

# Mind and Body Techniques

Whatever is Done to Support the Mind or Body,  
Positively Affects the Other and Overall Wellness

Reduce Stress and Anxiety, Support Healing, Feel  
Better, Improve Decision Making, Enhance Sleep



**Cathy Cheshire**

## Mind and Body Techniques



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# Mind and Body Techniques

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## Mind and Body Techniques

### Mind and Body Techniques

"Dealing with the whole being is so important. The newness of people beginning to integrate different modalities is doing quite a service to a lot of people." - Joe Dispenza, DC, PhD, Chiropractic, Neuroscience, Best-selling Author



Grievors may find it helpful to use mind and body techniques they most enjoy supporting healing rather than using short-term distractions. Making time for mind and body techniques as you do for other important things like taking care of loved ones, getting enough sleep, and eating well may also contribute to enhancing your well-being. Consistent practice produces the best results. They may be worth trying before invasive medical procedures or medication with side-effects if it feels right for you.

The left side of the brain is verbal and logical. This is where we can get stuck in thinking. The right side of the brain is creative and where intuition exists.

Some organizations offer free introductory classes, coupons, or ask for a suggested offering range, known as a love offering. Search online to learn more about mind and body techniques. There are many free instructional videos online.

This public information is provided as a convenience. The author disclaims, is not liable for, and does not personally guarantee any of it in any way. Health experts suggest talking with your doctor before starting exercise if you have a disease and before discontinuing any current medications.

### Ayurveda

Ayurveda is the traditional Hindu system of medicine, based on the balance in bodily systems and uses diet, herbal treatment, and yogic breathing.

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### Biofeedback

Biofeedback is a technique to learn to control your body's functions, such as your heart rate. You are connected to electrical sensors that help you receive information (feedback) about your body (bio).



**Neurofeedback** is a type of biofeedback that measures brain waves to produce a signal that can be used as feedback to teach self-regulation of brain function. Neurofeedback is commonly provided using video or sound, with positive feedback for desired brain activity and negative feedback for brain activity that is undesirable.

### Bodywork

**Craniosacral Therapy** CST is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

**Cupping Therapy** is a form of alternative medicine. A local suction is created on the skin.

**Massage** is the manipulation of tissues as by rubbing, kneading, or tapping with the hand or an instrument for relaxation or therapeutic purposes. You can also self-massage with your hands, massage devices, or chairs.

**Power posing** by standing for a few minutes in an expansive posture mentally associated with being powerful before an interaction in which confidence is needed may promote assertive thoughts and feelings. Holding the body in powerful positions that can make us feel strong and foster positive life changes include:

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- Crossing arms over chest or behind the head
- Making a V with the arms for VICTORY
- Sitting or standing up straight with shoulders back
- Standing with hands or fists on hips or table
- Standing with legs apart

**Progressive Muscle Relaxation** PMR is a non-pharmacological method of deep muscle relaxation, based on the premise that muscle tension is the body's psychological response to anxiety-provoking thoughts and muscle relaxation blocks anxiety. The technique involves learning to monitor the tension in specific muscle groups by first tensing each muscle group. This tension is then released, as attention is directed towards the differences felt during tension and relaxation. Training sessions are conducted in a darkened room with the learner in a reclined position and eyes closed. The technique has its own top-down sequence, beginning with the upper body and proceeding to the lower parts.

**Rolfing®**, named after its founder, Ida P Rolf, PhD, Biochemistry, is a form of bodywork that reorganizes the connective tissues that surround, support, and permeate muscles, bones, nerves, and organs. It enables the body to restore posture, flexibility, and vitality, which may be negatively affected by chronic stress.

## Cryotherapy

Cryotherapy, also called cold therapy, is the local or whole-body use of low temperatures. It is used to relieve muscle pain, sprains, and swelling after soft tissue damage or surgery. It can be a range of treatments including applying ice packs, immersion in ice baths, and cold chambers. Cryotherapy may help mood disorders like anxiety and depression. The ultra-cold temperatures in whole-body cryotherapy can cause physiological hormonal responses including the release of adrenaline, noradrenaline, and endorphins.

