



Capacitar Practices to Transform Anxiety and Fear & Boost the Immune System



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar will offer some simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment.

For more resources: www.capacitar.org Capacitar International YouTube videos of the basic practices.

Fingerholds:

This practice is a simple way to reconnect with inner wisdom and to transform strong feelings. Often we judge emotions as “good” or “bad” rather than recognizing them as wise messages from the body guiding us in our response to challenges, dangers or people in our environment. With overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Holding each finger for several minutes while breathing slowly and deeply can release and balance pent up feelings.

The following emotions are associated with each finger.

- Thumb**—tears, grief, sadness, emotional pain
—transforms to wisdom and compassion.
- Index Finger**—fear, panic, terror
—transforms to courage and clarity for action.
- Middle Finger**—anger, rage, resentment
—transforms to focus, action and passion.
- Ring Finger**—anxiety, preoccupation and nervousness
—transforms to peace and strength.
- Small Finger**—lack of self-esteem, victimhood
—transforms to self-esteem and empowerment.
- Center of the hand**—peace, harmony, balance, wellbeing.

To Ground & Center: Hold fingertips together, cross the ankles and breathe deeply to center and ground yourself when feeling overwhelmed.



Acupressure for Anxiety & Fear:

These points held gently while breathing deeply can release congested energy and alleviate pain and strong feelings.

Anxiety Point in the Outer Wrist

Press the point in the indentation on the outside of the crease of the wrist, down from the small finger.

Fear Points by the Arm Socket

Cross your hands in front of the chest and with the fingertips locate the points in the sensitive areas in the outer part of the upper chest near the arm sockets. The points help alleviate feelings of fear as well as chest-lung congestion. These points can also be tapped like a butterfly to calm and soothe oneself.



Immune System Boost

These points boost the function of the Immune System to strengthen natural resistance.

Elbow Points

With the index fingertips press the points on the outer creases of the elbows.

Chest Points

Press the points under the heads of the clavicles on both sides of the sternum.

You can download Capacitar’s Emergency Kit available in over 27 languages from www.capacitar.org.