

Boundary Boss Bonus Bundle Energy Exercises

with Guest Expert Lara Riggio

Setting boundaries, speaking up and saying, “No,” or asking for what you want in your relationships can be anxiety provoking.

With these three exercises, you can calm anxiety and empower yourself to honor your heart and what you want in your relationships...

open, honest communication.



Exercise 1:

Tapping To Calm And Ground You In Your Power

- 1.** Think about the boundary you want to set or the thing you want to say and to whom you would like to convey it. Visualize having this conversation with them.
- 2.** Tap into your body, how do you feel thinking about having this conversation? Rate the intensity level of any anxiety, doubt, worry, fear or guilt. (Zero being the lowest level of anxiety and ten being the highest.)
- 3.** Pinpoint where you feel this stress or tension in your body, neck, stomach, throat, head.
- 4.** Compose your set-up statement. Your set up statement is designed to acknowledge how you feel and what you want.

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“Even though I am feeling _____ (anxious, fearful, guilt ridden) about _____ (setting this boundary), I am willing to calm myself down, so I can ground myself in my power to make choices which honor myself and my relationships.”

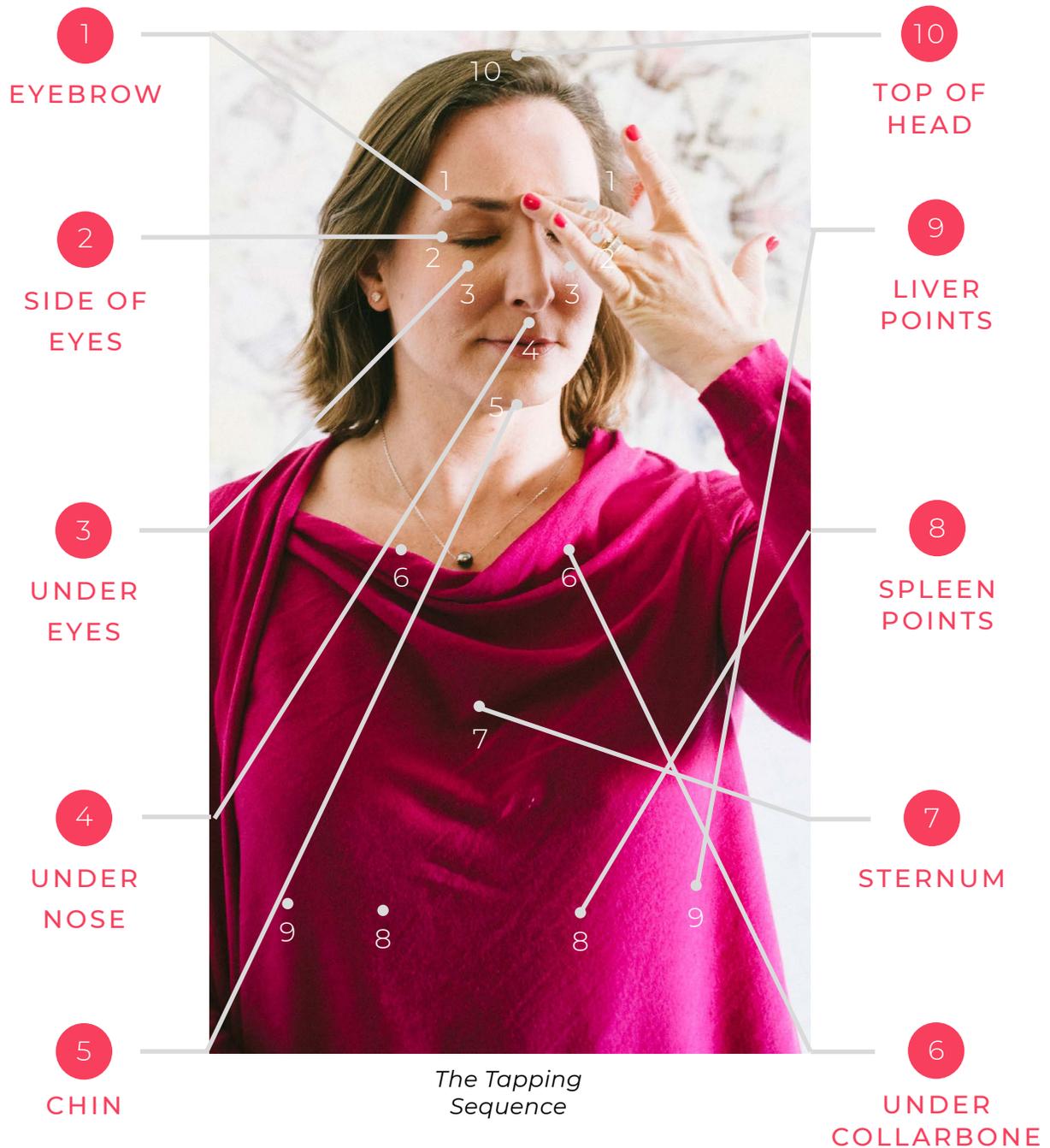
“Even though I am feeling _____ (fearful, worried, filled with doubt) about _____ (speaking up, and asking for what I want or need) I am willing to calm myself down, so I can ground myself in my power to make choices which honor myself and my relationships.”

