

Transforming Autism Workshop 2.0: A Live, Interactive Event

5 Energy Techniques to Help Calm an Upset Child

By Luminara Serdar



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TECHNIQUE

YOUR INTENTION

ACTION

Energy Sweeping



To smooth energy, give areas that need it more (like the brain), and take excess energy from areas that have too much.

Trust that the body knows where there is too much or too little energy.

With your child lying down, face up, put your hands hovering over the top of her head and sweep slowly down her body. Keep the intention in mind as you are sweeping.

When you get to the bottom of the feet, put the excess energy into an imaginary trash can and 'put the lid on it'. You may sweep more than once, up to 3 or 5 times.

Note how your child is afterward.

TECHNIQUE

YOUR INTENTION

Creating Energetic Protection



To make an energetic bubble around your child's body to protect outside energies from getting into his energetic space and affecting him.

ACTION

With your child standing up, sweep your hands all around her from above her head, around her front, sides and back of body, imagining a bubble of protection surrounding her.

Bring your hands all the way down to her feet to seal the bubble.

Teach her to do this to herself, along with the intention of why she is doing it.

TECHNIQUE

Grounding



YOUR INTENTION

To help your child get grounded back into his body, especially if he seems spacey or in his own world and/or dump excess energy or toxicity into the ground.

It may help to do this before focusing on a task, like homework.

ACTION

Lie your child on his back with feet on the bed or floor, knees bent (in sit-up position). Or, do this with your child standing up or sitting on the couch with feet on the floor.

Hold his ankles while holding the intention in mind, to release excess energy into the floor. Both of you take some deep breaths.

Have him hold the intention and imagine the energy going out of his body and into the ground at the same time you're doing it.

TECHNIQUE

YOUR INTENTION

ACTION

Brain Calming [Craniosacral Therapy]



To calm your child's nervous system, to optimize the flow of cranial sacral fluid between the brain, top of spinal cord and bottom of spinal cord.

You're creating balance, peace, ease, flow so the nervous system as a whole can calm down.

Sit down with your child's head in front of you or in your lap, his body and legs stretched out in front of you. Hold the back of his skull in your hand, your fingertips close to the bottom of the skull where it meets the spinal cord, the back of his head in your hands. Sit quietly and feel.

Do you get any messages about what to do? If so, do it. If not, imagine an easy flow of fluid from the top of the spine to the bottom of the spine, allowing the energy to flow through what may seem like congested areas.

If you feel like you don't know what you're doing, you're in good company! Just keep your hands there, take deep breaths, and imagine a calm, restful nervous system and body.

TECHNIQUE

Heart Resonance Calming



YOUR INTENTION

To help your child regulate through difficult emotions, anxiety or any difficult time, imagine your breathing and heart rate becoming the same, into rest and digest mode, and calmness going throughout her body and yours.

ACTION

Hug your child into you, holding her heart and chest against your own, holding the back of her head.

Regulate your breathing so you are taking deep breaths, 4, 5 or 6 counts in and out.

Keep your intention in mind as you do this. Infuse your child with your greatest love.

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