



Capacitar Practices to Transform Anxiety and Fear Centering & Protection



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar offers simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment.

For the Capacitar Emergency Kit (in 27 languages): www.capacitar.org or for short videos of the practices see the Capacitar International YouTube channel.

Centering is an important skill for everyone, especially when feeling out of control or experiencing strong emotions. Persons who deal with daily stress or violence are often scattered and unable to focus. Breathwork or abdominal breathing can be used to reconnect with the center. Normally energy flows in the left side of the body, circulates and then flows out the right side. With violence, anger or fear, one's energy can be easily scattered or unbalanced. At this time, living with fear and anxiety everywhere around us can be very draining. Often when listening to a needy person, being in a negative environment or hearing negative news, energy can be drained or scattered. Usually the other person who has vented feels better after the exchange, while the listener has absorbed their problems and negativity, feeling "burnt out" or exhausted by the experience.

Practice:

To protect yourself, to create boundaries, and to better focus and contain your energy, sit with crossed ankles and put your fingertips together. Or you can rest your hands lightly on your abdomen. Breathe in deeply through the nose and imagine that you feel your breath going into a center deep within your abdomen. Exhale very slowly through the mouth and gently let go. With this practice you can be present to yourself in the moment, as well as listen deeply to another person. Centering can help those who accompany others to be a witness to their pain, rather than being a "sponge" absorbing their problems.

Centering Meditation:

The following meditation can be done in silence or with music. Sit in a comfortable position, cross your ankles and put your fingertips together. Breathe in slowly and deeply. Imagine that you are able to breathe in and rest in a safe place deep within yourself. Rest within your center and feel a deep sense of peace, safety and relaxation. Enjoy this place for a few minutes, fully alive to yourself, focused and aware of all that is happening around you. Try to stay centered in your daily life, and when challenges arise, use deep breathing to return to your center and to connect with your inner wisdom.

Protection and Boundaries:

Often our energy is scattered because we don't have clear boundaries or we lack a sense of inner strength and protection. From the centered position, imagine that you can radiate out around you a circle or egg of light that is strong and vibrant to protect you. You can imagine that the radiant light is a color, like gold or white or rose. Nothing can penetrate this radiant light, but you can send love and compassion to others, seeing clearly the reality of the moment.

