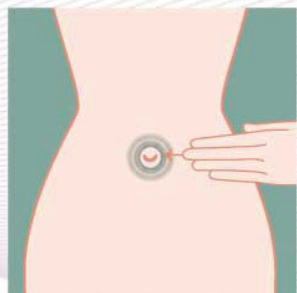
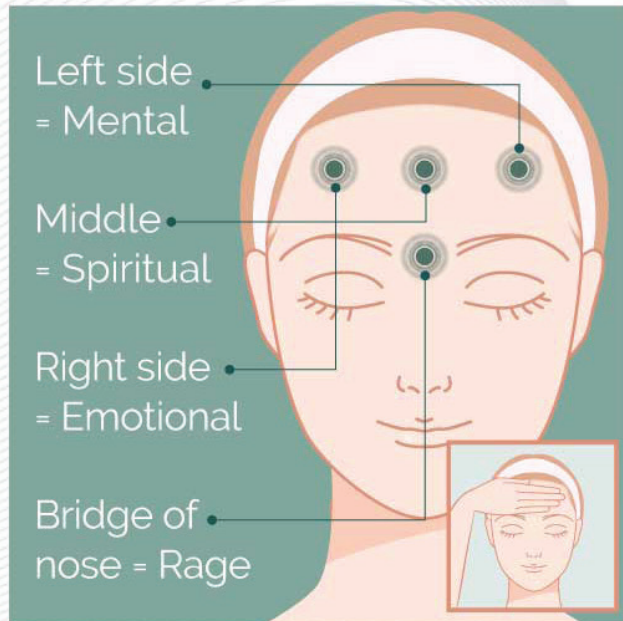


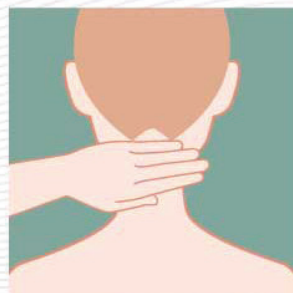
EMPATHS & HEALERS

Letting Go and Clearing/Releasing Tools

☑ Gently hold forehead:



☑ Belly button
= Center for emotions



☑ Back of neck
= PTSD, anxiety

☑ Return to sender - visualize it going back to the original sender

☑ Visualize yourself as a pass-through vessel, flow it down the river

☑ Visualize your own bubble

☑ Water (drink, shower, swim)

☑ Movement/dance

☑ Sound/music/tones

☑ Reduce sensory input

☑ Visualize or hug favorite tree

☑ Use crystals

☑ Play with animals

☑ Be in nature

☑ Breath work

☑ Visualize your day backwards

☑ Grounding meditation



kimholman.com



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INTENTION IS EVERYTHING