BREATHING:** Breathe gently and deeply, as if you are breathing in and out through your heart area. As you inhale, feel as if your breath is flowing in through your heart, and as you exhale, feel it releasing and flowing out of your heart. Continue breathing gently and easily until you find a natural inner rhythm that feels good to you.
- **HEART FEELING:** While maintaining your HEART FOCUS and HEART BREATHING, recall a positive feeling, of Love, Appreciation or Gratitude. A good way to do this is to think of someone you love, who also loves you, in a positive, supportive way. Feel, savor and enjoy these warm feelings in your heart, and imagine that you are bathing your heart, chest and mind in these warm, nurturing positive feelings.

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- Continue HEART FOCUSING, HEART BREATHING, AND HEART FEELING for as long as you wish. Gently notice and acknowledge the shifts and changes you are experiencing, physically, mentally and emotionally.
- When finished, gently express appreciation and gratitude for all the Love and Blessings in your life.



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Cook's Hook Up technique

(also known as Over Energy Correction and Tibetan Prayer Hold)



WHEN TO USE IT

- You feel an energy switch has been turned on and you can't turn it off
- You are feeling over charged with energy, can't calm down
- You are feeling agitated angry, or anxious and unable calm the feeling
- You are not able to go to sleep even though exhausted (unless from caffeine-- though it will still help you rest calmly)

COMMON RESULTS

- Calms your nervous system, bringing you back to a state of balance so healing can occur
- Brings relaxation
- Calms racing thoughts and emotions
- Flips off the "on" energy button, so inner peace, relaxation and sleep are possible

STEPS

- Place left ankle over the right one
- Put both hands in front of you, back to back
- Cross the right and over top of the left, interlacing fingers
- Fold clasped hands inward to rest on the chest
- Place your tongue on the roof of the mouth on the inbreath, then place it on the floor of the mouth
- Focus on your breathing (with eyes closed or open, if that feels better)
- Continue until there is a release which may be experienced as a sigh, a sudden feeling of relaxation, or deep yawning returns. This can take up to 10 - 15 minutes, especially if at night.

Notes:

Can do this either seated or laying down





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Trauma Tapping technique (TTT)

(Gunilla Hamne and Ulf Sandstrom, Resolving Yesterday, p.45)

WHEN TO USE IT

- Just experienced a stressful or traumatic event
- Keep replaying a stressful or traumatic event
- Daily events activate the memory as if it is happening again
- Cannot calm down or relax
- Experiencing strong emotions like anger, anxiety, depression, and shame

COMMON RESULTS

- Calms the nervous system and releases the emotional charge from the event
- Increases ability to manage daily stress and to be present
- Releases the person from the past and impact of the trauma/event
- Calms strong emotions and relaxes the body
- Clarifies thinking and helps in production problem solving

STEPS

- Connect with the stressful or traumatic event and the associated emotions lightly.
- Tap 15 times, firmly but gently – on the points (1 - 14 below)
- Take two deep breaths – breathe in, hold the breath, then release through mouth
- Repeat steps 1 – 14
- Take two deep breaths – breathe in, hold the breath, then release through mouth
- Relax and breathe normally
- Stop tapping if you are feeling calm and event does not trigger an emotional response when you think about it
- If you still are feeling emotional or stressed repeat the process: tapping 1-14, breathing, and tapping 1-14 pattern above until you feel calm

See Tapping Points on next page >>>

TAPPING POINTS



1. Side of the hand ("Karate Point")



2. Beginning of the eyebrow



3. Outside the eye on the bone



4. Under the eye



5. Under the nose



6. Under the mouth



7. Under the collarbone & on the whole upper chest, like drumming



8. Under the arm, on the side of the chest

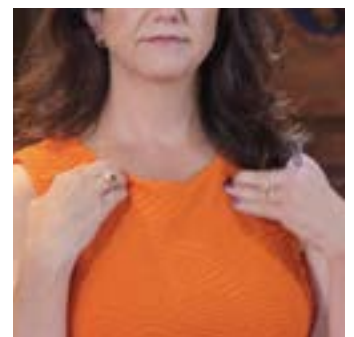
Trauma Tapping technique (TTT)



