

Calming Hug - Steps

(as taught by Donna Eden – www.LearnEnergyMedicine.com)

- Sit comfortably with arms crossed, one hand wrapped around the upper arm just above the elbow.
- Put the other hand underneath the arm holding the side of the body about 4-6 inches below the start of the armpit. Hold for at least one minute.
- Switch the holding position with the other hand wrapped around the arm, middle finger in the notch above the elbow, and the other hand under the arm and hold at least one minute.
- Switch positions back and forth several times, until you feel a shift and a sense of deep relaxation.

