



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 are able to 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.