

SWITCHING PRACTICE

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A simple practice to gather your energy so you can center and become present.

- Balances both hemispheres of the brain and energy body.
- Good for neutralizing anxiety and worry.
- Good to quiet and center a group when energy is scattered.
- Can be helpful in quieting mind to facilitate sleep.

Can be done lying down or sitting.

1. Cross the left ankle over the right.
2. Stretch arms straight in front of you parallel to the floor.
3. Turn the thumbs down so the backs of the hands are touching.
4. Right hand crosses over the left and they rest palm to palm.
5. Clasp hands together by Intertwining the fingers.
6. Keeping hands clasped, bring them in to rest on the chest at the heart center.
7. Breathing deeply, easily, and rhythmically, drop down into your center/ your belly.
8. Let the tip of the tongue lift and come to rest behind the upper front teeth.
9. Breathing deeply, easily, and rhythmically. Feel the weight and connection of your hands on your chest.
10. Continue for a few minutes or until you feel centered and calm.
11. Release hands. Uncross ankles.
12. Enjoy the aftereffect!