



Switching—To center and balance the mind and body

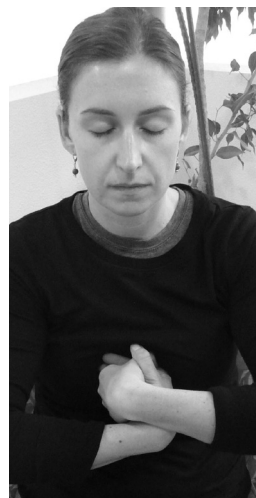
Adapted from Brain Gym Hook Up and EFT/TFT exercise for reversal of energy flow

- 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 and interlace your fingers.
- With interlaced fingers touch the center of the sternum.
- 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 center of your abdomen. For the people of China this center is called the Dantien. 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.



Model: Janine Laskowski Gallinar—El Paso, Texas

Switching is a very beneficial exercise to calm and center yourself; 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 children after recess, before an exam or before starting a class.