

Self-Havening Guide

Havening Techniques® are psycho-sensory techniques rooted in neuroscience. Havening means putting you in a safe-haven, and it literally does that. In my experience as a Certified Havening Techniques® Practitioner, it works within a few minutes to calm anxiety and end panic attacks.

To learn more about Havening Techniques®, click <https://havening.org>.

How to do Self-Havening:

1. Start the Havening Techniques® movements you learned in your session. Aim for a frequency of about 1 move/second. (slow and relaxed)
2. Close your eyes and take 5 deep breaths into your belly, breathe in for the count of 3 or 4, hold for a second, then breathe out for the count of 6 to 8.
Repeat.
3. In your mind, go to your Favorite Place: This can be the beach, a cabin in the woods, a walk in the woods, a lake, a river or some other place that you love (or used to love) and that you have happy memories around. You can also imagine your ideal place.
4. Now imagine doing your favorite activity there. Walking, watching clouds or the waves, just sitting there, listening to the wind ...Try to vividly engage all senses: What do you see? What do you hear? What do you smell? What do you feel? What do you taste?
5. Continue for 3-5 min. Then end with the Loving-Kindness Meditation.
6. Choose either variation:

[a\) - for starters and when you are really upset- and](#)

[b\) if you have been doing it for a while and are comfortable with it\)](#)

In either case, choose 3 or 4 words that describe how you want to feel, e.g. happy, healthy, peaceful, calm, focused, productive... and substitute for the ...below

- a. While continuing to apply the havening touch®: Say aloud (if you can)

“May I be ...” (word 1: e. g. happy)

“May I be ...” (word 2: e.g. healthy)

“May I be ...” (word 3: e.g. at peace)

Then, expand this to all people in this world:

“May We all be ...” (word 1: e. g. happy)

“May We all be ...” (word 2: e.g. healthy)

“May We all be ...” (word 3: e.g. at peace)

End with a deep breath in, stretch out your arms and slowly exhale. How do you feel now?

b. While continuing to apply the havening Touch®: Say aloud (if you can)

“May I be ...” (word 1: e. g. happy)

“May I be ...” (word 2: e.g. healthy)

“May I be ...” (word 3: e.g. at peace)

Then, expand this to someone you love:

“May he/she be ...” (word 1: e. g. happy)

“May he/she be ...” (word 2: e.g. healthy)

“May he/she be ...” (word 3: e.g. at peace)

Then, expand this to someone you feel indifferent about, that you neither love nor hate:

“May he/she be ...” (word 1: e. g. happy)

“May he/she be ...” (word 2: e.g. healthy)

“May he/she be ...” (word 3: e.g. at peace)

Then, expand this to someone you love don't like, someone who hurt you or wronged you in the past:

“May he/she be ...” (word 1: e. g. happy)

“May he/she be ...” (word 2: e.g. healthy)

“May he/she be ...” (word 3: e.g. at peace)

Then, expand this to all people in this world:

“May We all be ...” (word 1: e. g. happy)

“May We all be ...” (word 2: e.g. healthy)

“May We all be ...” (word 3: e.g. at peace)

End with a deep breath in, stretch out your arms and slowly exhale. How do you feel now?