

SOOTHING BUTTERFLY HUG

(The Butterfly Hug method was originated and developed by *Lucina Artigas* during her EMDR work with the survivors of Hurricane Pauline in Acapulco, Mexico, 1998)



Purpose:

To open the heart, balance the hemispheres, and help resolve intense emotions after trauma

Use when:

- Feeling anxious or emotional distress
- Feeling attacked or traumatized
- Feeling disconnected
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Common experiences:

- Feeling more relaxed and balanced
- Feeling more heart-centered
- Feeling more resourced and re-connected



Steps:

1. Place the right hand on the left upper arm and the left hand on the right upper arm or place the hands on top of each other at the center of chest.
2. Alternate the movement of your hands tapping one arm or side of chest and then the other like the flapping wings of a butterfly
3. Your eyes can be closed or partially closed
4. Breathe slowly and deeply
5. Either focus on an emotional distress or trauma; OR
6. Observe what is going through your mind and body such as thoughts, images, sounds, odors, feelings, and physical sensations, just like clouds moving through the sky, with no judgment.
7. Continue until you feel calm and your thoughts have settled.



Follow along with the video: <https://youtu.be/-AdFG7gek18>

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