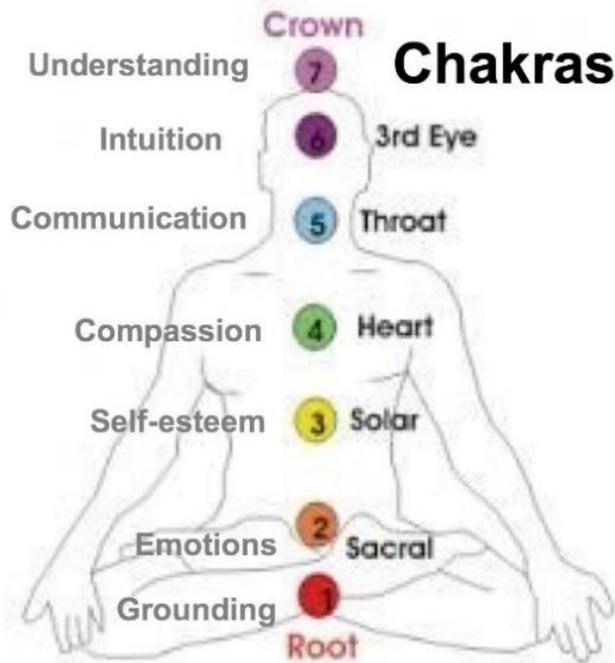
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### Energy Healing

Everything is made of energy. Energy healing, also called energy psychology, energy medicine, and energy therapy involves balancing meridians, which are routes where invisible electrical energy carries information throughout and over the body. Chinese doctors mapped these meridians thousands of years ago.

According to the Association for Comprehensive Energy Psychology, over 200 articles about energy psychology published in peer-reviewed journals demonstrate its effectiveness.

There are points at the beginning or end of these pathways or where they rise close to the surface of the body where energy is concentrated and can build up when strong emotions block or disrupt the balanced flow needed for optimal health. These meridian points can be stimulated with needles, physical pressure, or tapping to clear, release, redistribute, and balance this energy to all parts of the body. Thought and emotions may be improved, and pain reduced or eliminated.



The twelve major meridians correspond to specific human organs: kidneys, liver, spleen, heart, lungs, pericardium (sex), bladder, gallbladder, stomach, small intestine, large intestine, and triple warmer (metabolism and body temperature).

Meridians come together in major energy centers called chakras. **Chakras** are spinning wheels of energy that take in, incorporate, and emanate energy to keep us functioning at optimal levels.

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**9 Gamut Procedure** has 9 steps including tapping on the “gamut” area on the back of your hand in the ridge between the pinky finger and ring finger. Emerging science and research say it engages both the left and right hemispheres of the brain to reduce painful emotions.

1. Close your eyes.
2. Open your eyes.
3. With a steady head, eyes hard down right.
4. With a steady head, eyes down left.
5. Roll the eyes one way in a circle.
6. Roll the eyes the other way in a circle.
7. Hum any song like “Row Your Boat” for a few seconds.
8. Rapidly count from 1 to 5.
9. Hum any song for a few seconds again.

**Acupuncture** is a system of complementary medicine that involves pricking the skin or tissues with needles, used to alleviate pain and to treat various physical, mental, and emotional conditions. Originating in ancient China, acupuncture is now widely practiced in the West. A low-intensity cold laser can be used to stimulate traditional acupuncture points.

**Acupressure** is an alternative medicine technique similar in principle to acupuncture. It is based on the concept of life energy, which flows through "meridians" in the body. In treatment, physical pressure is applied to acupuncture points to clear blockages in these meridians. Pressure may be applied by hand, by the elbow, or with various devices.

**Color Therapy**, also called chromotherapy, is a centuries-old alternative medicine method. Light in the form of color goes into the body through the eyes or by color therapy equipment, which shines light on the skin. It balances "energy" lacking from a person's body, whether it be on physical, emotional, spiritual, or mental levels. Assorted colors are used in different ways, which include:

1. Green can bring hope, strength, and serenity but too much can cause anxiety
2. Blue can help you feel peaceful but too much can lead to sadness

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3. Yellow can encourage action but too much is associated with cruelty
4. Orange signifies pleasure but is not good for those prone to anxiety
5. Red is most stimulating but too much can be agitating
6. Purple is associated with beauty, bliss, and relaxation

**Dowsing** is a powerful tool with physical and spiritual applications, both observing the motion of a tool like metal rods or a pendulum that changes direction in response to energy influences. From a material perspective, it is used to search for things like underground water, minerals, oil, earth stress, and the location of health problems. Spiritual dowsing, also called divining, is an ancient technique used to explore energy within and around us not available through normal conscious thought. A dowser accesses hidden information by dialoguing with the subconscious. It is a form of communication with our own intuition, our higher self, and the spirit world.