5. Perform the set up. With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb. Repeat the setup statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!



Karate chop

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6. Then, use the same statement through the first round of tapping all the points pictured above.

7. Take a deep breath! Now that you've completed the sequence, think about having this conversation and speaking up again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.
8. If your anxiety is still higher than a "2," you can do another round of tapping. Keep tapping until the anxiety is gone. You can update your statement to address any remaining stress and how you want to feel speaking your truth.

"Even though I have some remaining _____(anxiety, doubt) I am willing to release it, so can feel more _____, (empowered)"

"Little by little, I can release my remaining _____(anxiety, worry) and feel more _____Empowered _____. (Speaking up)"

Exercise 2: Your Anytime, Anywhere Stress Relieving Posture

This exercise can help calm a Sympathetic Nervous System Stress Response, and bring the body back into a Parasympathetic Nervous System RestResponse. It can be done lying down before bed or sitting anywhere. It is an unobtrusive way to calm stress anywhere.

Crossing the ankles, wrists and fingers, simultaneously, can override a stress response by signaling the brain to work bilaterally. When you have a stress response, you automatically utilize your more dominant brain side. If you are predominantly a right brain thinker, more energy and blood goes to that side. If you are predominantly a left brain thinker, more energy and blood goes to that side. The crossed posture encourages bilateral brain function, and can bring the body into a restive, parasympathetic state.

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Sit with one ankle crossed over the other. Then stretch your arms out in front of your chest with the backs of your hands facing one another. Cross your arms and clasp your fingers together. Rest your hands on your lap or bend your elbows to rest your hands on your chest.

Repeat these mantras, as you take deep breathes:

“Little by little, I can feel more and more comfortable asking for what I need and want with ease, love and grace.”

“I can see myself asking for what I want with ease, love and grace.”

“I can see myself feeling relieved after I ask for what I want with ease, love and grace.”



Crossed Posture



Exercise 3: How To Resource Your Heart's Wisdom

Any decision made from the heart is one you are less likely to regret.



Place your right hand on your heart, then tap the back of your hand under your middle and ring fingers, as you repeat the mantras below and ask your heart an important question? This can calm the Triple Warmer Meridian, which elicits a stress response and help you connect to your heart's wisdom.

I give myself emotional security.

By honoring my heart in my relationships, I preserve and nurture them.

*When I honor my heart and ask for what I need,
I can see myself feeling more at peace and happier in my life.*

*When I honor my heart and have honest conversations,
I can see my relationships becoming more fulfilling.*

What can I give myself now to feel more centered in my power?

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Lara Riggio is the owner of The Central Park Energy Center in New York City. Her work helps her clients recognize their stressors, their unconscious muscular and emotional reactions to those stressors and helps them retrain those responses to better support their health and their desires. Through a combination of Eastern and Western medicine Lara helps her clients become both emotionally agile and physically resilient.

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