



Capacitar

# Practices of Hope & Healing

## SWITCHING



*At this time of strong feelings and divisions in the US and many places around the world, Capacitar offers some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from [www.capacitar.org](http://www.capacitar.org).*

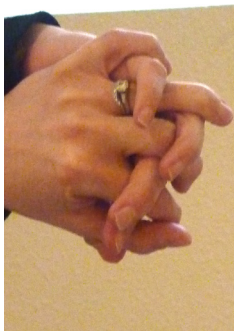
The following exercise—Switching—is adapted from the work of Brain Gym and is very effective in helping a person to connect with their center and release strong emotions.



Sit comfortably and breathe deeply.

- Cross your left ankle over your right ankle.
- Extend your hands forward and turn your hands over so that the thumbs are directed toward the ground.
- Cross your right hand over the left hand; interlace your fingers.
- With interlaced fingers touch the center of your chest.
- Close your eyes, breathe deeply and relax your entire body.

Imagine that you are able to drop down deeply into the center of your being. *(You can imagine a center beneath your navel in the middle of your abdomen. For the people of China this center is called the Dan-tien. For the people of India this center is the Hara.)*



- Relax your tongue in the roof of your mouth with the tip of the tongue touching behind the upper front teeth.
- Breathe deeply and let go of all thought. Rest in stillness and deep peace for several minutes.
- After several minutes relax your hands into your lap. Breathe and slowly open your eyes.
- Stretch your hands and arms and gently tap your head to stimulate your brain and energy.



Switching is a very beneficial exercise to calm and center oneself; to use before meditation for centering; to lighten depression and anxiety; and to focus the mind and spirit. When working with individuals or groups, the practice helps to calm and settle a person before therapy; or helps to focus people who are having flashbacks or strong memories and emotions. With children the practice can be adapted as a game, or in the classroom to focus before study.