



## PROTOCOL:

### PACIFY THE HEART AND CALM THE SPIRIT

This protocol is very fast – it can be done in about three minutes:

Are you feeling triggered? Have a few minutes? Got forks?

This is a fast way to Pacify the Heart and Calm the Spirit, or in western terms: Calm the brain and nervous system and reconnect to the Heart Wisdom, lower cortisol, and find your breath. Remember you are connected to the Divine.

This is also a very good way to clear the mind and create enough spaciousness to meditate when your mind is spinning. You KNOW that meditation is good for you; you hear it and read it all the time. But how to do it when you feel so triggered? Try this out!

- Use New Moon 5th (New Moon /Ohm) on the 3rd eye. 3x
- Listen to Ohm Unison. 3x (If you have 2 Low Ohms, go down an octave and listen to Low Ohm Unison. 3x)
- Use New Moon at Du 23, Upper Star, use Ohm at Heart Chakra, Ren 17, Original Child. 3x
- Follow with Full Moon on Du 23, Upper Star and Ohm on Heart chakra, Ren 17. 3x
- You can end here with listening to Ohm Unison 3x.
- If you feel the need to connect upper to lower, bring the Ohm forks to the 2nd chakra (Ren 4 or 6) Sea of Qi or Origins Pass and then to the floor, connecting with the Earth chakra

Du 23 – Inside the hairline on the midline

2<sup>nd</sup> chakra – Below the navel on the midline

Earth chakra – 18” below the feet or on the floor between the feet