

## **Tools to Maintain Balance in a Chaotic World**

### ~ Breathe!

- Fill your belly first with air then fill your chest. Take slow deep breaths. Notice if you hold your breath at times and remember to take deep breaths.

### ~ Ground Yourself

- Sit on the floor close to a wall and then place your legs on the wall and lie on your back for about 10 minutes. This brings the energy down to your second and third chakras.
- Perform the child pose in yoga. Get on the floor, with knees bent and lower legs and feet underneath you, lower your upper body so that your chest is touching your thighs and your head is on the floor. Your arms are extended in front of you or back at your side. Hold for about 5 minutes.
- Sit on the floor and bring your feet together so that the soles of your feet are touching. Hold for about 5 minutes.
- Imagine a cord with a lead weight that is being pulled to the center of the earth dangling from the bottom of both of your feet. Feel your feet firmly planted on the ground. Or imagine that you are a tree and your roots are coming out of the bottom of your feet. Feel your roots moving deeper and deeper into the earth.
- Wear or carry hematite.
- Gently tap your fingertips together. Not only does it stimulate the meridians that are on the hand, it brings your awareness back to your body.
- While seated, place your right hand on your left knee and your left hand on your right knee.

### ~ Center Yourself

- Bring your attention to your belly, two inches below your navel and two inches inside from it. This is your geometric center. Now, project a line from this point the same distance in front of you as behind you. Project another line from your heart to your right and left, the same distance. Finally, project a line from this point up your spine through the top of your head and down your spine to the ground the same distance as the other lines. Without removing your attention from these lines, gently rock back and forth forward and backward and side-to-side. Notice how stable centered you feel. Now extend these lines to the grid or matrix around the

earth. Feel how you are connected to everything. This is your reference point.

~ Balance your chakras and reset your electrical circuits

- Five-Pointed Star – stand with your feet a little more than shoulder width apart and raise your arms to your sides with the left palm facing up and the right palm facing down. Hold the posture until you feel the energy flow into your left hand and through your body to your right hand. This stance resets your circuits.
- Do a chakra balancing meditation to music specifically made to balance the chakras. The chakras are the major energy centers in your body. You can think of them like a transmitter of energy from center to center. There are seven of them within the body: the first or root chakra is located at the tail bone, the second chakra located at the sacral area, the third is at the solar plexus area just below the rib cage, the fourth is at the heart, fifth at the throat, sixth at the brow or third eye, and seventh at your crown. As you listen to the music, imagine a spinning wheel of light coming from the corresponding chakra. Each chakra has a corresponding color that follows the colors of the rainbow, starting from the root chakra on up: red (root), orange (sacral), yellow (solar plexus), green (heart), blue (throat), indigo (third eye), and violet (crown). Apply these colors to the spinning wheels of light for each corresponding chakra.

~ Open your heart

- Become heart-centered. Ask your heart first. Notice how you *feel* about a thought, circumstance, or decision.
- Tone “ah” then the long “A” vowel sound and repeat.
- Meditate on the heart chakra, visualizing green or pink.
- Perform any chest-opening exercise. For example, bring your hands, palms up and elbows bent, in front of your heart. Move your arms toward your back as far as you can and repeat twice. Change from open palms to a fist and repeat moving your arms toward your back twice. Keep alternating hand positions every two repetitions.
- Massage and/or tap on the chest and sternum.

~ Balance your heart and your mind

- The heart holds wisdom; the mind holds knowledge.
- The heart is right brain, female, yin, and the subconscious mind.
- The mind is left brain, male, yang, and the conscious mind.

- Perform any exercise that alternates legs and arms or moves eyes from side to side. Examples are walking and swinging the arms (similar to marching), crawling, alternating arms and feet while swimming, and making a fist with your thumb in front of your eyes, move your fist making an infinity sign while your eyes follow your thumb.
- Use the Holon of the Octahedron that balances the masculine and feminine energies. With your imagination, completely surround yourself in two pyramids, with bases touching, one pointing up and one pointing down. You can also form the Holon of Balance by connecting the lines you formed in the centering exercise.
- Sing! Singing uses both sides of the brain.

#### ~ Reduce Stress

- Erase stress, negative thoughts and residual emotion by placing your thumb at the bridge of your nose and then move it up to your hairline. Do this three times. Then place your fingertips of both hands over each eyebrow then gently move your fingertips outward towards your temples. This relaxes the frontal brain and is like a reset button for your brain.
- Saying “I give myself permission to \_\_\_\_\_” allows your conscious mind to relax and expand to allow a new belief or behavior to emerge.
- Hum. Humming vibrates the bones in your skull and creates space for your brain to breathe. It is good for headaches and pressure in the head.

#### ~ Put yourself first

- You are at the center of your world and your center is in your heart.
- Take care of yourself first. Even the airlines know this: put your mask on first and then take care of another.
- Listen to your body. It is your messenger. Pay attention to how you feel physically and where you may have discomfort. Notice patterns.

#### ~ Remain in the now

- Become present with the now. Everything that ever was, is and is to be is happening in the miraculous moment of now. In other words, do not dwell on the past or worry about the future. Fear cannot live in the moment of now. If you choose, use this affirmation: This is a perfect moment and I am centered in the power of the present.”

#### ~ Live in harmony with Nature

- Follow nature’s lead. Live according to its rhythms, cycles and seasons.

- Take time to be in nature. Nature's energy is rejuvenating. Notice the beauty around you. The universal law, as without, so within, applies to you as well. The beauty that you see around you is within you as well.

~ Become an observer

- Do not get caught up in the chaos and drama. Say to yourself, "Isn't that interesting." Accept everything as it is. Turn off the TV, radio, ipod, smart phone, tablet, and computer if need be. (Did I forget any gadgets?!)
- If you are in a stressful or dangerous situation, say, "This reality is not acceptable." Know and feel how powerful your words are. You are a powerful creator and create your reality through your words.

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