

Shifting and Opening Techniques

- Quieting your thoughts – meditation
- Gratitude and appreciation – seeing what you have not what you don't have
- Being in the Present Moment – being in the Now
- Acceptance, allowing, letting go and releasing
- Moving from head to heart – move to feeling instead of thinking
- Allow what ever you are feeling (emotions) to move through you
- Move from thoughts & feelings of fear to thoughts & feelings of love
- Ensure you have Balance in your life
- Forgiveness – forgiving lets go of the guilt, shame and resentment
- Moving to feel connected as opposed to feeling separate
- Journaling – putting in writing your most intimate thoughts and feelings – write from your heart
- Creative activities – painting, drawing, sculpting, playing music or singing
- Communing with nature – trying to feel the nature around you
- Working in your garden
- Exercise
- Eating well – healthy foods promote higher vibrational energy
- Drinking lots of water – the body is mainly water
- Listen to music and sounds
- Stillness and silence
- Self love – focus on sending yourself lots of love
- Laughing and having fun – life tends to become very serious if you let it
- Go to the movies – allow your mind to drift away from your “problems”
- Volunteering – giving to others can change your focus
- Visualizations – allow yourself to visualize the happy moments in your life or what you desire
- Affirmations – repeat positive statements to yourself