

HAVENING TECHNIQUE

1. Feel into yourself right now and get a felt sense of what feels stuck in your life right now. A feeling, a belief, a memory, a behavior.
2. Rate that from 1-10, 1 is only a minor disturbance, 10 being a long-standing, strong disturbance or issue. Feel into it and then let it go.
3. Cross your arms, touch your shoulders and stroke your arms from the shoulder to the elbow. Sense into the soothing sensations.
4. You can also gently rub your hands together, or stroke your face from the forehead to the chin, or stroke your face under your eyes across the cheeks. You can do any combination of these, or all of them.
5. Continue stroking and imagine you are walking on a beach. Be there with all your senses. Feel the warmth of the sun, the sounds of the waves and birds, the coolness of the wet sand. Keep walking and count from 20-1.
6. Keep head steady and move eyes back and forth to the right, then the left 5 times.
7. Continue stroking and see yourself walking on a grassy lawn, meadow or forest. Be there with all the senses. Count 20-1.
8. Keep head steady and move eyes back and forth to the right, then the left 5 times.
9. Keep stroking and see yourself going down a stairway while counting 20-1 and end in a beautiful safe place at the end of the stairs.
10. Bring to mind the issue you started with and sense into the body, your feelings and mind. See how it is now. Rate it 1-10. Notice any way that it feels different in the body, feelings, and mind.
11. If you ended with a positive feeling of calm, safety, peace, etc. Say, "I am safe," "I am peaceful," or just the words "safe," "peace," etc. while doing the stroking for a while to deepen that in the brain.
12. If you can, rest in Presence, the Ground of your Being, while continuing the stroking. It would be good to do #11 and/or #12 each day for 2 minutes, or more.
13. Repeat this process as needed when things come up that you feel stuck in.

AFFIRMATIONAL HAVENING

Do havening while saying positive statements such as, "I choose to feel safe," "I choose to stay well," "I choose to be free, empowered, connected to my true Self, etc." "I can see myself trusting life more and more," "I can see myself becoming more and more empowered." I choose to _____ fill in for yourself.

Or, use "I am" statements: "I am confident, happy, strong, peaceful, safe, resilient, free, loving, etc."

Or, do havening while speaking to inner child: "I see you," "I see your beauty," "I am always here for you," "You are safe now," "You are good," "You are loved," etc.

Be with these statements as fully as you can, feeling into your body. Stay with it for a few minutes, or for however long it takes to really feel the truth of the statement.

Then rest in the truth of your Being for a few minutes or more.

This would be a good practice to do daily with issues you are working with and for building more resilience and connection to Being.