**Feng Shui**, originating from ancient China, claims to use energy forces to harmonize individuals with their surrounding environment. In literal translation Feng means "wind" and Shui means "water." In Chinese culture, wind and water are associated with good health, thus good Feng Shui came to mean good fortune. Feng Shui considers yin, feminine and passive energy, and yang, which is masculine and hot. It also looks at the five elements - water, fire, wood, metal, and earth, and the external environment. "Feng Shui cure" is a general term used for various ways to work with the Chi, or energy of your home to achieve the desired result. You can explore the use of a variety of Feng Shui cures, such as mirrors, colors, Feng Shui crystals, fountains, and more.

**Grounding**, also called earthing, allows the body's energy to be rebalanced and nourished by connecting with the earth's energy. This can be accomplished by walking barefoot on the ground called earthing, hugging a tree, or spending time connecting with nature or animals. Shoes have not always been a big part of our culture. You can also purchase a grounding mat for indoor use. It may help to maintain energy balance by keeping electronics away from where you sleep.

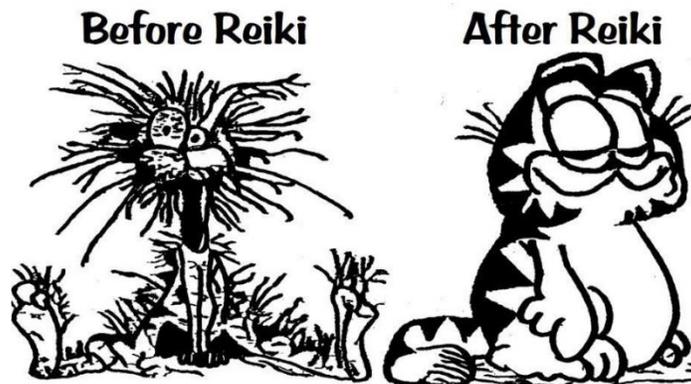
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**Happy lights** emulate natural daylight to deliver white light for improving overall mood, energy, and concentration. The natural spectrum of light stimulates the body's natural energy enhancers without being exposed to harmful ultraviolet rays.

**Integrated Energy Therapy** is a hands-on healing therapy system. It is a safe and gentle way of releasing energy blockages that can cause imbalance and disease in the body. IET promotes healing in all areas of our mental, emotional, physical, and spiritual selves.

**Pendulum** is a weight suspended from a pivot that allows it to swing freely. It utilizes gravity and momentum to respond to energy in a meaningful way to the psyche user. It is a tool that helps your intuition or "higher self" communicate with your conscious self. A pendulum locates and clears negative energy in the body or in a space like a home. Balancing one's energy is also possible with pendulums because they pick up on subtle vibrations to clear the body and balance the mind, body, and spirit. Thus, pendulum objects can help relieve forms of pain whether emotional or physical.

**Reiki** (rei-kee) is a Japanese technique for stress reduction and relaxation that also promotes healing. "Rei" means spiritually guided and "ki" means life force energy. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki is provided by some hospitals to patients. [Grief-Reiki.com](http://Grief-Reiki.com)



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**Reflexology**, also called zone therapy, is an alternative medicine involving the application of pressure to the feet, hands, and ears with specific thumb, finger, and hand techniques without oil or lotion.

**Sage burning**, also called smudging, is a respected ancient practice. This healing herb can be used when seeking improved physical, mental, and emotional well-being. Other dried plants may be used but sage is associated with purity. Benefits may include:

1. Cleansing or empowering specific objects
2. Improving allergies, energy, focus, intuition, memory, mood, respiratory conditions, sleep, thinking
3. Reducing infectious bacteria, negative energy, viruses, and fungi repel insects
4. Uplifting fragrance and controlling odor

Sage for burning or a sage kit can be found at specialty stores and online. Most use a shell for their fireproof vessel and a feather to fan the smoke. Steps include:

1. Open door or windows to the outside and to avoid triggering a smoke alarm. Have an exit strategy.
2. You can repeat a purification and release intention like, "I let go and release what does not serve me."
3. Hold the sage at a 45-degree angle, preferably light it with a match or candle, and let it burn for about 20 seconds. Gently blow out the flame, so you see orange embers on one end and smoke rising.
4. Do not directly inhale or breathe too much smoke, which can be irritating and a health hazard.
5. Slowly walk around your space fanning and guiding the smoke and the bad energy toward the open windows or a door, so it can escape. Keeping the sage stick at an arm's length distance away from you, work your way up from your feet. If little embers fall on the ground, stomp them out immediately. Never let the burning sage stay unattended.
6. Extinguish the sage by pressing the burning tip firmly into the shell or fireproof vessel, dirt, or sand until the smoke no longer rises. Do not use water, which will ruin the tip of the sage and make it harder to light next time.

