

ANXIETY TO PEACE

What you can integrate into your day-to-day or leave behind to shift your nervous system towards greater resilience, calm and relaxed:

- Splash **cold water** into your face (20-30 sec) in the morning
- Cold shower (start warm for 2-3 mins, then turn to cold (up to 2 mins) and begin with feet, legs, hands, arms, then torso and face; keep the breath calm – if too irregular, turn to warmer, finish warm or neutral)
- Ice baths (2-3 mins), for post-menopausal women or if your nervous system is very easily dysregulated choose cold baths instead (50 – 55 degrees Fahrenheit)
- **Breathwork** (e.g. Holotropic Breathing) to release stuck emotions and trauma energy
- Baby Belly Breath, Rectangular Breath (see recordings in your membership site)
- Calming Chakra Breathing practice (see recording in your membership site)
- **Movement and breath awareness practices** like Qi Gong, Tai Chi, Yoga; physical exercise like running, biking, hiking, walking, climbing, swimming, dancing...
- **Practice Forgiveness** (e.g. Ho'oponopono)
- Devotional practice/prayer, contemplation, **meditation** in general
- **Time in Nature**, earthing with bare feet, spend time by water, trees, animals ...
- **Silence, stillness and solitude**, just YOU - reset your nervous system and let your inner knowing surface
- **Healing sounds:** music, mantras, humming, singing (see recording in your membership site)

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- **Cultivate your energy body** (see Calming Chakra Breathing practice, and for more depth check out the course “Energetic Sovereignty”)
 - **Emotional Freedom Technique** (EFT, Tapping, see recordings in your membership site)
 - Live in **rhythms** throughout your day, week
 - Rescue Remedy, Bach Flowers, herbs for calmness
 - **Shaking or Heel Bump** to release pent up energy leading to anxiety or acute shock or trauma (see recordings in your membership site)
 - **Cleanse** to reset your digestive tract or be more specific and clear parasites, yeast and candida overgrowth... to restore your intestinal health for hormonal and nervous system balance
 - **Healthy whole foods diet**, low or no sugar intake, less or no coffee and substances in general (take a break for a week and see how you feel) less time on screens, esp. first and last hour around sleep; no violence
 - **Slow down**: eating, speaking, moving...
 - **Un-program limiting beliefs** (see recording in your membership site)
 - **Get sufficient rest/** early hour sleep
 - Avoid people, environments and other sources that bring down your energy
 - Receiving massages, acupuncture, gentle chiropractic work or other **holistic health care modalities** can be very supportive; don’t become dependent
 - Get to the core of the issue: **Inner Alchemy** (see recordings in your membership site)