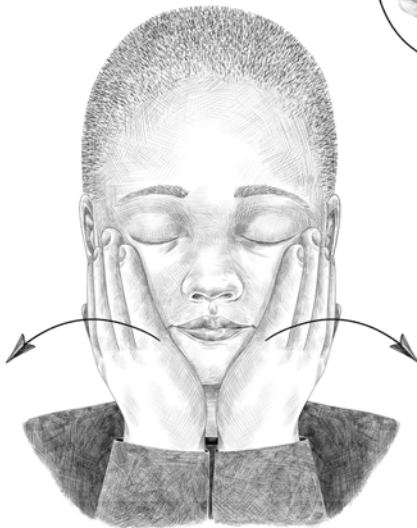
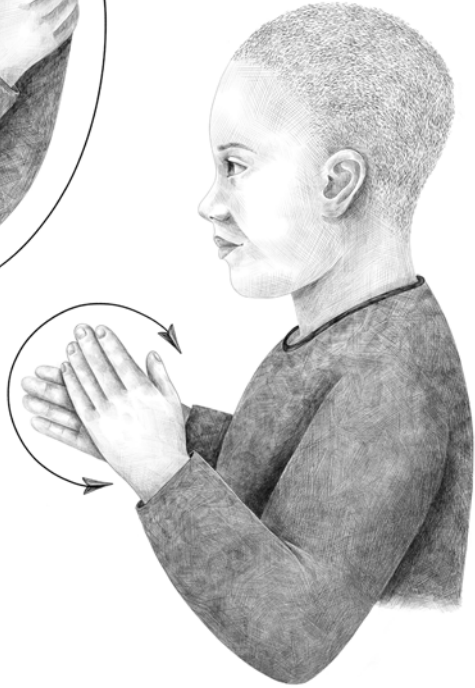
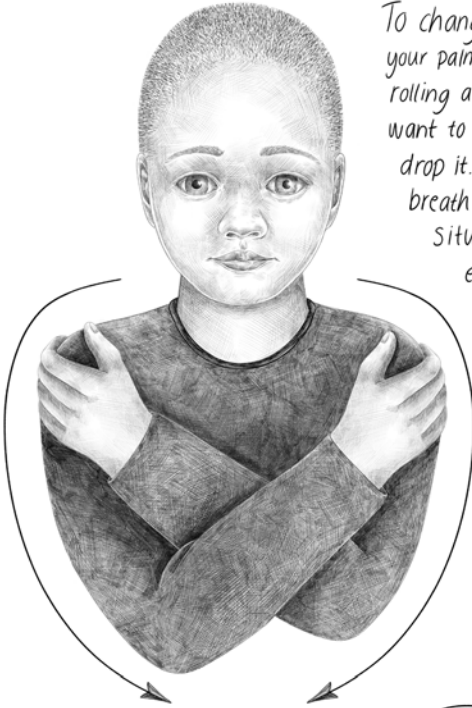


Self Havening

To change an unwanted emotional state, rub your palms in a circular motion as if you are rolling a glass pearl between them. You don't want to crush it and you don't want to drop it. Hum a tune gently under your breath and look for a memory of a situation that reminds you of an emotion you would like to have.



Explore the difference, however small or large it may be. Where it is in your body. What it feels like. How you breathe. Try the other movements and hum the tune again. Stop and notice what is different.