

# Feeling Fragile?

*These final few days leading up to Christmas is filled with rushing around, deadlines, colourful parties and get together's, apprehension, long working hours, family reunions, long last greetings.*

*It can be a week of feeling completely on top of things and yet it can also be a time of feeling fragile, a little delicate.*

*Have you ever asked your body how you are travelling? Really honestly? AND..... Have you ever really stopped and listened?*

*I have this last week, and my body was grateful I asked, and even more grateful that I listened. (something I never used to do, as I was 'too busy') So if you are like me this week and feeling a little fragile, enjoy this little healing practice.*

*We have all had times of feeling a little fragile. When you do, it is important to redirect your flow of energy. Restore your inner balance, soothe the jagged edges.*

*It is important to send your energy down and within instead out and away.*

*Healing practice.*

*Bring your awareness into your hands, invite your healing energy to flow into your hands, just as we do sometimes in class. You may notice different sensations arise in your hands, tingling, warmth.*

*Bring that healing energy from your hands to those fragile parts of you that need a little TLC.*

*It may be a heavy heart, an anxious gut, tired weary feet.*

*Place your hands over your chosen part of your body, hands over your heart etc.*

*Guide this precious healing energy into the parts that need it, let it warm you, nourish you, and soothe you.*

*Have a beautiful Christmas*

*Much Love Anna XXX*

