



# Reactivity Pose

Helps with: calming yourself when you feel too driven or combative.

Prerequisites: None

**1.** Place your thumbs over the left corner of your index fingers and keep the rest of your fingers straight.

**2.** Maintain contact between the thumb and index finger, and place them together on the temples, just to the outside of your eyes. Let your straight fingers rest on your forehead.



**3.** Take several deep breaths in this position. Is it possible to let go of some of your combativity or intense drive? What might happen if you did?

**4.** If this pose feels uncomfortable physically, you can rest your elbows on a desk or similar. If it feels uncomfortable in a different way, you could experiment with placing your index finger over your thumb nail instead. Or just resting your face in your hands in a way that feels soothing.

## Further Information:

When you have your thumb over your index finger you are activating Large Intestine meridian - which is skilled at letting go. The straight fingers are resting on your forehead, helping blood come back to the forebrain and supporting calm, and logical thought. This pose is taught in the Eden Method.