

Exercises and Techniques to Calm and Center During Stressful Times

Our very foundation of what we understand as 'reality' is being tested, prodded, and challenged. Now more than ever, it is imperative for each of us to build a life on solid ground and to live optimally in our Truth. In addition to these exercises, a great invitation is sent...asking each of us: **What are you resisting? What are you allowing? What do you focus upon? What brings you Joy...Love...Passion...Purpose?**

I personally find Energy Medicine, Rhythmic Integration, Intentional Breathwork, Meditation, Movement/Stretching, sharing cherished moments with loved ones, nourishing my body with clean food and water, and spending quiet time in nature to be the most organic, natural, and profound forms of Healing and access to Radiant Joy! It is a delight to witness and work with powerful gateways into lasting healing and meaningful connection. Once these gateways are opened, we can learn to recognize and work with our most subtle aspects. I find this particular collection of techniques most helpful during times of stress and am compelled to share them.

These videos are loosely organized into general categories, although many overlap throughout for great benefit to your entire system. Please follow each link as you are called, and share this document with loved ones. Click directly in this document or cut and paste them into your web browser. These videos are presented by wonderful teachers and dear heart-family members across the world community. I hope you receive much from them. A special thank you to Donna Eden, David Feinstein, Dondi Dahlin, Titanya Dahlin, Prune Harris, Jim Donovan, and Nick Ortner for offering these powerful and shifting videos with the greater community.

You are divine, loved, supported, cherished, and entirely perfect just as you are.

With love and gratitude ~
Jennifer Mills

OVERALL STABILIZING AND CENTERING

The Daily Energy Routine with Donna Eden (11:48)

<https://youtu.be/Di5Ua44iuXc>

The Daily Energy Routine with Prune Harris (16:26)

<https://youtu.be/nN2uq78Y2bE>

LETTING GO OF OVER-ENERGY

Releasing Grief and Sadness with Titanya Dahlin (1:10)

https://youtu.be/hX2rB_mLm84

Bringing Down the Flame with Prune Harris (1:40)

<https://youtu.be/dZiVtQ3QGWA>

The Blow Out with Dondi Dahlin (0:57)

<https://youtu.be/i4-FcU8CRVg>

Alleviate Stress by Doing the Crown Pull with Dondi Dahlin (1:00)

<https://youtu.be/2bizbnp2tpU>

CALMING THE FIGHT/FLIGHT/FREEZE RESPONSE

Balance Triple Warmer for Tension Relief with Prune Harris (3:15)

https://youtu.be/iC_wl51SmRg

Holding Your Main Neurovasculars with Prune Harris (2:55)

<https://youtu.be/KycV6jXo3k0>

The Mellow Mudra with Prune Harris (2:52)

<https://youtu.be/BLGXSP8mfkl>

Massaging the Arm Attachment Stress Points with Dondi Dahlin (0:51)

<https://youtu.be/cpgiT16vsyg>

Heart Hold for Serenity with Prune Harris (4:06)

<https://youtu.be/Tdq0JIUc9Ok>

Release Stress (Triple Warmer Smoothie) with Donna Eden (1:13)

<https://youtu.be/WfKnReKpkn8>

Take Your Stress Levels Down with Donna Eden and David Feinstein (1:02)

https://youtu.be/M1S_IveTr5k

The Triple Warmer Smoothie with Prune Harris (1:18)

<https://youtu.be/shUh6ygli4U>

Rhythmic Tapping and Breathwork with Jim Donovan (10:34)

<https://www.facebook.com/JimDonovanDrums/videos/862321274707/>

How to Tap: EFT with Nick Ortner (4:06)

<https://youtu.be/XyHxuTG6jRk>

INTEGRATION

The Dragon Breath with Prune Harris (4:12)

<https://youtu.be/gkoGsr0A7d8>

The Serenity Hook Up with Prune Harris (1:33)

<https://youtu.be/8QSfCAGeCt0>

Triple Axis Hold for Hormones with Prune Harris (3:58)

<https://youtu.be/msLoZnfjneU>

The Hook-Up with Dondi Dahlin (0:50)

<https://youtu.be/VZlyZp7-Eck>

OPENING TO THE GREATER SOURCE

Heaven Rushing In with Prune Harris (1:58)

https://youtu.be/xQr8gNRLI_Q

Trust: An Everyday Essential with Prune Harris (3:47)

<https://youtu.be/meFSoh90ka0>

Palms of Peace and Trust with Prune Harris (5:45)

<https://youtu.be/C-1DA06xziA>



The Energy Experience ~ Experience Your Energy!

Jennifer Mills is an Eden Energy Medicine Certified Practitioner, Reiki Master, facilitator, and student of life's beautiful transitions through story and sacred practice. We ALL have the innate ability to move towards healing, and her passion is to help empower others to fully embrace their own health, joy, and unique vibrancy along the journey.

Jennifer currently serves as the Communications Coordinator for Eden Energy Medicine Programs, based out of Ashland, Oregon.

www.TheEnergyExperience.net

jennifer@theenergyexperience.net