

CRE - CREATIVE RELAXATION EXERCISE

NO. 76 - CMEA

“Chinese Mind Energy Approach” to Anxiety

Inspired by a 2006 book “Tapping Cure” by Dr. Roberta Temes published by Marlowe in New York

“To date, there is no rigorous scientific validation as to why self-care CMEA brings such rapid relief from anxiety. Perhaps CMEA exercises and feelings coincide with traditional spiritual practices. Perhaps the distraction of the very simple self-care itself, brings new strengths for control of mind and body.”

Introduction ...

CMEA is a simple very personal “5 minute” self-care routine based upon the book “Tapping Cure” by Dr. Roberta Temes and on Thought Field Therapy (Dr Roger Callaghan), Emotional Freedom Technique (Dr. Gary Craig) Energy Psychology (Dr. John Diamond) Touch and Breath (Dr. John Diepold), Energy Psychology (Dr. Fred Gallo) etc.

There is no research data on CMEA as validated EBM (Evidence Based Medicine). But there are many published case reports on various forms of CMEA for very successful anxiety relief. Thus it cannot be ignored as a positive form of health self-care. Unlike medication, it is very brief and has no negative side effects. Rigorous EBM research is now urgently needed. Please help us with your feedback.

For CMEA to work well, we must relax and see, want and believe in it. Then it can help us find new ideas and strengths within ourselves, that we did not even know were there, which can give us an 80% chance of success in rapid anxiety control.

CMEA is harmless. It is like positive Meditation, Thai-chi or Yoga, as they help our conscious and sub-conscious minds to communicate better and to work well together. We are in control all the time and - with practice - CMEA can help us to control what we feel and believe, with no negative side effects.

2. Action

As we learn to change our feelings towards anxiety, this can lead to feelings towards control ... of mind and body ... and thus we can be proud of ourselves. We must feel FREE ... to smile and to laugh ... at ourselves ... as we find out how to make CMEA work for us ... in our own way ... with three “Energy Exercises” ...

ENERGY EXERCISE - A

- 1. Relax and breathe deeply.**
- 2. Make arms out-stretched in front of you.**
- 3. Put right palm over and in contact with left palm and entwine the fingers of the hands together.**
- 4. Move the entwined hands downwards and then up and inwards to form a "butterfly position, on the chest.**
- 5. Breathe very deeply as you repeat seven times ... to yourself or aloud ... the key phrase:**

"I deeply love ... my mind and body ... and I want control" ... or

"Although deeply anxious about ... (insert) ... I want control" ... or

... a phrase to express YOUR deepest feelings ... and I want control"

very slowly ... feeling every word ... deep within you ...

- 6. Relax the arms to the sides ... breathing deeply ... feeling well**
- 7. Repeat as needed.**

ENERGY EXERCISE - B

- 1. Relax and breathe deeply**
- 2. Put arms down by the sides.**
- 3. THINK DEEPLY ABOUT EACH WORRY ... IN TURN ... AND THEN SEND IT ... BY YOUR OWN SPECIAL DELIVERY ... INTO YOUR HANDS..**
- 4. Grasp the wrists tightly (with tension).**
- 5. Raise the hands and arms above the head ... breathe in deeply ...**
- 6. BREATH OUT AND THROW AWAY WORRIES ... UP... INTO THE AIR ...**
- 7. Relaxfeeling relieved**
- 8. Repeat as needed.**

ENERGY EXERCISE - C

- 1, Relax and breathe deeply.**
- 2. Breathe in and raise the hands and arms upwards and outwards to the level of the shoulders ...**
- 3. Breathe very deeply as you repeat seven times ... to yourself or aloud ... the key concept:**

“The world is a beautiful place ... for me ...”

very slowly ... feeling every word ...deep within you ...

- 4. Relax the arms to the sides ... breathing deeply ...feeling well ...**
- 5. Repeat as needed.**

AFTER EXERCISE

Relax and think deeply about what YOU have achieved. Give your CMEA a GRADE from F (fail – intense anxiety) to A (anxiety resolved). Keep a CAREFUL record of each CMEA completed and results achieved.

With less than grade A, then next time revise the key phrase to make it more powerful for you. Change it to fit your needs and personality e.g. from “I want control etc.” to ... ”I love and respect myself “ ... etc.

AND THEN BEGIN TO SMILE AND LAUGH AT YOURSELF. OH DEAR!! BUT HOW CAN WE LAUGH AT SUCH SERIOUS PROBLEMS?

Because Dr Milton Erickson (world famous psychiatrist) who spent 25 years in a wheel chair with polio ... suggests that when we learn to laugh with our problems, then we can begin to change ourselves in mind and body, and we can begin to resolve the problems!

With laughter we find new strengths within us that we never knew were there !

3. Conclusions

Practice relaxation and CMEA seven times EACH DAY for one week so that it becomes instinctive, and rapidly available as needed.

With such simple “self-care” treatment, we can surprise ourselves, as we begin to achieve our heart’s desire of “self-control” of mind and body, and rapid relief from anxiety ... with almost no effort at all.

This is so much better than the old negative habits of worry and anxiety ... which “infect” both ourselves ... and others around us. Why punish them?

Better to learn ... to “reframe” negatives to positives ... somehow ... to feel well again ... for us all.

After one week, please send us feedback and your ideas on how the CMEA can help others with anxiety (robertboland@wanadoo.fr). On we go together ...

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