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**Tapping**, also called Emotional Freedom Technique EFT, is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Tapping assists with emotional issues and can reset your nervous system. Regular tapping can get your body used to being resilient. Studies have shown EFT to be twice as effective as talk therapy or resting. You can find Tapping organizations online.

### Instructions

1. Rate the intensity of emotional or physical pain on a scale from 0 to 10, with 10 being the worst.
2. Use pointer finger and middle finger to tap points described below with medium pressure and speed.
3. Tap points while stating positive affirmations to increase mood and be energized.
4. Use the phrase "Even though I have (specific troubling feeling, memory, nightmares, or pain), I fully and completely love and accept myself."
5. Rub points slowly when wanting to relax or sleep.
6. Again, rate the intensity of emotional or physical pain on a scale from 0 to 10, with 10 being the worst to evaluate improvement.

### Points to Tap and Coordinating Organs Supported

1. Top of the head - Entire body
2. Between eyebrows on hair - Bladder
3. Outside of eyes - Gallbladder
4. Under eyes on bone - Stomach
5. Under the nose - Governing vessel for brain
6. Under Lower lip - Central vessel for brain
7. Collar bone - Kidneys
8. Sides of ribs - Spleen
9. Under breasts - Liver
10. Chest bone - Kidney

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11. Each wrist top - Stress
12. Each wrist bottom - Stress
13. Thumbs together on outsides - Lungs
14. Thumbs to side of pointer fingers - Large intestine
15. Thumbs to side of Middle fingers - Pericardium membrane enclosing heart
16. Thumbs to side of pinky fingers - Heart
17. Between ring and pinky knuckles - Triple energizer
18. Karate chop outside hands - Small intestine
19. Inside knees - Liver

## Eye Movement Desensitization and Reprocessing EMDR

EMDR is a psychotherapy treatment originally designed to alleviate the distress associated with traumatic memories.

## Essential Oils

Essential oils are concentrated liquids containing aroma compounds from plants that can have health benefits. An oil is "essential" in the sense that it contains the "essence of" the plant's fragrance. Essential oils enter the body primarily in three ways—applied to the skin, inhaled, or ingested.

Benjamin Perkus, PhD, Psychology, has integrated 20 years of clinical experience with 15 years of work with essential oils into a technique easy to use. Even people who have never used essential oils before or do not know the first thing about Psychology have been amazed by how simple it is and how powerful the results are.

## Exercise

Exercise is any repetitive bodily activity that enhances or maintains physical fitness and overall health and wellness. Types of exercise include aerobics, strength training, stretching, and improving balance.

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Popular types of exercise include walking, jogging, and running. Other types are cycling, hiking, kayaking, rock climbing, sports, and weightlifting. House cleaning and yard work are considered exercise. Fun kinds of exercise include golf, gymnastics, sports, swimming, and using stress balls.

**Dance** movement can be freeform or choreographed. Popular types include:

1. Ballet
2. Ballroom
3. Body groove
4. Disco
5. Highland
6. Hip Hop
7. Line
8. Salsa
9. Swing
10. Tango
11. Tap
12. Waltz
13. Zumba

**PiYo** combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. The speed is cranked up to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and defined.

**Qigong** (chee-guhng) is a Chinese system of physical exercises and breathing control related to tai chi.

**Tai chi** is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves movements performed in a slow, focused manner and accompanied by deep breathing.

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**Yoga** is a Hindu spiritual and strict self-discipline including breath control, simple meditation, and the adoption of specific bodily postures is widely practiced for health and relaxation.

