

# FINGERHOLD PRACTICE

from [capacitor.org](http://capacitor.org)

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.
- Breathe out slowly, releasing past feelings and problems.
- Hold each finger until you feel a pulsing sensation as the energy and feelings move and become balanced.

You can also hold the fingers of someone who is angry or upset. The Fingerholds are very helpful for:

- Young children who are crying or having a tantrum,
- People who are very fearful or anxious, sick or dying.

