

Clearing Techniques to Release the Stress Caused by

War and Terrorism

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Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century

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Between the events of September 11th and the current events of war and terrorism we have all experienced shock to our base energies and have been triggered into a tremendous amount of fear and confusion. Holding this fear and confusion can lead to irritability, stress and depression. Once the fear and confusion settles down it is common for people to feel apathy and uncertainty. It is during these times that we need to take the time to get back in touch with our core energy and center ourselves.

If you are still processing these difficult emotions the following two exercises will assist you in raising your energy to a more peaceful state. It is not necessary to feel guilty about feeling good again. It does not serve any of us to be depressed and discouraged. What we need now, more than ever, is hope-filled, encouraging, faith-filled people. You can easily feel love and compassion for those who have suffered the greatest losses, and radiate an energy of love and joy at the same time.

The first process is an Energy Circle that will help bring peace of mind to your being and others. The second is a tapping technique to clear your energy meridians and help them calm back down.

It is appropriate to come into a more peaceful serene state at this time to create more safety for everyone. The longer we stay in fear, confusion, and anger the more at risk we are. The law of attraction states that whatever we offer in thought and feeling we get more of in return. If we continue in the energy of fear, confusion and anger, we invite people and events to show up to give us more of that experience. Being in peace, trust, and forgiveness, disempowers the "bad guys" because we are no longer in vibrational harmony with their intentions.

Energy Circle for Healing

While standing, bend over and draw an imaginary circle on the floor. With enthusiasm and belief, repeat the following statements and throw them in to your imaginary circle in front of you:

- I am feeling a deep peace within me
- I am surrounded by love
- I am safe in God's arms
- I radiate love and healing to myself and others
- I am calm and confident and I am handling this
- I choose to learn something absolutely essential for my own life from these events
- I choose to have these dreadful events open my heart
- I am experiencing many surprisingly good things coming from these sad events

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- I am experiencing many surprisingly good things coming from these sad events
- I am knowing and guided as to what I can do to help
- I choose to see this widespread suffering as a gift which will change human understanding and cooperation from now on
- I am open to the unseen good in this · I am sensing the divine intent for a greater good in all of this
- I choose to preserve the gift of our immense caring for each other at this time
- I am radiating understanding and peace from my heart to a pained world
- I am a still point amidst the chaos
- I am still and allow God to enter my heart

Add any more statements you feel inspired to speak. When you are complete with your statements, notice all this positive healing energy you have gathered into this circle. Feel this healing energy in your body, taste it, smell it, touch it, hear it, getting it in your body. Know that you are centered on this energy, step into the circle and breathe it in. Dress or massage the energy into your body from your toes to the top of your head. Tie the energy on by pretending to tie a bow above your head. Thank God, the Angels and other heavenly helpers in assisting in this healing.

Tapping out the Fear and Trauma

Tapping certain acupressure points along your meridian flows will move stuck, blocked energy triggered by this trauma.

1. Rub the "sore spot" (where your hand goes when you Pledge Allegiance--a tender spot on the left side of your chest). Rub in a circle while saying all or some of the following:

- Even though I am feeling upset, I choose to believe I can feel calm
- Even though I am completely stunned and bewildered by these terrible events, I choose to believe we can heal
- Even though I am outraged, I choose to find a gentle comfort within
- Even though this doesn't make any sense, I choose to allow Love to come into my heart
- Even though many people are still suffering and grieving, I choose to feel good again and share my hope with others
- Even though I see no solution, I choose to believe that God is watching out for us and he will help
- Even though I don't understand why this has to happen, I choose to create a bright, new future where safety abounds. I am experiencing an abundant faith in God.

2. Then while thinking of these events tap each of the following points 5-8 times each while repeating: "I release the fear of this tragic event it is safe to thrive and move on with my life:"

- a. using your middle three fingers of either hand tap above each eye
- b. on the sides of eyes
- c. directly under the center of your eye on the cheekbone
- d. under your nose
- e. under your bottom lip

- f. on both collar bones
- g. under your arm (for woman --on the bra line, for men--in line with the nipple), about 4 inches below the armpit
- h. edge of hand, between little finger and wrist

3. Take a deep breath. You are probably feeling lighter or more detached. Repeat the above sequence until you are feeling more neutral and more at ease.

Carol Tuttle, MRET is a certified master energy therapist well-known for her work with Emotional Freedom Technique and Rapid Eye Technology. To learn more about Carol, her work and the energy therapies she uses go to www.caroltuttle.com

Carol is a popular seminar leader and speaker. Her best-selling books and audio CDs are also available at www.caroltuttle.com