

Discover the Power of Your Hands

As we're celebrating Chinese New Year this week, why not have a go at painting this vibrant picture in your Creative Journal to remind you to take time out to relax using this simple, but effective Chinese technique to restore balance.

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Stress is something that we all experience from time to time and may be even more so during the current pandemic. Try this simple technique to balance the opposing energy forces within your body.

Each of the fingers in our hand represents a different kind of emotion or feeling.

- Start by taking one finger at a time, grasping it with the opposite hand and wrapping each finger around it.
- Hold each finger for one to two minutes. Wait until you feel the pulse. This is when you know it's working.
- To aid in **relaxation**, apply slight pressure to the centre of your palm with your opposite thumb and hold for at least one minute.
- If you practice this technique every day, your spirit becomes balanced, enabling you to deal with stress much more effectively.

