



# Capacitar Healing Practices to Transform Grief



With the Covid-19 pandemic and the death of more than 100,000 people in the US, grief is the emotion experienced by many. Grief is a natural human response to loss—the death of family and friends; loss of jobs, income or homes; loss of graduation or celebration of school events; loss of community or life meaning. Grief can lead to many physical symptoms including: fatigue, weakened immune system, insomnia, problems with appetite. Emotionally, grief can cause depression, anxiety, numbness, mood swings, sadness, isolation, fear of intimacy or suicidal tendencies. Rather than becoming overwhelmed with grief, it is important to learn simple energy practices to manage physical or emotional symptoms. Capacitar practices can be of help to manage grief and related symptoms: [www.capacitar.org](http://www.capacitar.org) and [Capacitar International YouTube](#).

## Acupressure for Grief

These points held gently while breathing deeply can release congested energy and alleviate physical pain and strong feelings.



### Sea of Tranquility—Center of the Chest

Gently hold the point in the center of the chest or place the palms of your hands over the Sea of Tranquility. Breathe deeply into your heart center imagining peace and comfort nourishing your heart and spirit. You can also imagine this as your safe place or refuge.



### Lung Points for Grief—by the Arm Joints

Cross your hands in front of your chest and with the fingertips locate the points in the sensitive areas in the outer part of the upper chest near the arm joints. These points help alleviate feelings of grief and fear as well as chest-lung congestion. These points can also be tapped like a butterfly to calm and soothe oneself.



### Forearm Points—Inner and Outer Gates

Approximately 3 inches or 3 finger-widths above the wrist joint, locate points on either side of the forearm between the arm bones. Hold these 2 points with the thumb on one side and the index and middle fingers on the other side. Breathe deeply and slowly to relax and harmonize the whole body.



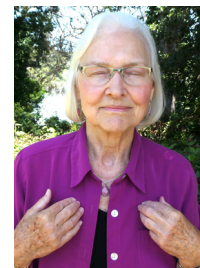
### Nose point to Calm and Balance

With the index fingertip of one hand, hold the point under the nose on the upper lip to calm and balance overwhelming feelings and emotions and to stabilize oneself or another person in challenging moments. This point is also good for high blood pressure. Inhale deeply through the nose and exhale slowly through the mouth.

You can download Capacitar's Emergency Kit of Best Practices available in over 27 languages from [www.capacitar.org](http://www.capacitar.org). Also on the website are links to 13 short Covid-response videos of Capacitar practices. On the Capacitar International YouTube channel are many videos of the basic practices in various languages.

## Chest Points for Grief

Approximately 4 to 5 inches down from the centers of the clavicles, and 3 to 4 inches on either side of the sternum are two very sensitive points for grief and sorrow. Press the points while breathing slowly and deeply. Imagine that you are able to exhale the strong feelings from your heart. Breathe in deep peace and self-compassion.



## Center of the Hand

With the thumb of one hand, gently hold the center of the other palm to promote a deep sense of peace, harmony and wellbeing. This is a powerful balancing point when upset.



## Fingerholds:

With grief and overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger for several minutes while breathing slowly and deeply can release and balance pent up feelings.

The following emotions are associated with each finger.

**Thumb**—tears, grief, sadness, emotional pain

—transforms to wisdom and compassion.

**Index Finger**—fear, panic, terror

—transforms to courage and clarity for action.

**Middle Finger**—anger, rage, resentment

—transforms to focus, action and passion.

**Ring Finger**—anxiety, preoccupation and nervousness

—transforms to peace and strength.

**Small Finger**—lack of self-esteem, victimhood

—transforms to self-esteem and empowerment.

**To Ground & Center:** Hold fingertips together, cross the ankles and breathe deeply to ground yourself when feeling grief or overwhelm.

