

## FINGERHOLDS TO MANAGE EMOTIONS

The following practice is a simple way to work with emotions by holding each finger. Emotions and feelings are like waves of energy moving through the body and mind. Through each finger runs a channel or meridian of energy connected with an organ system and related emotions. With strong or overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger while breathing deeply can bring emotional and physical release and healing.

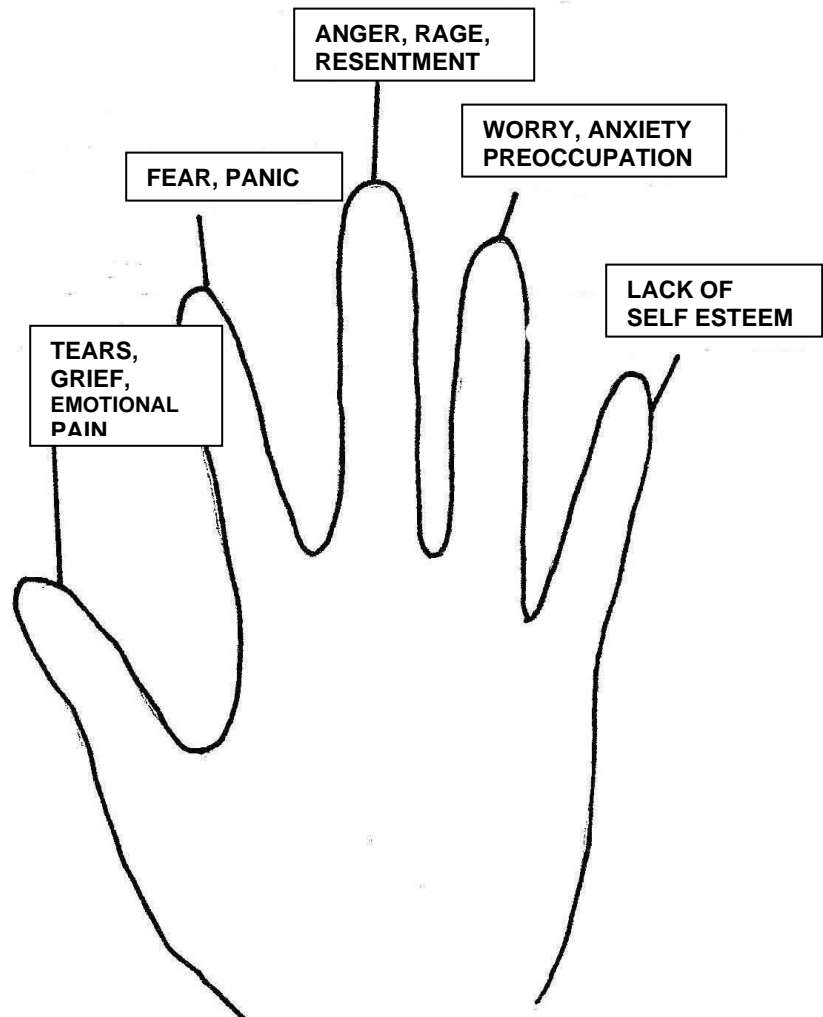
The fingerholds are a very helpful tool to use in daily life. In difficult or challenging situations when tears, anger or anxiety arise, the fingers may be held to bring peace, focus and calm so that the appropriate response or action may be taken. The practice may also be done for relaxation with music, or used before going to sleep to release the problems of the day and to bring deep peace to body and mind. The practice may be done on oneself or on another person.



### FINGERHOLD PRACTICE:

Hold each finger with the opposite hand 2-5 minutes. You can work with either hand. Breathe in deeply; recognize and acknowledge the strong or disturbing feelings or emotions you hold inside yourself. Breathe out slowly and let go. Imagine the feelings draining out your finger into the earth. Breathe in a sense of harmony, strength and healing. And breathe out slowly, releasing past feelings and problems.

Often as you hold each finger, you can feel a pulsing sensation as the energy and feelings move and become balanced. You can hold the fingers of someone else who is angry or upset. The fingerholds are very helpful for young children who are crying or having a tantrum, or can be used with people who are very fearful, anxious, sick or dying.



## EMOTIONAL FREEDOM TECHNIQUE—EFT

The Emotional Freedom Technique (EFT) developed by Gary Craig, Ph.D., is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, phobias and addictions, as well as for alleviating body symptoms and pain, such as headaches and overall body pain. The technique is based on the theory of the energy field of body, mind and emotions, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the energy flow of the body. Tapping or pressing acupressure points connected with channels or meridians of energy can help move blocked energy in congested areas and promote the healthy flow of energy in the body and in mental and emotional fields.

*(Adapted with permission from the EFT materials of Gary Flint, Ph.D. Emotional Freedom Technique.)*

### **EFT Practice:**

#### **1. Think of an issue to work with and measure your anxiety level:**

Choose to work with a problem, worry, phobia, anxiety, traumatic memory or negative self-concept. Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety). If it is difficult to quantify or measure with a number, use a simple scale such as: (none, small, medium, large) or (big to little) or (tall to short).

#### **2. Tap the sequence of Acupressure Points 7-9 times:**

Breathe deeply and tap 7 to 9 times with index & middle fingers :

- Points above where the eyebrows begin 1
- Points at the side of the eyebrows 2
- Points below the pupils of eyes on bone 3
- Point below the nose 4
- Point below the lips on the chin 5
- Points below armpits (about 4 inches down) 6
- Points below clavicles on sides of sternum 7

#### **3. Tap point A at side of hand and say:**

Tap the Polarity Reversal Point A at the side of the hand while saying 3 times:

“In spite of the fact I have this problem, I’m OK, I accept myself.”

*(Wording may be adapted for culture or age of person.)*

#### **4. Repeat the sequence in #2 & #3**

Repeat sequence until anxiety level is down to 0-2.



#### **5. Rub the Sore Spot B:**

Rub or press the Sore Spot located on the left side of the chest about 3 inches below the left collar bone and 2-3 inches to the side of the sternum.

