

## The Stress Calming Technique

This visualization technique was learned in our study with Natural Healing. You can find more information on this technique at [www.nhseminars.com](http://www.nhseminars.com). This visualization should only take a minute or two. I suggest that it be used at least every morning and night. It can be done at any point during the day when and if the need arises.

### Step 1:

Place the right hand over the left hand, interlocking the web of the thumbs. The right ring finger and index finger will flank the left wrist while the middle finger will run up the back of the left wrist and forearm. Next, place both hands over your belly-button/navel. Hold your hands in this position until the exercise is over. You can be sitting or laying down to do this visualization.

Close your eyes and visualize a spark of white light inside your body (usually in the area of the chest). Use your breath to mentally fan this spark to make it grow bigger and brighter.

### Step 2:

Once the spark is the size of a tennis ball, use your breath to spin this ball of energy in a clockwise direction (as if a clock were sitting on your chest).

With every breath, the ball of energy will spin faster and will grow until it fills your entire body.

Take a deep breath in and exhale, visualizing the energy pop out of your body to surround a space six inches past your skin.

With the next deep inhalation, suck the energy back into your body (just under your skin).

### Step 3:

Now picture a pool in front of you that appears to be filled with liquid diamond. Dive into this pool so that the diamond covers every crack and crevasse of your body. Step out of the pool and the diamond will dry instantly forming a free-flowing solid diamond covering for your body.

Exhale and push the energy inside your body out against the diamond covering to make it extremely taught.

Jump back into the pool and repeat the dipping process. Climb out and it will be dry and completely flexible.

Now picture another pool of soft pink liquid. Dive into it and be sure that there are no gaps in the pink covering. Climb out of the pool and the pink covering will be completely dry and flexible.