



Emotional Stress Release Technique One Minute Stress Release

This technique is really a way into the subconsciousness. It allows messages and memories to be released from the mind, body and soul. It is an active exercise that is done while engaging the consciousness to bring about profound changes. First by clearing the negative thoughts, messages, or self talk. Secondly, you are able to then put in positive affirmations, self love and other gratitude messages. It also allows the mind to stop sending pain messages to the physical body.

1. Place Ring Finger Pad to Pad of Thumb on each hand.
2. Place the index and middle fingers of both hand onto the frontal eminence (bumps) of the forehead.
3. While engaging the stressful thought, negative message, etc, move your eyes in a circle, as far to the edge of your vision as you comfortably can, going all the way around one direction, then back the other direction.
4. Keeping the same positioning of the hands, you are now ready to put in the positive messages, words and self love.

I have used this technique myself and with clients for more than 7 years with astounding success. I have used a pulse ox and taken blood pressures for measurable bio feedback data. I have endorsements from an emergency room physician and local physiologists.

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