



# Stress Relief and Clearing the Emotions of the Past

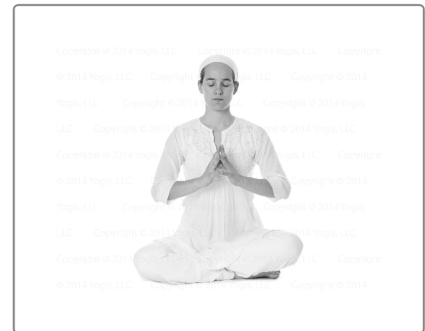
1 exercise 3 min - 31 min *I am a Woman - Creative, Sacred, Invincible*

This meditation is especially useful for dealing with stressful relationships and with past family issues. It addresses phobias, fears, and neuroses. It can remove unsettling thoughts from the past that surface into the present. It can take difficult situations in the present and release them into the Hands of Infinity. Practice for the full time given or until you feel relief from the stress.

## 1. Stress Relief and Clearing the Emotions of the Past

### **Stress Relief and Clearing the Emotions of the Past (3 minutes to 31 minutes)**

1. Sit in Easy Pose with a straight spine.
2. Place the hands at the center of the chest with the tips of the thumbs touching each other and each of the fingers touching the corresponding fingers on the opposite hand.
3. Leave space between the palms. The fingertips are pointing upward.
4. Look at the tip of the nose.
5. Breathe 4 times per minute: inhale 5 seconds, hold 5 seconds, exhale 5 seconds.



**Eye Focus** Tip of the Nose