1. **Animal** yoga including cats, puppies, bunnies, and even goats are becoming popular. A study by the National Institute of Health found that when humans interact with animals, it triggers a release of feel-good chemicals in our brains, which can boost moods, lead to more positive social interactions reducing stress and anxiety.
2. **Anusara** yoga is a modern-day version of hatha yoga, similar to vinyasa in that it that focuses on alignment but with more focus on the mind-body-heart connection and different verbiage.
3. **Ashtanga** involves a physically demanding sequence of standing and floor postures.
4. **Bikram** yoga features a sequence of set poses in a sauna-like room typically set to 105 degrees and 40 percent humidity.
5. **Hatha** yoga is grounded in slower pace classic physical practice.
6. **Iyengar** yoga focuses on alignment and injury with methodically detailed and precise movements held for a long period.
7. **Jivamukti** yoga is mainly vinyasa flow-style classes infused with chants and Hindu spiritual teachings. At its core, this style emphasizes the connection to earth as a living being, so most devotees follow their vegetarian philosophy.
8. **Kundalini** yoga practice is equal parts spiritual and fast-moving physical as it releases energy in your body said to be trapped, or coiled, in the lower spine and can involve chanting, mantra, and meditation.
9. **Laughter** yoga is a practice involving prolonged voluntary laughter. Voluntary laughter provides the same mind and body benefits as spontaneous laughter and is contagious. It is conducted in groups, with eye contact, jokes, and playfulness like pretend snowball fights or driving bumper cars.
10. **Vinyasa** yoga is the most athletic choreographed yoga style.
11. **Yin** is a slow-paced style of yoga with seated postures held for longer periods of time.

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### Havening Techniques®

The Havening Techniques are a healing modality that is designed from brain science to help individuals overcome problems by using sensory input to alter thought, mood, and behavior. The Havening Techniques are a system comprised of protocols and methods that uses touch as a therapeutic tool called Havening Touch®. Applications include:

1. Emotional disturbances
2. Wellness, stress management, and peak performance
3. Self-help tool

The Havening Techniques can be used with professional mental health care clinicians who have been fully trained and certified in The Havening Techniques, by non-licensed practitioners for coaching sessions, and as a self-help technique that can be shared with family and friends.

#### Example Havening Mantra

I open my heart to friendship

I open my mind to learning

I feel safe peaceful and calm

### Health Coaching

Health coaching, also called wellness coaching, is a process that facilitates healthy, sustainable behavior change by challenging a person coached to listen to their inner wisdom, identify their values, and transform their goals into action. Nutritionists are experts in the science of nutrition and advise on matters of food and nutrition impacts on health.

### Hypnosis

Hypnosis is the process of activating someone's mind into a relaxed trans like state of consciousness highly responsive to suggestion and direction, which varies by individual. It may be used in therapy to recover suppressed memories or to allow modification of behavior by suggestion. Our minds are in this state right before going to sleep and just when waking up. This is a good time to replace unconstructive thoughts with constructive ones.

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### Ionic Foot Baths

Ionic Foot Baths draw toxins from the body magnetically through your feet into a tub of water where your feet are soaked.

### Kinesiology

Kinesiology is the study of human and nonhuman animal-body movements, performance, and function by applying the sciences of biomechanics, anatomy, physiology, psychology, and neuroscience. Applications of kinesiology in human-health include physical education teacher, rehabilitation, health and safety, health promotion, workplaces, sport, and exercise industries.

### Martial Arts

Martial arts include various systems and traditions used for other reasons than self-defense or combat. Their practice combines bodywork, confidence, discipline, exercise, meditation, and sports. Popular ones include judo, karate, and taekwondo.

### Mastermind Group

A mastermind group is a peer-to-peer mentoring concept used to help members solve their problems with input and advice from the other group members. The concept was coined in 1925 by author Napoleon Hill in his book “The Law of Success” and described in more detail in his 1937 book, Think and Grow Rich. In his books, Hill discussed the idea of the Master Mind, which referred to two or more people coming together in harmony to solve problems.

### Meditation

Meditation is a practice using a technique to train attention and awareness to achieve a mentally clear and emotionally calm and stable state. A person can reach a meditative state by being in nature, collecting shells from the beach, gardening, listening to birds, picking fruit, cuddling with a pet, walking a dog, or watching bees.

Meditating sporadically only treats symptoms rather than avoiding them ongoing.

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There are many apps for meditation.

Meditation type examples include:

**Affirmations** are positive statements in the present tense that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can make positive changes.

Steps to use affirmations to get what you want in life by Dee Wallace, Author of "Conscious Creation." Science, Religion, and Spirituality all say the same thing with different wording.