9 - 12. The inside tip of each finger closest to the thumb



13. The outside tip of the thumb



14. Repeat under the collarbone & on the upper chest



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Cross Crawl technique

FROM PAUL & GAIL DENNISON & BRAIN GYM



WHEN TO USE IT

- Feeling worse after exercising, not better
- Feeling physically or mentally exhausted for no reason, or unmotivated
- Unbalanced from carrying uneven loads (children, purses, bags, etc.)
- Struggling with being clumsy, running into things, or uncoordinated
- Having just been startled, traumatized
- Thinking is muddled, chaotic, disorganized
- Before studying, focusing, testing when there's a need for clarity & focus

COMMON RESULTS

- Ability to think more clearly
- Improved coordination
- Reduced or even eliminates symptoms of dyslexia and learning disabilities
- Assists energy to cross over from one side to the other, giving each hemisphere information it needs from the other side
- Feel more energized

STEPS

- From a standing position, begin marching in place, raising the knees high
- Tap the outside of the left knee with the right hand, and then the outside of the right knee with the left hand, alternating left-right-left-right etc.
- Repeat for at least one minute.

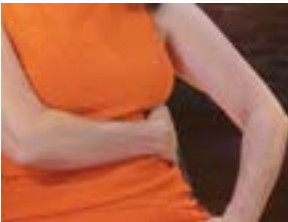


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Calming Hold technique

FROM DONNA EDEN ENERGY MEDICINE



WHEN TO USE IT

- Experiencing agitation and/or anxiety
- Unable to calm yourself
- Feeling ill from stress

Note

This can be used without drawing attention to yourself anywhere to calm the stress reaction within difficult situations

COMMON RESULTS

- Creates a general sense of relaxation
- Calms anxiety and agitation
- Improves immune functioning
- The triple warmer in the Chinese meridian system is connected with the fight and flight response and the spleen meridian is connected with immunity and brings the system back to a state of calm and balance.

STEPS

- Sit comfortably in a cross armed position one hand wrapped around the upper arm just above the elbow and middle finger in the little notch above the elbow bone.
- Put the other hand underneath the arm holding the side of the body about 4 inches from the arm pit. Hold for at least one minute.
- Switch the holding position with the other hand wrapped around the arm, middle finger in the notch above the elbow, and the other hand under the arm and hold at least one minute.
- You can add in Alpha/Theta Breathing for deeper relaxation, breathing in through the nose and breathing out with a long exhale, letting the jaw drop with a long sigh.





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Four Thumps technique

FROM DONNA EDEN ENERGY MEDICINE

WHEN TO USE IT

- Tired or lacking in energy
- Need a boost of energy
- Need to think more clearly
- Feeling sick or under the weather

COMMON RESULTS

- More energized and improved immunity
- Feel calmer
- Able to think more clearly

STEPS

- Go to throat and follow down to "U notch" – where a man's tie would go
- Go down 1" and laterally 1-2" (both directions) to find a soft spot, under collar bone, outside the sternum (breastbone) and above the first rib.
- Deeply massage then thump firmly several times – 1st location (for energy)
- Go to center of chest and thump firmly like a gorilla - 2nd location (for immune function)
- Find a point on the side of the body, approx 4" below the arm pit and thump firmly – 3rd location (for metabolism) (Point will be sore when you find it!)
- Find a point on the upper side of cheekbones, directly under the eyes; and tap firmly – 4th location (for grounding)

Notes:

This is a powerful technique for stimulating our internal energy



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Adrenal Calmer technique

FROM DONNA EDEN ENERGY MEDICINE

WHEN TO USE IT

- Chronically stressed or overwhelmed
- Lacking in sleep
- Recovering from trauma of any kind

COMMON RESULTS

- More relaxed
- Calmer
- Able to think more clearly

STEPS

- Locate navel
- Go up one inch and out one inch (both directions)
- Rub gently for 10-15 seconds
- Repeat on the back side of the body.

Notes:

The adrenal glands can get 'exhausted' due to chronic stress. It's best to do this every day, as part of your daily routine.



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Shock Point Release technique

FROM DONNA EDEN ENERGY MEDICINE

WHEN TO USE IT

- Startled or traumatized
- Shocked or surprised by something you've heard
- Electrically shocked

COMMON RESULTS

- Feeling calmer
- Feeling more grounded
- Feeling more present

STEPS

- From a sitting position, bring up one foot and rest on opposite knee
- Deeply massage the sides of the heel (both sides of foot)
- Deeply massage area behind ankle bones (both sides of foot)
- Deeply massage area where the heel connects to arch of foot
- Repeat steps on other foot.

Note:

This technique can be even more effective when done with a partner.