



FIVE MAGIC WANDS FOR MANAGING STRESS WITH ENERGY MEDICINE



Magic Wand #1: Crossover Shoulder-to-Opposite-Hip Swipe

Purpose: Enforce crossover patterns vital for correct energy organization and cognition.

How to do it:

1. Crossing over your chest, place one hand on the opposite shoulder; press your fingers in.
2. With gentle, but firm pressure, swipe across your torso to the opposite hip.
3. Repeat on the other side. Perform multiple times.

Reflect: How do you feel after completing this exercise? Does your mind feel clearer?



Magic Wand #2: Hook-Up

Purpose: Create a radiant force field. Help you feel more centered and balanced.

How to do it:

1. Place the middle finger of one hand on the Third Eye (between the eyebrows above the bridge of the nose).
2. Place the middle finger of the other hand in or just below the navel.
3. Gently press each finger into the skin and pull upwards. Hold for 10-30 seconds or longer while deeply breathing in through the nose and out through the mouth.

Notice: A deep sigh or yawn often signals that your energies have *hooked up*.



Magic Wand #3: Hold the Main Stress-Relief Points on the Forehead

Purpose: Calm the nervous system. Restore your ability to think clearly.

How to do it:

1. Tune into your main stressor.
2. Put your thumbs on your temples next to your eyes.
3. Lightly place your fingertips on your forehead, covering the frontal eminences (*aka the Oh my Gosh points*).
4. Hold for 1-3 minutes while breathing deeply, in through the nose and out through the mouth.

Observe: Are you noticing a transition from being the main actor in your stressful scenario to becoming an uninvolved observer?



Magic Wand #4: Relaxation Smoothie

Purpose: Release stress and support the immune system.

How to do it:

1. Place your thumbs on your temples and fingers on your forehead.
2. With gentle pressure, slowly pull your fingers to the temples and hold for at least one deep breath, breathing in through the nose and out through the mouth.
3. On another deep in-breath, slowly slide your fingers up and around your ears, smoothing the skin while maintaining some pressure.
4. On the out-breath, move your fingers down and behind your ears, down the sides of your neck, and hang them on your shoulders.
5. Drag your fingers over your shoulders to the middle of your chest, crossing your hands over your heart. Repeat as needed.

Check-In: Did you notice any change in your stress level?



Magic Wand #5: Balancing Hug

Purpose: Create a sanctuary for yourself.

How to do it:

1. Wrap your right hand around your left side, anchoring your thumb just below the armpit.
2. Wrap your left hand around your right arm, just above the elbow.
3. Gently rock or stay still for at least three deep breaths. Repeat on the other side.

Connect to Yourself: Are you feeling more nurtured, safe, and supported?

Integration/Review

After completing these five techniques, take a moment to notice any shifts in your stress level or body sensations.

Disclaimer: All material presented is for educational purposes only and does not constitute medical advice. If you are pregnant or have a medical condition, please consult with your licensed healthcare professional for guidance. Energy Medicine stimulates innate health-promoting mechanisms that restore the body's natural state of well-being. It is not a regulated medical practice and does not attempt to diagnose, treat, cure, or prevent any disease.

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For Questions and Additional Information, Please Contact Verena Vomastic, PhD, at 719-648-5234.