1. Decide what you want using positive affirmations
2. Commit to doing whatever needs to be done to achieve what you want
3. Consciously feel love, excitement, and passion about what you want
4. Ask the universe to partner with you
5. Act

Unconstructive thought	Constructive thought
External	Internal
Fear	Love
Ego	Spirit
Victimizing	Empowering
Judgmental	Compassionate
Demanding	Grateful
Deficiency	Recognition
Questionable	Truthful
Disabling	Healing

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Unconstructive Thought	Constructive Affirmation
This shouldn't have happened.	I embrace the mystery and impermanence of life knowing love goes on forever.
I wish I died instead.	I honor life and it supports me in every possible way as I am always learning.
I feel so guilty.	I never intended harm but am sorry and forgive myself if I did.
I am a failure.	I fully and completely love and accept myself and efforts to change are working.
I will never be happy again.	I am grateful and powerful in the present moment and I release regret and worry.
I'm not going to take care of myself.	Wellness is my natural state and I lovingly listen to my body's messages.
Why are people mean and petty?	I forgive perceived wrongs as I can never fully know another's experiences or fears.
I will never trust again.	I will take time to get to know people, trust my intuition and allow for trust to build.
I don't want to go on.	I have faith in the process of life and welcome love and miracles.

**Body and limb focus** can slow down thinking because it no longer has all your attention, which allows you to better focus on what you want to think about.

1. Curling up in a ball
2. Focusing on your arms or legs
3. Hugging or caressing yourself or others
4. Placing your hand on your heart or stomach
5. Relaxing your body parts one at a time from head to toes
6. Stick your hands in water or sand
7. Take a shower or bath
8. Using a stress ball
9. Wrapping yourself in a blanket

**Body scan** meditation involves paying attention to body parts and sensations in a gradual sequence from top to bottom or bottom to top, sitting, or standing, to become grounded. By mentally scanning yourself, you bring awareness to every single part of your body, noticing any temperature and discomfort. It is as important to be aware of your mind and your body.

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### Full Body Scan Guide – Find and release tension

1. **Relax** as much as possible, **Eyes** closed if it feels right
2. **Breath** slowly, in through your nose calmness and slowly exhale releasing tension
3. **Distractions** like sounds and thoughts are noticed but not judged
4. **Notice**, be with and be curious about ongoing or temporary body sensations
5. **Attention** to feet, back, stomach, hands, arms, heart, neck, shoulders, face
6. **Breath** slowly, in through your nose calmness and slowly exhale releasing tension
7. **Attention** expands to your entire body, take a full deep breath and exhale
8. **Return** to the present moment

When you do this yourself, you can focus on areas where you know you have tension. Stay in each area until you feel the tension released.

**Breathwork** is a term for various breathing practices in which the conscious control of breathing promoting relaxation and influencing a person's mental, emotional, or physical well-being. It brings you into the present moment. Results may be quick but incorrectly done may cause distress including anxiety and hyperventilation. Types of breathwork include Conscious Connected, Holotropic, Integrative, Radiance, Rebirthing, Shamanic, Transformational, Vivation, and Zen.

A basic method is breathing in for 3 seconds and exhaling for 6 seconds.

**Centering** includes mindfully slowing your mind and breathing and releasing tension in your body, so you can notice more around you and inside you. You can relax muscles that feel tense by clenching them and then releasing them. We center to feel alive.

**Creative Activities** like art, acting, carpentry, crafts, drawing, mechanical work, painting, photography, and sculpting move your consciousness into the parts of the brain performing relaxing tasks that can lower stress levels and leave you feeling mentally clear. Creative activities provide a distraction, giving your brain a break from your usual thoughts.

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**Float Spa**, also called float cabin, float pod, float tank, and isolation tank, is a pitch-black, light-proof, soundproof environment heated to the same temperature as the skin. The tank is filled a certain amount of water, which contains enough dissolved Epsom salt to create a specific gravity. This environment allows an individual to float effortlessly on the surface of the water. The primary function of the isolation tank is to eliminate as many of the external senses as possible.

**Guided Imagery** is a mind-body intervention by which a trained practitioner or teacher helps a participant or patient to evoke and generate mental images that simulate or re-create the sensory perception of sights, sounds, tastes, smells, movements, and images. The subconscious mind does not know the difference between what is vividly imagined and what is real.

