

Mind-Moving (M-M): Directions for Using M-M for Stress Relief

MOVE YOUR MIND: Everyone moves their mind around in their body, though few seem to be aware of it. Simply think of where your mind goes when you stub your toe, cut your finger, or have any kind of bump, burn, bite, scrape, or cut. Your mind leaves your skull and enters the injured body part. The most important aspect of Mind-Moving is to move your mind into different parts of your body in a balanced way. One way you can get yourself to mind-move is to feel just one opposite part at a time. Practice one of the following four formats at least 3 times a day for 5 minutes so that you can do it easily and well whenever you need it for stress relief.

M-M BREATHING: Format for quieting most anything in four repeating steps.

1. Move your mind into the bottom of your stomach and breathe in.
2. Move your mind into your heart and breathe out.
3. Move your mind into your left hand and breathe in.
4. Move your mind into your right hand and breathe out.
5. Repeat in order (1–4) until the urge, drive, compulsion, pressure, pain, emotion, feeling has either passed or been greatly reduced in intensity. Reduce on a scale of 1–10 down to 0 or 1.

M-M HUMMING AND COUNTING: Format for when breathing or moving the mind is a problem.

1. Move your mind into the pit of your stomach and hum a few bars of an actual song: one that does NOT make you laugh or cry. Christmas songs and nursery rhymes often work such as *Jingle Bells* or *Mary Had a Little Lamb*. Hum in your mind in your left hand NOT out loud.
2. Move your mind into your heart and count to 7. Count in your mind in your heart.
3. Move your mind into your left hand and hum the same song for a few seconds.
4. Move your mind into your right hand and count to 7. Count in your mind in your right hand.
5. Repeat in order (1–4) until the urge, drive, compulsion, pressure, pain, emotion, feeling has either passed or been greatly reduced in intensity. Reduce on a scale of 1–10 down to 0 or 1.

M-M VERBALIZING: Format for improving concentration and focus for work and school.

1. Move your mind into the bottom of your stomach and in your stomach quietly think one of the following words: quiet, calm, peace, relaxed, relax, safe, still, silent.
2. Move your mind into your heart and in your heart quietly think one of the following words: quiet, calm, peace, relaxed, relax, safe, still, silent.
3. Move your mind into your left hand and in your left hand quietly think one of the following words: love, compassion, mercy, forgiveness, understanding, kindness, care.
4. Move your mind into your right hand and in your right hand quietly think one of the following words: truth, justice, law, order, logic, goal, path, way, fact, honesty.
5. Repeat in order (1–4) for the sake of improving your concentration and ability to refocus at will. This format can also be used for stress and compulsion relief like the other 3 formats.

M-M VISUALIZING: Format for improving creativity and intelligence.

1. Move your mind into the bottom of your stomach and visualize a happy scene from your past.
2. Move your mind into your heart and visualize that same pleasant memory in great detail.
3. Move your mind into your left hand and visualize that same positive memory in a general way.
4. Move your mind into your right hand and visualize that same pleasing memory in great detail.
5. Repeat in order (1–4) until the urge, drive, compulsion, pressure, pain, emotion, feeling has either passed or been greatly reduced in intensity. Reduce on a scale of 1–10 down to 0 or 1.

OPTIONS: Experiment and make M-M personal.

1. For difficult times: Move between the following sets over and over again while moving to your stomach and heart in-between: left toes right toes, left foot right foot, left ankle right ankle, left knee right knee, left hip right hip, left shoulder right shoulder, left elbow right elbow, left wrist right wrist, left hand right hand, left fingers right fingers, left cheek or jaw joint and right cheek or jaw joint, left ear right ear. Except for the ear, they are body joints.
2. You can use just your feet instead of just your hands. Or, you can use any pair of opposite body parts that is easy for you to move in and out of without pain or problem.