

Keeping the Wolves at Bay

Anxiety

The drug, valium, which I used to allay claustrophobia in the NYC subways in the 80's, has an herbal precursor called valerian. You can get valerian capsules in a health food store.

There's an amino acid called L-Theanine that's good for anxiety. You can order it through sourcenaturals.com.

Chamomile tea is soporific. Unfortunately it's also a diuretic, so you may have to pee in the middle of the night and then drink more chamomile to get back to sleep...

Yoga

All forward bends are relaxing. Touch your toes (or bend as close as you can) with straight legs and hang out there for a while.

Breathing

Breathing through the left nostril is relaxing. The right nostril breath energizes. When you're trying to fall asleep, lie on your right side so the left nostril is on top. You'll start breathing through the left nostril that way. Conversely, if you have to get up but aren't yet ready, lie on your left side so the right nostril will be up, and, hopefully you'll find yourself more in the mood to rise shortly.

Take deep breaths, starting with a complete exhale. Sigh out your exhales. You can get creative about what you're inhaling (what you want to draw into your life) and exhaling (what you'd like to surrender).

Alternate nostril breaths can balance and calm you. Inhale through the right nostril. Exhale left. Inhale left. Exhale right. Inhale right. Exhale left. Inhale left, exhale right. (basically exhale, inhale, switch nostrils).

Shaghal breath: It's a little funny looking. Obviously don't do this when you're driving or in public. Cover your closed eyes with your index fingers (don't press down on the lids). Close your ears with your thumbs. Put your ring and little fingers over your closed lips. Close the left nostril with your middle finger. Inhale through the right nostril and hold the breath in, closing the right nostril with the right middle finger. With the held breath, curl your tongue back so it presses up against the soft palate, and roll your eyes up and back. Exhale through the right nostril and repeat as many times as it takes you to relax or fall asleep. Don't try this before doing something that requires your alertness.

Chanting

Play a CD of the sound OM and sing along (it's one note). Or just chant om without the cd. Om evokes your cosmic dimension, which means you leave your day to day stuff behind and feel one with everything instead.

Meditation

Visualize yourself as the embodiment of peace. If you can't imagine that ever being possible, pretend you're someone like Gandhi and feel the way he did. How good an actress are you?

Imagine yourself as earth, water, fire, and air. (Do them one at a time). Take on the qualities of each, ie. the strength of earth, the resilience and adaptability of water, the brilliance of fire, the vastness of air. If you're good at visualizing things, notice what you look like as earth, air, fire and water). Becoming anyone/anything other than your stressed out self helps.

Brain Integration

There are a couple of techniques that I like from Educational Kinesiology. One is called cooks hook ups. It's in two parts: 1) Cross one wrist over the other. Cross one ankle over the other. Draw your palms together and interlace your fingers. Bring your clasped hands to rest on your heart. Relax. Breathe deeply. Imagine stress draining out your body into the earth.

2) Unclasp and uncross everything. Put your fingertips together with the palms apart, and let the hands move spontaneously in that position until they come to rest.

The other brain integration exercise is called positive points. About an inch above each eyebrow is a horizontal indentation. Put your finger tips there and bring to mind any of your concerns. This might help neutralize them.

The obvious stuff

No caffeine after 3 pm. No George Bush on tv at bedtime. Set limits with yourself about the kind of thoughts you will entertain. If something you don't want to think about comes up, change the channel in your brain. Decide in advance what relaxing image you will replace it with. Surround yourself with relaxing colors (blues are calming, reds aren't), music, fragrances (lavender is relaxing).

Depression

L-Tryosine

L-Theanine

Albizzia

Selenium

Rhodiola Rosea Root

Hold a herkimer diamond in each palm

Buy crystal stylus at quantumstylus.com

Aerobic exercise

Sit ups - according to kundalini yoga, depression is a 3rd chakra issue

Write the letter "p" as instructed in the Vimala Alphabet.

<http://www.iihs.com/vimala-alphabet.html>

Consume ginger

Journaling

Add stabilized oxygen (from the health food store) to water

Eat concentrated greens like blue green algae, Barleans Greens, Spirulina, Green Vibrance. These come in capsules or tablets. Most others come as loose powder, which tastes gross.

Jump on a trampoline or rebounder.

Do kundalini yoga, especially the DVD called Yoga Bliss Hips by Ravi Singh and Ana Brett.

Meditate on light and ecstasy. Pir Vilayat delivered some inspiring ones, available on www.theuniversel.net.

Walk in nature.

Continuum movement or read the book that is its "Bible": Sensitive Chaos by Theodore Schwenk

Essential oils: bergamot, mandarin, rose, rosewood, jasmine, patchouli (I haven't used them for this purpose)

Eat potatoes before bedtime, as per the book Potatoes Not Prozac.

Inspirational readings

Full spectrum fluorescent lighting

St. John's wort

5 HTP

Sleep

Avoid negative self-talk (Read Soul Without Shame by Byron Brown for pointers)

According to thepowerpath.com, depression is the false personality. Get into your true, boundless Self.

Read Sacred Choices by Christel Nani to uproot limiting beliefs

Read The Presence Process to uproot causes of feelings and stay in the now.

the emotional freedom technique (emofree.com),

holographic repatterning (now, I think it's called resonance repatterning),

massage

co-counseling

bioenergetic therapy...

"Don't do anything that would make your conscience feel guilty."

Staying tuned in to my heart and listening carefully, observing the flow of energy, the beat, the light and heat. This is a non-verbal space, great for quieting the mind.

Living slowly enough to take in the miracles of existence.

HigherAwareness.com has a free series of 16 emails about living in joy.

