Finger/Emotion Correlations

When you are feeling stress, think about the source of the stress. What feelings are underneath the anxiety?
Are you experiencing pain or tension in a specific organ?

Once you identify the feeling or organ you want to support, hold the corresponding finger with the opposite hand until the feeling of balance comes. You can also work through all the fingers for an overall relaxation.

Effort

"One hand full of rest is better than two fists full of labor and striving after wind." Ecclesiates 4: 6

Sadness

"The LORD is near to those who have a broken heart, and saves such as have a contrite spirit." Psalm 34:18

Anger

"Don't hasten in your spirit to be angry, for anger rests in the bosom of fools." Ecclesiastes 7:9

Fear

"Do not fear for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you. Surely I will uphold you with my righteous right hand." Isaiah 41:10a

Worry

"Therefore do not worry about tomorrow, for tomorrow will worry about it's own things, sufficient for the day is its own trouble." Matthew 6:34



Remember to use a light touch.

"O taste and see that the LORD is good; How blessed is the man who takes refuge in Him!" Psalm 34:8

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