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

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