

White Wolf Reiki's

# Tips to Relieve Anxiousness & Stress

## #1. Jin Shin Jyutsu

This is an ancient healing art of harmonizing the body through gentle touch. Balances your body, mind, and spirit.

Hold your right hand over forehead, left hand over heart. Close your eyes and breathe for a few minutes in this position.

Secondly, hold your right hand over your stomach, and left hand over heart and breathe for a few minutes in this position.

## #2. Voo Chanting

Voo chanting (similar to Ohm in yoga) is a low belly sound that stimulates the vagus nerve. The vagus nerve connects not only your brain with your gut but also your brain with the rest of your vital organs. Focusing on the breathe takes you out of mind and brings you into a serene place and calm.

Sit comfortably, slowly inhale, pause, exhale with a voo sound and pause briefly before your next inhale. Repeat continuously until calm.

## #3. Emotional Freedom Tapping (EFT)

EFT is acupressure and therapy combined and takes us out of hyper arousal. Relax and restore your energy field and tap different energy meridians. A great beginner guide to reference for hand positions and affirmations is within this URL:

<https://www.harpersbazaar.com/uk/beauty/mind-body/a25844428/guide-to-tapping/>

## #4. Meditation

Meditation aids to regulate our fight or flight response. Try to incorporate time to mediate for 15 minutes a day. Below is a meditation to reference, and repeat, on an as needed basis.



## MEDITATION FOR ANXIETY RELIEF

Take some conscious breaths into the body.

Imagine breathing in peace, love, harmony  
(whatever you feel you need).

With each breath and each exhale, you allow the cleansing light to pour through your body and clear your energetic field.

Continue this cycle of breath, envisioning this cleansing light pouring through you.

Center into any sense of relief, even if it's slight.

See the light begin to expand outward from your heart. It's becoming a golden shield of light protecting your whole body.

With each inhale and exhale, the golden light shield becomes bigger and stronger.

This is a shield of protection and safety that also supports everyone who comes into contact with you.

Breathe in, feeling the shield of protection around you.

Exhale and release.

Breathe in... and release.

Breathe in... and release.

Close your practice by shaking out your hands. Feel that new energy around you and feel supported.



This is the greatest contribution you can bring to your own well-being as well as to the world. This is where your true power lies when you feel powerless — your capacity to relieve yourself of feelings of anxiety, stress, fear.