**Lake Guided Imagery** – You can record yourself and play whenever desired.

Close your **eyes** to best do some imagining if it feels right to you. Pay attention to the sensations of your **body**. Bring awareness to the physical sensations of the **breath**, without trying to change or regulate it in any way. Allow it to flow easily and naturally, with its own rhythm and pace, knowing you are breathing perfectly. There is nothing for you to do. Allow a sense of being complete, whole, in this very moment, just letting your breath be your breath. As you rest here, let an image form in your mind's eye of a **lake**, a body of water being held by the earth. Let this image gradually come into greater focus. Allow the sense of this lake and the feeling of being there. The lake may be large or small and any color **blue**. With no wind, the surface will be flat, mirror-like, reflecting **trees, rocks, sky, and clouds**. The **wind** stirs up waves and you can hear them as the reflections on the water distort and disappear. The **sunlight** sparkles in the ripples and dances on the shimmering **waves**. As you rest here breathing, being caressed by a gentle cool **breeze**, notice the smell of the **trees, birds** singing, and the blue **sky** as different shaped **clouds** pass over you.

When you guide yourself here, you can stay as long as you want. You can also guide yourself to places you have been that you love and search online to find recordings of other guided imagery adventures.

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**Labyrinth Walking** involves meditating while walking a patterned path, often circular in form.



### Love Meditation

This can quickly change your emotions from bad to good.

1. Put your hands on your heart
2. Take several deep breaths
3. Spend 5 minutes or more thinking about a person or animal you dearly love
4. Feel the love throughout your body
5. Imagine the love energy spinning in a circle getting larger
6. Imagine that love energy reaching out and wrapping around your loved one in heaven, someone difficult to forgive, yourself, or the world.

**Mettā**, the cultivation of benevolence, is a popular form of compassion meditation in Buddhism. It is often practiced in Asia by broadcast chanting.

**Mindfulness**, also called centering, is the psychological process of bringing one's attention to experiences in the present moment, which can be developed through the practice of meditation and other training.

**Photography** involves being mindful in the present moment. It can be a peaceful creative way to express what is observed. It can be a way to communicate without using words and a way to

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generate emotion through visual experience. The process of creating images allows you to spend time reflecting on your emotions and to feel closer to a treasured memory.

**Prayer** is a communication to God. Prayer is done by those who trust the power of word and thought.

**Salt Caves or Spas** offer halotherapy, which is a form of alternative medicine that makes use of salt. Numerous forms of halotherapy have been known of and used for millennia. Salt air, like being at the beach several days, may have a wide range of healing properties including to the lungs and skin.



**Samatha** is a quality of mind developed in tandem with vipassana (insight) by calming the mind its 'formations.' This is done by practicing single-pointed meditation, most commonly through mindfulness of breathing.

**Sound bathing**, also called sound healing and sound therapy, is the meditation practice that uses waves of sounds from bowls, gongs, tuning forks, drums, chimes, and chanting wash over participants usually laying on a mat on the floor. It can calm an overstimulated nervous system and balance the body's energy. It can help improve depression, anxiety, pain, blood pressure, insomnia, and overall well-being. It can also spark creativity.



**Transcendental Meditation TM** refers to a specific form of silent mantra meditation. Maharishi Mahesh Yogi introduced the TM technique and TM movement in India in the mid-1950s.

## Mind and Body Techniques

**Writing**, also called journaling, is the process of documenting personal insights, reflections, and questions on personal topics. It can help you record and process your experience of grief. Writing externalizes the story. There are no rules. You can use a plain piece of paper or purchase an item designed for a specific kind of writing. You can write from your viewpoint and from the perspective of loved ones alive or deceased. It can be healthy to write about individual grief experience, but to present conclusive ideas to a vulnerable audience is irresponsible.

### Types of Writing

Article, Biography, Book, Blog, Diary, Essay, Interview, Journal, Letter, Obituary, Presentation, Storytelling

### Sentence Starters

I am (troubled, grateful, sorry, feel bad, feel good) about (fact)

I (forgive, learned, might try, remember, think about, will never forget, I wish) (fact)

(I am afraid to say, My favorite memory is, My grief feels, What happened is) (fact)

**Zen** is the Japanese variant of Chan Buddhism, a Mahayana school that strongly emphasizes dhyana, the meditative training of awareness and calmness. This practice, according to Zen proponents, gives insight into one's true nature, or the emptiness of inherent existence, which opens the way to a liberated way of living.

