

Mini Support Guide for Challenging Times



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Welcome

TOOLS TO HELP YOU THROUGH



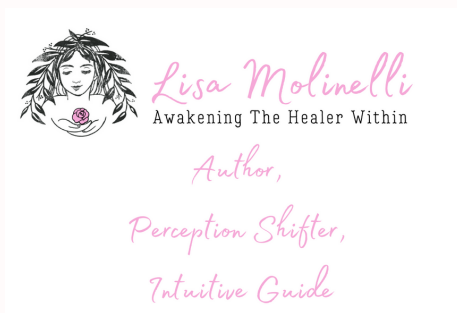
Lisa Molinelli
Awakening The Healer Within

These are unprecedented times and as I have gone through my own struggles with fear and anxiety and a roller coaster of emotions, I thought I would share some of the tools I have been using to get through with you.

If our fight-or-flight response is constantly on overdrive, we are in danger of emotional, mental and physical burnout. Stress also leads to a weakened immune system and a myriad of health issues. It can cripple our daily lives. I am sure you understand these feelings, living through the last few months!

I hope these tools give you some relief, support and self-empowerment to help you thrive in the days ahead.

With love,



Releasing Fear & Anxiety

CALMING YOUR NERVOUS SYSTEM



Fear and anxiety have been acute for all of us during this crisis, and it is taking a toll on our emotional, mental and physical well-being. I find it is easier to relax the body, and then work with the mind, as the mind may be just too wound up to focus on a solution.

Below are links to six exercises I have learned from [Donna Eden](#) that we can do to calm ourselves down (without using our thinking mind) from acute states of fear and anxiety.

The Energy Exercises

1. [Triple Warmer Smoothie](#)
2. [The Wayne Cooke Posture](#)
3. [Forehead, Heart Meridian, Fist Release](#)

1. The Triple Warmer is your Flight/Fight Response Calmer.

2. The Wayne Cooke Posture helps with an over-wrought mind and is excellent for anxiety.

3. The next three are in one video for relieving stress and over-active minds.

Each one of these exercises uses your breath as well to help release your stress. Donna Eden suggests breathing in through your nose and out through your mouth as a completion of energy flow.



There is a Light we cannot See

FAITH IN THE UNKNOWN

Time is relative to where we put our focus. It is ruled by our perception. Waiting for something to pass seems agonizingly slow. For me, I found that Spring took forever to arrive, and of course it feels like Covid-19 will never end.

"This Too Shall Pass" is a sentence to bring you peace, as nothing really lasts forever. If you can count on anything constant it would be the reality of change.

Trust that this too shall pass.



These words have the power to shift you out of a mindset of frustration, intolerance, impatience or feeling out of control, just to name a few. Many times I have been frustrated with the current situation and all it entails, wishing for things to be "normal" again. Wishing causes more pain. Make the choice to accept how things are right now.

Acceptance is the act of allowing things to be as they are, not how we want them to be. It is the opening of a pathway of freedom in our heart, releasing the heavy and intense feelings caused by the impossibility to have what we desire right now. When you allow yourself to accept that which you cannot control, your entire being will shift to peace. (With practice of course!)



Present Moment Power

IN THE NOW YOU REST



A profound event occurs when you tune into the present moment; time disappears, and you become 'mindless'. It is kind of a dichotomy; by using your mind to focus on the present moment, you are no longer in your mind.

How to do it: Focus your mind on the task at hand with 100% of your attention. This is called the NOW moment. If you are focussed in this NOW moment, there are no other moments. Nothing else exists.

Doing this allows your nervous system to rest and your mind to calm.

This is especially effective if you are experiencing anxiety. This is also a form of meditation that you can do while doing chores (folding the laundry or washing dishes for example) or you can get comfortable and gaze at a flower and gently focus on the details of the petals or tune in to the music of birdsong in the morning.

The key is to tune in fully to what you are doing in the moment. It takes practice, but reaps great rewards.

Be Gentle With Yourself

NURTURE AND SUPPORT

If you are struggling and can't seem to find your footing in this new place we are in, don't judge yourself. This pandemic isn't easy to maneuver. It is a huge shock to us collectively and we all are on a new learning curve. Make time for yourself to recharge and practice self-care. Do something you love to do. It is okay to take care of ourselves, in fact, it is essential that we do. Our physical, mental and emotional health all need to be optimal at this time.



Surrender

RELEASING TO A GREATER POWER

Sometimes when you can't find an answer, no solution through trying, our mind exhausted and weary, relief can come through the power of surrender.

Surrender isn't giving up in a defeated energy, but a release of burden to a greater power; whatever that is to you.

An easy exercise to practice surrender:



Sit and take a few calming breaths. Now imagine a balloon hovering in front of you, any colour you like. Now, imagine you are putting all of your current struggle into the balloon. Just see it as a dark ball of energy and place it in the balloon. If you want to be more detailed, you can imagine all the words written down in a letter and put that in the balloon instead. Once your struggle is inside, allow the balloon will rise high into the sky until it disappears from view. Your only job is to continue to let it go and not bring your struggle back to your mind. Surrendering takes faith in a source unseen to help you find the solutions you need. Trust this.



I hope this guide will help you get through this with more peace.
With love,



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