

Handling Emotions

Emotional Stress Release using simple breathing, visualization, kinesiology etc.

Here are some methods to enable you to reduce your emotional stress.

Some are useful tools to be used during moments of stress at work etc.

Some de-mystify the term "let it go" and providing several practical ploys to use to achieve that.

Some methods are particularly useful when done in the quiet and safety of your own home, in order to de-fuse your mind and to learn to regain peace within.

You could choose one or two of these self help methods below to practise; do them at home, often, until they become second nature, to be confidently used in actual stressful situations. Then choose a few more to add to your skills. You should find them gentle, quick and permanent.

Don't forget to breathe.

Site establishment.

Start by doing something to prepare yourself for your stability, something which will eventually become a calming ritual, a signal to yourself for inner peace.

- Higher Selfs, Guards, Guides.
You may ask one or more to be present and to be Guarding, Guiding and Gifting you. Or.
- Do a cleansing and healing prayer like; The Lords Prayer. Or.
- Say something to set yourself up as a compassionate, empathetic, healing channel; perhaps "I am here Only To Be Helpful". Or.
- Be Centred and Grounded. You could say "I am Safe and Secure".

Letting go is a 3 step process.

1. Say Hello. Notice your dreams, thoughts, feelings, emotions, pains, illness, struggles, coincidences, symbols.
2. Say Goodbye. "I no longer need this" or, "I don't like feeling like this" or, "Please remove this".
3. Expect it to go. Know that it will go, soon. Let go. Trust.

Some other means of letting go

- Ecologically Friendly Garbage disposal.
You can use the analogy of: Having done shopping for veggies, you check before storing, or preparing for cooking, so you might :
 - Pick up the cabbage, for instance, and notice the outer leaves, wilted, sad and torn (you say Hello to the situation).
 - Decide to cut off the unwanted bits, and dispose of them on the compost heap ("I don't need this"; you say Goodbye).
 - The compost heap knows how to handle the unwanted stuff safely and in an ecologically friendly and viable way; converting it all to compost to be returned as food for the roses etc. (Trusting the process).

Note that you do the first two parts, but the last part, which you Hand Over or Forgive, is done for you. You don't have to understand the last part of the process; the invisible, intricate, complicated, exquisitely timed and controlled; the most valuable part. Just know that the garbage will be transmuted to good for all.)

- Give your psychic manure to the plants.
 - They want it, they need it and they know how to convert it to good stuff.
- Zap the stuff with light.
 - In your imagination; Allow the rubbish to collect in your cupped hands.
 - Ask for it to be transmuted.
- Be thoughtful and mindful about washing hands and going to toilet.
 - Visualise all your unwanted stuff going down the drain and being transmuted eventually to good for all.
- Golden Gate.

Even very negative thoughts or emotions can become the basis of compassion.

 - Visualise an open space nearby.
 - In the centre of the space is a gate or doorway opening outwards.
 - Focus on your outbreath.
 - Whatever thoughts, feelings, sensations that arise - breathe them out through the gate, which lights up with the Golden Light of Universal Compassion.
 - Know that the thoughts are transformed into universal compassion for all beings.

Adapted from Taming the Tiger. - A.T. Rinpoche, Ex. 4 The Golden Light of Universal Compassion.

Do Not try to work on Moving Machinery.

It is impossible to get into a healing frame of mind while there is any physical or emotional disturbance or tension.

Explanation ...

When we think we are in danger we tend to freeze, stare, stop breathing, and tighten major muscle sets (buttocks, lower gut, knees, shoulders, arms or neck) which is good and useful when there is really an actual lion!

However, if you are re-living past thoughts, or reacting to everyday tense making situations; you could practise to do anything which you would not do in the face of an actual danger.

To calm down quickly and unobtrusively you can do any of these calming techniques.

- Do a silent whistle and blow (express) your feelings out.
- Follow your breath. (am I breathing in or am I breathing out?)
- Blinking. Change eye focus from near, to mid, to far distance. "no lions"
- Take a breath and Count to Ten.
- Secret smile. Allow a little smile to be behind your eyes.
- Tummy rub. Do this on self.
- Clench and Relax your buttocks and then do an out-breath.
- Dance a little. Let a rhythm and swing go through your body.

In fact you can do anything which stimulates and balances the parasympathetic nervous system.

Some more elaborate but very effective and longer lasting methods.

- Tummy rock. Get someone to do on you.
- Palming your eyes. Cup hands over open or closed eyes.
- Swaying, swinging or twisting Do this slowly and gently.
- Emotional Digestion.
 - Connect thumb to ring finger of each hand together.
 - Place pointer and middle fingers onto frontal eminences.
 - Close your eyes and think about what is troubling you. Experience it as fully as possible; be aware of your emotions and what and who you see, hear, feel, smell and taste.
 - Keep re-running the scene through your mind; for at least one minute; up to ten minutes at a time.
 - After a while you will actually find it difficult to focus on the troubling situation.
 - As you hold the points on your forehead, you may feel erratic pulsing. As the two pulses synchronise your stress is diffused.

Thorsons Introductory Guide to Kinesiology. - Maggie la Tourelle

A One Second Prayer.

- Quick, think of a colour (or colours) for the person.
- Immediately bring that colour down into your chest area, into your feeling heart area for a brief moment.
- Send the colour to the person from your solar plexus area.

Dealing with suckers, sappers and other parasites.

- Mentally say "Thank you for perceiving me as a sweet, strong source, but there is a stronger, sweeter Source". .
- Visualise the person plugged onto a hosepipe of milk and honey or whatever is appropriate.

You may reinforce this by saying something which will allow dis-engagement. Like:

My brother, peace and joy I offer you.

That I may have God's peace and joy as mine.

-- (A Course In Miracles W105)

There is something burning.

Anger should not last more than 30 seconds. Anything longer than that is not helpful anymore. It is not helpful to store the stuff inside, because that can lead to depression and illness; nor is it helpful to lash out, which can lead to damage, hurt and danger.

Turn your anger into action; do something productive, make something...

Learn and practise safe, practical, creative anger release.

- Any repetitive physical action such as chopping wood, kneading bread, digging, woodcarving, jogging, swimming will relieve some of the energy. ...
- Heel crushing. Press and roll the back of naked heel onto tile or rough carpet. To release dense negative stuff in the body.

You don't understand me

Run the Infinity Ribbon to establish understanding between yourself and others. This is used to decrease feelings/emotions and to increase action/practicalities. :

- Visualise a continuous ribbon running up behind your back, round over your head, down in front of you to below the other person or people, up behind them, over their heads and down between you to below your feet to start the flowpath again.

Run this visualisation a few times and then leave it running.

The job is not done until you have washed your hands.

At the end of a session try to do all of these closing rituals:

- Be grateful and give thanks.
- Earthing and grounding. Touch a wall or the floor to neutralise any charge.
- Hand washing ritual. To let go of the session.

... and the Spirit returns to God from whence it came. -- (Ecclesiastes 12. 7)

and..

"Whom you forgive is free, and what you give you share. ... " -- (A Course in Miracles, T-19.IV)

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