Cariad Therapies

10 TIPS TO BALANCE & CALM

1 Breathe – breathe slowly in and out x 5; focusing on the breathe can help be mindful and bring attention into the body and present moment
2 Use Bach Rescue Remedy – suitable for most people and children. The spray is particularly useful, if not a drop in water or drinks for you and kids can really calm!!
3 Lavender oil – use a diffuser or few drops on your pillow or bedding (or clothing!)
4 Rose quartz crystals are great for calming and creating an atmosphere of love – love for others and self love. Give them a clean and charge then program for what you want them to do (check my blogs for how to do this)
5 Energy healing – sit quietly with hands on your solar plexus/ tummy or thighs and just allow the universal energy to flow (everyone can do this, no attunement needed).
6 Breathing in colour - take slow breathes in and out and imagine you are breathing in a colour - filling your body with the energy of this colour to calm (eg pink is for love, green to heal, blue to calm etc)
7 Writing – sit down and write whatever comes into your head – perhaps a letter to yourself or writing all the things on your mind - or even your "to do" list - clears the mind
8 Go outside into the garden or park, if possible barefoot and feel yourself grounded and connected to nature.
9 Sit quietly and bring your awareness into your head, breathing slowly in and out, feel yourself centering yourself into your body, rather than "floating", then bring your awareness into your heart. Open your eyes when ready
10 Find your solar plexus point on your hand - palmside, about 3 cm below the pointing & middle finger. Gently hold this point or rub your thumb over the area. The solar plexus holds lots of emotions & can help calm & release in reflexology

For techniques for balance and calm (hands-on or taught tools) please contact me to discuss your needs and we will make an individual support plan (in person or skype).

love and light
Romella

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