

Tool 5 - The Easiest Way To Relax Yourself

"Put the left hand at the base of your spine and the right hand in the curve where your head and neck meet – just hold them there and you will begin to relax. Placing your hands that way connects the positive and negative poles of the nervous system, and the energy flowing back and forth balances the body and calms you down. If you sit awhile like that sometimes, you find you can almost put yourself to sleep. That's a simple way to help yourself relax -- you can even do it at work. If you put the left up top and the right at the bottom, it works the opposite way, it makes you irritable, so be sure the left hand is at the base of the spine and the right hand is at the base of the skull.

You can be most effective if you're Balanced. People who write me often end up with a New Age saying, "Walk in Balance." **But** do they know how to walk in Balance? If your brain is too focused on one side, you may be walking around at an angle yourself. By opening both sides of the brain, then you can walk in Balance.

You may have heard about the left and right hemispheres of the brain. The left side is logical and there's nothing wrong with logic. The right side has a connection with the ethereal, the spiritual aspects of life, and the two sides of the brain must be kept in Balance for you to lead a Balanced life." *

* Bear Heart. *The Wind Is My Mother* (p. 127 and 128)

Tool 6 - The Thought Extinguishing Exercise Before Bed

"This night-time exercise, for one, is good for releasing stressful obligations, helping you sleep better and resetting your mental power. It is good for mental emptying and releasing mental control.

You can do this exercise during the day if you feel yourself going into mental overload, **but** for the most part it's designed to do at bedtime to help you enjoy better health and a good night's sleep.

Start by making yourself comfortable, either lying down or sitting. Take a few deep breaths and let your muscles relax. Imagine a warm and comforting campfire in front of you and stare into the flames. Place whatever thoughts come to you into the fire. You can imagine them as having shape and form if you wish. One by one, look at each thought and then see it burn away in the fire, going up in smoke. This will take anywhere from 5 to 20 minutes, depending on how many thoughts come into your mind.

If imagining the fire is a problem for you, you might feel more comfortable picturing yourself standing by a river and letting your thoughts wash downstream. Or, you could stand on a mountain top and let your thoughts be blown away with the wind. Whatever image allows you to release your thoughts so that you feel relaxed and Peaceful is fine.

If any particular thought offers resistance and keeps coming back to you, tell yourself that you **don't** have to deal with it right then-you can be reminded of it in the morning. Take a deep breath and let it out, mentally affirming that all situations eventually resolve themselves. This might help you let go of a particularly difficult thought. In the world of thought, what makes an imagined outcome turn into a problem is believing that it will happen. Why do that? Let it be. Your mind must empty at night in order to heal." *

* Dr. Mark Laursen. *The Inside-Outside Diet* (p.89 and 90)

Glenn's Comment:

If there is something you feel you must do tomorrow write it down before you go to bed and let go of it for the night. Make a conscious decision at the end of the day to let go of negative and judgmental thoughts and anxieties.