Energy Medicine
Relieving Anger and Fear

How would your life be if you weren’t at the mercy of anger and fear? Would you like to be able to relieve anger and fear YOURSELF in less than 10 minutes? You can balance your own energy! As Donna Eden says, “When you change your energy, you change your mood, change your thinking and change the state of your health.” Create your dream life NOW with “no pills” and “no talk”. Don’t let emotional distress put you on the sidelines this fall when energy healing can help.

Can energy healing help you relieve emotional distress naturally? YES! Learn what millions of people around the world have learned, that you can relieve your own emotional distress quickly. All it takes is learning how to breathe, where to place your hands on your body and how to move to relieve emotions. Want to know more? Keep reading for relief tactics for the two most powerful emotions underlying almost every other emotion, fear and anger. None of these methods take more than 3-10 minutes each. Try them all and find out which of them works best for you. What works best may be different on one day than what works best on another day.

The easiest part of healing with energy is first...
1) Can you believe that breathing is the first place to start? Almost everyone starts shallow breathing when extreme discordant emotions kick in. You’re probably no exception. Start by breathing deeply and slowly in to the count of 6 and then out to the count of 6. Do this for 5 minutes one to three times a day. This is an old Yoga breathing practice, and it works for emotional distress as well as high blood pressure. This is a proven natural method to lower blood pressure 10-30 points in just 5 minutes.

2) Now, you’re probably going to laugh at this next suggestion, but, don’t dismiss it until you try it. Get out the filtered or spring water (not carbonated) and drink at least 1 glass of clean water every hour while emotions are raging. Since your body is mostly made of water, and most people don’t drink enough water anyway, boosting your H2O levels will help calm you down and flush out the toxins associated with emotions that “grip” you. Getting a drink of water gives you something to do to break your thought pattern or conversation. It also works well for dry, itchy eyes.

You can do this breathing and drinking anywhere without interrupting what you’re doing. You don’t have to wait until you are alone to start relieving fear and anger.

Transforming fear with energy
Some of these hand positions might be more appropriately done in a private room or bathroom stall rather than a restaurant or your shared office.

3) To relieve fear, use two pairs of spots on your back, right at the waist line, on either side of your spine. Ball your hands into fists and use your knuckles to briskly rub in a line right at your waist line from 1-3 inches on each side of your spine, one fist on each side. Do this for 1 minute, one to five times a day, breathing deeply with your eyes closed. It strengthens your kidneys and gives you the courage to face your fears. You can do this while you’re standing or sitting, during the conversation that is triggering your fear.
Two more spots on the body that relieve fear are on your chest, just below your collar bone on both sides.

Place your middle fingers, the longest and strongest ones, about 2 inches from the center line of your body, on each side, in the indentation just 1 inch below the clavicle corner (bend) at the bottom of your collar bone. Press down gradually toward the center of your body. Hold these positions for 1-2 minutes, breathing deeply with your eyes closed. These spots clear your chest and spirit since they are a crossroads for all of the energy pathways or meridians. [Gach and Henning, Acupressure for Emotional Healing]

4) A very unobtrusive and simple way to relieve fear is to tap on the top of your left hand, in the indentation between the 4th and 5th finger. This is called the Fear Tap.

Find the notch between your ring finger and the little finger on your left hand and tap for up to 1 minute with 3 fingers of your right hand. If you still have any fear left after 1 minute, reverse the directions and tap on the right hand. You'll be amazed at how quickly the fear will fade away and you can think clearly about the situation. [Donna Eden, Energy Medicine]

5) Fear triggers the stress hormones which tell the brain to turn off your immune system and make all energy available to fight or flee (or freeze). To calm the fear and stress, so your body can get back in balance and your immune system can reset, use this energy exercise called Smoothing the Energy behind the Ears.

Place the pads of your finger tips on your temples and take a deep slow breath in through your nose and breathe out through your mouth.

On the next in breath, start to slide your fingers up over your ears.

Be sure you maintain firm pressure. At the end of your in breath, you should be right up over the top of your ears. Then, on your out breath, slide your fingers around the back of your ears and down the sides of your neck.

Hang onto your shoulders with your hands and hold for another deep breath in and out breath. Hold as long as it feels good. Before you release, press in with your fingers into the muscles of your shoulders (it’s usually tender here) and then drag your fingers down over your shoulders to your chest and release your hands. [Donna Eden, Energy Medicine]
Balancing anger with energy

6) The first hand positions for transforming anger are at the back of your neck, one fingers-width below your skull and one finger's-width out from the center of the spine on both sides.

Again, use the middle finger to press down on this spot right on the thick rope–like muscles holding your neck. As you hold these two spots, bend your neck forward slowly (breathing deeply out) and then straighten back up (breathe deeply in) five times. These points will support self-expression and energetically connect the mind and body more fully.

The next position to calm yourself when gripped with anger is the “prayer position”. No, you don’t have to “pray”. Just breathe deeply for 2 minutes with your eyes closed.

Place the palms of your hands together in front of your chest and use the knuckles or the tips of your thumbs to press into the center of your breastbone, 4 fingers-width up from the base of the breast bone.

7) Another way to relieve anger is by the following series of poses and hand positions. It is called Expelling the Venom: Blow Out.

Stand up and slightly bend your arms, facing forward with your fists clenched, fingers pointing up.

On an in breath through your nose, swing your fists behind you, ending up as high as you can above your head, with your fists still clenched.

Hold your breath as long as you are comfortable.

When you are ready to exhale, on the out breath through your mouth, quickly expel the air as you bring your hands forcefully down by your thighs, opening your hands.

Repeat this process 3 or 4 times. [Donna Eden, *Energy Medicine*]

Either fear or anger:

8) Another energy exercise works well when you’re spinning out of control, with either hysteria or panic, either of which could be triggered by fear or anger. It’s called Taking Down the Flame and is also good for calming yourself at night when you have insomnia and can’t sleep.

Start with your hands on your thighs, fingers spread to ground yourself.

Take one deep, slow in breath through your nose and let it out slowly through your mouth.

Swing your hands out to the side and up high over your head, touching your finger tips and thumbs together to form a pyramid with the fingers and thumbs spread.

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Take a breath in while holding this position. On the out breath through your mouth, keep your fingers and thumbs together and bring your thumbs down to the top of your head.

Breathe in through your nose while holding your thumbs on the crown of your head.

Then on the out breath, through your mouth, bring your thumbs down to your brow and press your thumbs against your third eye point between your brows.

Breathe in through your nose while holding your thumbs against your brow, then as you breathe out through your mouth, move your thumbs down to your breast bone and press in on the sternum half way between the top and bottom.

Hold your thumbs pressed into your breast bone on the in breath through your nose, and on the out breath.

Then move your hands down below your belly button forming a downward facing triangle pressed against your body.

Slide your hands down the front of your legs as far as you can go toward the floor. Hang in this position while you take one deep in breath and out breath. [Donna Eden, *Energy Medicine*]

Thank you for taking this important step toward healing yourself. We believe that we each have the ability and right to participate in our own healing using our own life force, our own energy systems. That’s what you have been doing with these Energy Medicine postures and hand positions.

If you have any questions or feedback about these energy medicine exercises or postures, feel free to contact Margie Mulligan. We welcome any suggestions that would make the document clearer or easier to use.