



FINGER HOLDS FOR EMOTIONS*



This is one of the easiest and most effective ways to deal with emotions when they arise. The only thing you need is your hands!

Any time you are aware of emotions rushing through your mind-body-spirit be aware that this is natural and healthy and do not try to stop it or be embarrassed by it.

By holding each finger gently, you can drain and balance the energy flow.

The finger holds do not change the reality or situation but allow you to become centered, not controlled by the emotions, able to make clear decisions and become more peaceful. You do not even need to know which emotions you are feeling or remember which finger is which, as all of them work together to balance your entire system.

I've put the positive counterpart in **CAPITAL LETTERS** to focus the mind on the positive.

Relax your hands and hold each finger for one minute or until an even pulsing is felt.

The THUMB is for tears, grief, and emotional pain. (Think of sucking your thumb) Hold the thumb, breathe deeply, exhale all the grief and sorrow you feel. Breathe in to fill yourself with peace, calm and **COMFORT**.

The INDEX finger is for fear, panic, and terror. (Think of someone pointing their finger at you) Hold the index finger, breathe deeply, exhale and let go of all fear then inhale **COURAGE**, power and the strength of being.

The MIDDLE finger is for anger, rage, and resentment. (Think of someone giving you that famous bird gesture) Hold the middle finger, breathe deeply, exhale and let go of all anger, rage and resentment. Breathe in **COMPASSION**, energy, and creative expression.

The RING finger is for worry, anxiety, and nervousness. (Think of the fiddling you do with the rings on your hand) Hold the ring finger, breathe deeply then exhale and let go of all worry and anxiety. Inhale a sense of **CALM**, peace, and security in the midst of life's problems, knowing that you are held and cared for in spirit.

The LITTLE finger is for lack of self-esteem or feeling like a victim of circumstance. (Think of feeling small) Hold the little finger, breathe deeply, exhale and let go of all insecurity and unworthiness. Breathe in **CONFIDENCE**, gratitude, and appreciation for the gift of life.

Use the Finger Holds for Emotions as often as needed, your hands are always with you!

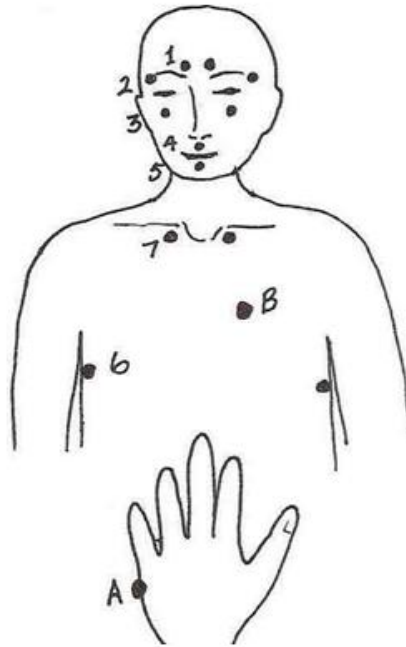
If you want to learn more energy practices to center, ground, protect and heal your mind-body-spirit, contact Judy Slater at

www.innerludecoach.com or innerludecoach@gmail.com



*Comes from the Jin Shin Jyutsu Finger Method and is taught by Capacitar International.

EFT - Emotional Freedom Technique



1. Think of an issue to work with and measure your anxiety level.

Choose to work with a problem, worry, phobia, traumatic memory, or negative self-conception. Using a scale of 0-10, measure the level of anxiety you feel when thinking about the issue. (0 means no anxiety and 10 means extremely high level of anxiety.) If it is difficult to measure with a numbers use a simple scale of none, small, medium, large).

2. Tap the sequence of Acupressure Points 7-9 times:

Breathe deeply and tap with 3 middle fingers:

- 0 top of head where soft spot was
- 1 point above where eyebrows begin
- 2 points at the side of the eyebrows
- 3 points below the cheekbone
- 4 point below the nose
- 5 point below the lips on the chin
- 6 points below the armpits @4 inches down (chicken wings)
- 7 points below the clavicles on sides of sternum
- + point lower back ridge of the head

3. Tap point A at side of hand and say 3 times:

"In spite of the fact that I have this problem, I'm OK, I accept myself."

