

3 Easy Steps to Release Emotional Stress

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Thriving in the 21st Century

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Calming an overactive mind. Place your fingertips on your forehead above each eye. Press firmly for 3-4 minutes while taking some deep breath. Repeat aloud or in your mind “I am okay no matter what happens, everyone else is going to be okay no matter what happens.” Release your hands and shake them off.

Clearing tension and burdens with a “spinal flush.” We carry a lot of stressful energy on our backs, which can develop into back problems. This technique is better if you have someone do it to you, and then you do it to them. Stand behind the person receiving the “flush.” Place your fingers at the top of their spinal column where the neck meets the back. Swipe your finger down the spinal column and off the tailbone, the same movement you would use to swipe a credit card through a machine. Repeat the swiping motion 4-5 times, flushing off the stressful energy. The person receiving the “flush” will start to feel tingling inside.

Calming your “fight and flight” energy. With so much media attention on war and violence our “fight and flight” energy is in overdrive. Some of the residual effects of too much “fight and flight” energy can be immune system problems like chronic fatigue, irritability, depression, anger, exhaustion. The energy pathway that runs the “fight and flight” energy moves up and around each ear. To sedate and calm this energy place your fingertips in front of each ear and while pressing gently smooth your fingers up and over the ears and off the back of your neck. Repeat this 5-6 times while taking some deep breathes through your nose and out through your mouth.

Bonus Tip:

Protecting yourself from the negative energy of others. Our energies are magnetic in nature. Emotion is energy in motion. We can attract that energy to us when we are not safeguarded from it. It is possible to take on the energy of people you do not even know.

Children process a lot of negative energy for their parents. If you are stressed, your child intuitively is aware of that and can play a role of trying to “please” or “act-out” in response to the negative energy you are running.

Your central meridian is one of your primary energy pathways that run from your pubic bone up to your bottom lip. It is like a radio receiver that channels other people’s negative thoughts and emotions into you. Pretend you have a zipper running up your torso between these two points. Zip up your central meridian starting at the pubic bone until you reach your bottom lip. Zipping up your central meridian will “zip-up” your energy. You will feel more confident and positive about yourself and your world, think more clearly, and protect yourself from negative energies around you. Zip up your children before they go to school.

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