Primary Energy System Involved with Stress is **Triple Warmer**

**Stress-Relief Techniques** (Mainly Focused on Calming/Balancing Triple Warmer)

1. Diaphragm Breathing and Hook-Up
   - Helps with Mind-Body Centering
   - Regulates Oxygen Flow
   - Helps to Release Stress
   - Calms, Helps You Feel Connected
   - Leaves You Feeling Whole Again
   - Strengthens Your Auric Field

2. Crown Pull
   - Relieves Headaches and Mental Congestion
   - Clears and Refreshes Your Mind
   - Sharpens Your Memory
   - Opens Your Crown Chakra to Higher Inspiration

3. Stress Dissolver
   - Interrupts Triple Warmer’s Fight-or-Flight Response
   - Releases Tension from Body and Mind
   - Brings Blood to the Forebrain so You Can Think More Clearly
   - Helps when Feeling Stressed or Blue

4. Mellow Mudra
   - Stimulates Blood Flow to the Head
   - Calms and Aligns Energies Reacting against One Another
   - Counters Feelings of Depression

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5. **Triple Warmer Smoothie**

- Sedates Triple Warmer
- Relieves Feelings of Being Overwhelmed

6. **Tugging at the Earlobes (Start at Bottom, Move to Top)**

- Stimulates Acupressure Points on the Ears
- Helps to Regulate the Sympathetic Nervous System

7. **Triple Warmer Neurovascular Hold**

*Hold Triple Warmer NV Points on Temples (with Flat Pads of Fingers) and Throat (with 3-Finger Notch), One Side at a Time*

- Calms and Balances Triple Warmer
- Supports and Balances the Thyroid

8. **Triple Warmer Gamut Tap**

- Calms and Balances Triple Warmer Meridian
- Reduces Irrational Fear and Associated Stress
- Soothes the Body and Steadies the Mind

9. **Triple Warmer / Spleen Hug**

- Harmonizes Triple Warmer and Spleen Energies

10. **Expelling the Venom and Zip-Up**

- Releases Stress, Especially When Associated with Anger and Judgment
- Clears Out Tension in the Body and Congestion in the Mind
- Lets You Gain a Better Perspective
- Clears Your Thoughts
- Boosts Your Confidence
- Protects You from Negative Energies/Stressors in Your Environment

For more information, please visit [www.MountainLightHealing.com](http://www.MountainLightHealing.com) or call 719-648-5234.