

Switching—To Center and Balance the Mind and Body

Switching is a simple and brief exercise that is very beneficial for calming yourself and centering the mind-body-spirit. The practice is adapted from Brain Gym, Switch Up, and Emotional Freedom Technique exercise for reversal of energy flow. Switching may be used at any time and is particularly helpful before meditation or prayer, to lighten depression or anxiety, or when needing to calm or settle. The practice can be used individually or with groups of all ages, before a therapy session, when transitioning a class to a new activity, or to refocus after a busy or active time.

Follow this sequence of steps in order:

1. Sit comfortably and take several deep breaths.
2. Cross your left ankle over your right ankle, keeping feet comfortably on the floor.
3. Extend your hands forward and turn your hands over so that the thumbs point to the ground.
4. Cross your right hand over your left hand and interlace your fingers.
5. Keeping fingers interlaced, touch the center of the sternum.
6. Close your eyes, breathe deeply, and relax your entire body. Imagine that you are able to drop down deeply into the center of your being. (You can imagine a center beneath your navel in your abdomen. For the people of China, this center is called the Dantien. In India, this is the Hara.)
7. Relax your tongue with the tip of the tongue touching behind the upper front teeth.
8. Breathe deeply and let go of all thought. Rest in stillness and deep peace for several minutes.
9. After several minutes, relax your hands into your lap. Breathe slowly and open your eyes.
10. Stretch your hands and arms. Gently tap your head to stimulate your brain and energy.



Left over right



Hands forward



Thumbs down



Right over left, interlace



Touch sternum



Relax



Hands to lap



Stretch, tap head lightly

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