

FIGURE EIGHTS AROUND THE EYES

(as taught by Donna Eden – www.learnenergymedicine.com)



Purpose: To calm racing thoughts, promote right-left hemispheric integration, experience greater mental clarity.

Use when:

- Feeling confused or uncoordinated
- Feeling out of balance.

Common experiences:

- Calms the brain
- Feeling alert and greater clarity
- Feeling more connected

Steps:

1. Close your eyes (or you can leave them open if you wish).
2. Trace a figure 8 horizontally in the air about 3 inches in front of the eyes.
3. Trace the figure 8 around both eyes about ten times.

Follow along with the video:

<https://www.youtube.com/watch?v=O97kyZp4WAc>

The information in this document is educational in nature and is provided only as general information for stress reduction. It is not intended to create, and does not constitute a professional relationship between Resource for Resilience project team members or the Association for Comprehensive Energy Psychology (ACEP) and the viewer. It should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature whatsoever.