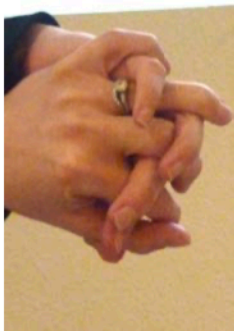




Capacitar Practices to Transform Anxiety and Fear Switching for Focus & Clarity



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.

The following exercise—Switching—is adapted from the work of Brain Gym and is very effective in helping a person to connect with their center, to release strong emotions and to focus with clarity.

Sit comfortably and breathe deeply into your center.

- 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; interlace your fingers.
- With interlaced fingers touch the center of your chest.
- 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 middle 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.

Switching is a very beneficial exercise to calm and center oneself; 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 people who are having flashbacks, strong memories and emotions of fear and anxiety. With children the practice can be adapted as a game, or used in the classroom to focus before study or taking an exam. Switching is also helpful with insomnia and can be practiced lying down or done in bed before sleeping.