

CALMING HUG

TRIPLE WARMER/ SPLEEN HUG

(as taught by Donna Eden – www.learnenergymedicine.com)



Purpose:

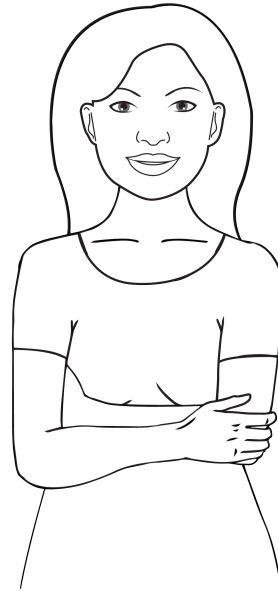
To calm anxiety and agitation, shift energy from fight/flight back to supporting immunity. It can be used anywhere (without attracting attention to yourself).

Use when:

- Feeling anxious, agitated or upset
- Having difficulty focusing or being present

Common experiences:

- Feeling calmer & more relaxed
- Feeling more centered & grounded
- Harmonizes triple warmer & spleen energies



Steps:

1. Sit comfortably with arms crossed, one hand wrapped around the upper arm just above the elbow.
2. Put the other hand underneath the arm holding the side of the body about 4-6 inches below the start of the armpit. Hold for at least one minute.
3. Switch the holding position with the other hand wrapped around the arm, middle finger in the notch above the elbow, and the other hand under the arm and hold at least one minute.
4. Switch positions back and forth several times, until you feel a shift and a sense of deep relaxation.

Follow along with the video: <https://youtu.be/hq4yPsU0z98>

Optional Add-In: Do **CALM BREATHING** while holding this pose for deeper relaxation and focusing the mind.

Follow along with the video: <https://youtu.be/geMxL8D6TO8>

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Resources for Resilience

Association for Comprehensive Energy Psychology
Energypsych.org/resilience