## Music and Singing

Music can be central to the expression of human sentiments and is a way of relating to and expressing feelings. Humans are made of energy, which can be positively affected by music vibrations. Music studies have shown that music can improve your mood, improve blood flow, ease pain, and lower your levels of stress-related hormones like cortisol. Popular types include Blues, Celtic, Classical, Country, Jazz, Pop, Rap, Reggae, Religious, Rock, Spa, and Soul. Singing improves mental alertness and blood circulation.

## Mind and Body Techniques

**Ambient music** is a style of gentle, mostly electronic instrumental music with no persistent beat, used to create or enhance a mood or atmosphere.

**Binaural Beats** are two sounds recorded using two microphones and usually transmitted separately to the two ears of the listener through a headset. In the theta (4 to 8 Hz) range are linked to rapid eye movement sleep, reduced anxiety, relaxation, and creative states. Binaural beats in the alpha frequencies (8 to 13 Hz) are thought to encourage relaxation, promote positivity, and decrease anxiety. You can explore what binaural beats sound like for free with an online search of "binaural beats." Binaural means relating to or used with both ears.

**Drumming** circle is any group of people usually playing hand-drums and percussion in a circle. They can range in size from a handful of players to circles with thousands of participants. Drum circles are related to other community-based music gatherings such as flute circles or vocal improvisation groups.

**Multidimensional Music** uses a mixture of the three spectrums of frequencies and was discovered by Jacotte Chollet in his eleven years of studies with synthesizers and their effects on the human brain.

## Nature

Most people at any age find being in natural light and beautiful scenery to be relaxing, calming, and enjoyable, which contributes to mental and physical well-being. Studies have shown it to improve memory, concentration, and immunity. Spending time in the sun helps the body create vitamin D, which studies have shown may help prevent cancer, osteoporosis, and heart attacks. Nature provides abundant opportunities to fill our lungs with fresh air and positively stimulate our senses.

## Mind and Body Techniques

### Naturopathy

Naturopathy is a system of alternative medicine based on the theory that diseases can be successfully treated or prevented without drugs, by techniques such as control of diet, exercise, and massage.

### Retreats

Retreats can be for individuals or groups to get away and focus on mental, emotional, and/or physical health. They may be any number of days and include a variety of mind and body techniques taught by experienced practitioners. A retreat may have a spiritual, religious, or other focus.

### Sacred Personal Space

Sacred personal space created in a distinct room or area of your home can enhance your mind or body technique experience. Decorated with whatever is meaningful and relaxing to you, the area supports concentration, inspiration, prayer, reflection, and serenity.

### Virtual Reality

Virtual reality VR is a simulated individual or shared experience that can be similar to or different from the real world. Applications include entertainment, education, and training. Programs including scenic locations can be calming for grievers. Standard virtual reality systems use either virtual reality headsets or multi-projected environments to generate realistic images, sounds, and other sensations that simulate a user's physical presence in a virtual environment. A person using virtual reality equipment can look around the artificial world, move around in it, and interact with virtual features or items.

### Volunteering

Volunteering is a service an individual or group provides for no financial or social gain to benefit another person, group, or organization. Many volunteers are specifically trained in the areas they

## Mind and Body Techniques

work, such as medicine, education, or emergency rescue. Others serve as needed, such as in response to a natural disaster. Humans are hardwired to give to others.

Some cities have a central organization connecting with other often charities needing volunteers. They can connect you based on your wishes.

### Volunteering benefits

Advance your career

Better thinking skills

Boost social and relationship skills

Brings fun and fulfillment

Broaden support network

Combat depression

Counteract stress

Development of skills

Discover resources

Expand your network

Exposure to others with common interests

Feel happier

Feel healthier

Feel proud

Feel a sense of accomplishment

Find friends

Focus on others

Impact on the community

Improve happiness

Improve health

Improve mood

Improve the quality of life

Increase self-confidence

Increase mobility

## Mind and Body Techniques

- Learn new valuable skills
- Make a difference
- Make friends
- Make you happy
- Meet diverse people
- Meet employment contacts
- Mental stimulation
- Positive focus
- Promote good
- Protect mental and physical health
- Provide a sense of being
- Reduce stress
- See something in a new way
- Sense of accomplishment
- Sense of purpose
- Set a good example for children
- Share talents
- Zest to life

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