4. Repeat sequence in #2 & #3 until anxiety level is down to 0-2.

5. Rub the Sore Spot B on the left side of the chest.

If you want to learn more energy practices to build resilience and heal your body-mind-spirit, or schedule a workshop contact Judy Slater at

www.innerludecoach.com or innerludecoach@gmail.com

Comes from Gary Flint's protocol and adapted for simplicity www.capacitar.org © 2005

Building Resilience: Self-Empowering Tools for Reducing Burnout, Stress, and Trauma as Close as Your Own Hands

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Here are some of Judy's videos on YouTube:

Building Resilience: 5 Easy Practices

<https://www.youtube.com/watch?v=9UIbxXjaxMQ>

Grounding Meditation

<https://www.youtube.com/watch?v=35eBPtCigS8&t=6s>

Neutral Separations

https://www.youtube.com/watch?v=x_I3RanOffM

The Inner Garden Visualization

<https://www.youtube.com/watch?v=j3o-3ci95KA&t=1s>

Chakra Healing Meditation

<https://www.youtube.com/watch?v=JsX806q8yZE&t=10s>

Capacitar International <https://capacitar.org/>

Emergency Kits (in 32 languages), Videos and Wellness Bulletins are halfway down the Homepage - click and explore!

Here are some of Capacitar's videos on YouTube:

Acupressure Points for:

Anxiety and Fear <https://www.youtube.com/watch?v=Wj3Kc-LX8Jk>

Anger and Frustration <https://www.youtube.com/watch?v=4yDetuRiBDw&t=11s>

Body Symptoms, Pain, and Congestion <https://www.youtube.com/watch?v=gY2b9D3Jyw4>

Emotional Freedom Technique <https://www.youtube.com/watch?v=5qyfWNmZZSA>

Finger Holds for Emotions <https://www.youtube.com/watch?v=Kc32arfiRo8>

The Holds <https://www.youtube.com/watch?v=dwqQcaArpT0>

Leadership Dance

https://www.youtube.com/watch?v=aOuZfHUZyh8&list=PL1C4JUDdJ2ZLXkmA_qT-rDn98KpT90spY&index=4

Neck Shoulder Release

https://www.youtube.com/watch?v=w4E6PydjTfc&list=PL1C4JUDdJ2ZLXkmA_qT-rDn98KpT90spY&index=8

Pal Dan Gum

https://www.youtube.com/watch?v=8CFszXEMIHQ&list=PL1C4JUDdJ2ZLXkmA_qT-rDn98KpT90spY&index=18

Tai Chi

https://www.youtube.com/watch?v=Blf88_U_0ts&list=PL1C4JUDdJ2ZLXkmA_qT-rDn98KpT90spY&index=14

**Are you overwhelmed by fires, flood & storm damage?
Are you stressed by everything going on in your
world?**



**Then join us in Building Resilience:
Self-Empowering Tools for Reducing Stress and
Trauma as Close as Your Own Hands**

Using a popular education approach, you will have in your own hands, body-based skills you can use anytime or place to release stress, manage emotions and live with balance in the midst of the challenges of life. You will tap into your own inherent instinct of wisdom of the human capacity to return to balance and wholeness.

The practices included in this workshop include:

- ❖ **Breathwork and Visualization**
- ❖ **Fingerholds for Managing Emotions**
- ❖ **Modified Tai Chi, Pal Dan Gum & Body Movement**
- ❖ **Emotional Freedom Tapping (EFT)**
- ❖ **Centering, Grounding and Protection**
- ❖ **Acupressure for Anxiety, Crisis & Overwhelm**
 - ❖ **Switching & Cross Laterals**
 - ❖ **Mudras**
 - ❖ **Head Holds (if time)**
- ❖ **Head, Neck & Shoulder Release (if time)**

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Rev. Judy Slater is a trained facilitator with *Capacitar* International, a non-profit organization, whose mission is to heal ourselves and to heal our world. She has been using and teaching these techniques since 2001. She is also an ordained pastor in the Presbyterian Church (USA), a certified Red Cross Disaster Child Care Volunteer, works with clients in her coaching business *Innerlude & Associates* and is co-founder of *C Street Village Cohousing* in Hamilton, Novato. She is delighted to offer them to you!

