



# FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Calming Hold technique

FROM DONNA EDEN ENERGY MEDICINE



### WHEN TO USE IT

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- 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

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- 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

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- 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.

