

50 WAYS TO USE SELF-HAVENING NOW!

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Self-Havening is a remarkable and virtually limitless tool that can assist you and your clients in many ways. These 50 Self-Havening variations focus on: building capacity for presence, focus, and attention; building resilience; accessing and amplifying positive states of being; reducing present moment distress; integrating Self-Havening into your daily routine; combining Self-Havening with various categories of sensory perception (smell, sound, color) and gently depotentiating traumatically encoded memories.

Enjoy exploring these 50 ways to use Self-Havening. Feel free to share your experiences with me at haveningforhumanity@gmail.com.

1. Begin by self-applying Havening Touch. Explore how it feels to gently stroke your face, arms, and hands. Experiment both with pace and pressure until you discover your personal 'sweet spot' where the touch brings an optimal sense of relaxation and calm.
2. Once you find the quality of touch that feels best for you, begin by simply Self-Havening silently, with your eyes closed, for two to three minutes. As you do this, simply notice the content of your inner experience. Notice any thoughts, images, feelings, body sensations, ideas, memories that float through your awareness. As you notice these, gently bring your attention back to the feeling of your own soothing touch.
3. Begin Self-Havening. This time, gently bring your attention to the breath as it moves in and out. Notice the rising and falling of your chest, any sensations in the nostrils or throat as you inhale and exhale. You might notice the breath slowing down a bit as you continue to Self-Haven, or not. When thoughts, images, feelings and body sensations come to your attention, gently let them go and return your attention to the breath. Continue this practice for up to five minutes.
4. Begin Self-Havening. Breathe in through your nose, and exhale through pursed lips. Breathe in for a mental count of 4; then hold your breath for a mental count of 7; then exhale for a mental count of 8. As you keep the touch going on a continual basis, maintain this in-4 hold-7 out-8 rhythm at first for four breaths, then rest. You may gradually extend the time breathing in the pattern. This pattern of breathing is recommended by Dr. Andrew Weil for deepening relaxation. Adding Havening Touch seems to enhance the practice.

5. Experiment with havening only your face; or only your arms; or only your hands. Notice how each place you touch evokes a slightly different subjective response.

6. As you Self-Haven, imagine that someone who loves and cares for you deeply (living or passed on; human being or spiritual archetype) is actually applying the touch. Imagine that you are being havened by this being and taking in its profound and unconditional love for you.

7. Before you begin Self-Havening, take a moment and imagine that you are infusing your hands with the intention and energy of comfort, caring, compassion. As you Self-Haven, allow this intention to fill your hands, imagining that they are bringing the very essence of these qualities into the core of your being with every stroke.

8. As you Self-Haven, choose a word that represents a relaxing quality or state of being you desire to amplify in your life, and inwardly chant that word in the rhythm of your touch — chanting once with every stroke. For example — calm, calm, calm; or peace, peace, peace; or present, present, present. Continue this chant/stroke pattern for 3 to 5 minutes.

9. As you Self-Haven, mentally scan your body from the top of your head, through the head, neck, shoulders, arms, wrists, hands, fingers, torso, abdomen, back, spine, hips, groin, legs, knees, feet, toes, soles. Notice any areas of holding or tension and gently invite these areas to relax, to release, to loosen, to let go. Continue applying havening touch as you scan, notice and release. Pause. Notice how your body feels now.

10. As you Self-Haven, gently bring your attention to one quality of being you would like to experience more of. You might choose presence, clarity, calm, joy, ease, courage, patience, focus or some other quality; only choose one for this practice.

Begin reflecting on this quality: when have you experienced it? How does it feel in your body when you experience this quality? How do you breathe, move, speak, act, interact? What would it be like to experience 10% more of this quality? 20% more? Simply explore this quality of being in your imagination for 3-5 minutes, then pause. What do you notice about your relationship and experience of this quality now?

11. Choose an area of your life that you would like to experience more of the quality you explored in practice #10. As you Self-Haven, imagine you are sitting inside a movie theater. Begin watching, in your imagination, a movie starring you — a version of you that exemplifies and embodies this specific quality that you have chosen. Make the movie as real and vivid as you can.

After continuing the movie for one minute, in your imagination step into the movie, so you are seeing through your own eyes and feeling in your own body the experience of

embodying this desired quality. Continue the movie from this inner vantage point for one minute, seeing and hearing and feeling and acting with fully embodied presence as the quality you have chosen. Then step out of the movie and watch as an observer again for approximately one minute. Then, once again, step into the movie and experience living and embodying this quality from the inside.

12. Continue the process described in practice #11 with a series of Iffirmations and Affirmations. “I wonder what it would feel like to experience more [confidence](insert your chosen quality here)”. I’d like more [confidence]. More and more, I am ready to experience more [confidence]. What if I choose [confidence]? What if I were ready for more [confidence]? I am ready to experience more [confidence]. I choose [confidence]. I choose [confidence]. [Confidence]. [Confidence].

13. Choose a memory that is meaningful for you; a ‘magical memory’ that carries a positive, uplifting and/or inspiring emotional tone. Make sure this is not a memory with any negative associations of any kind. Begin Self-Havening. Enter into the memory in your imagination and describe what you are seeing, hearing, feeling, doing out loud, as though you were there now. Continue to deepen your description by adding more and more sensory detail. Continue this process for three to five minutes. Pause. Notice how you feel. This is a simple way to access positive emotion.

14. Make a list of 3-5 memories corresponding to a specific feeling or state of being you desire to experience more of. For example, times when you felt confident, or joyful, or focused, or peaceful. As in #13, be sure these are memories with no negative associations. Begin Self-Havening. Take one minute to focus on each memory, simply remembering the experience as vividly and in as much multi-sensory detail as you can. Savor each experience as fully as you can before moving on to the next. This practice of recalling and savoring positive memories, over time, can support your capacity for resilience.

15. Begin Self-Havening. Choose a sentence stem that evokes a positive quality or memory: ‘One thing I’m grateful for is...’; (Thanks, Carol Robertson for sharing your exquisite Gratitude Self-Havening process on the recent webinar). Something I really enjoy is...” “One of my favorite people is...” “ I love to...””, etc. Repeat your chosen sentence stem, each time completing the sentence with whatever thoughts come into your awareness. This is another simple way to access and eventually habituate positive emotion.

16. Create a series of affirmative statements that reflect a desired goal or way of being. Write your statements in a journal or print them out if possible (if you’ve written them on your computer or smartphone). Begin Self-Havening. Read your statement out loud three times daily, allowing yourself to feel the truth of each statement. You may also choose to commit your statement to memory. Here’s an example (from a little book I’m writing of positive affirmative statements titled ‘Today I Choose’):

“Today I choose a new beginning. Today I make a fresh start. No matter what the circumstances of my past, I choose today to leave them behind. What I have in this moment is my power to choose, and I choose to begin anew. Now is the only time I have. I remember this today, and embrace each moment with authentic presence and true gratitude. What is past is past; gone forever, but today — this moment — I can choose to embrace. Today I begin a new chapter in the book of my life. I turn a new page. I begin anew. I seize the moment — this moment — and the next — and the next. I choose to live one moment at a time. In this way, I begin to realize that today can become the first day of the best of my life. Today I choose a new beginning.”

17. Choose a musical selection that you enjoy, or that represents a state of being you would like to be able to access more readily. Self-Haven while you listen. You might also simply imagine the song while Self-Havening, hearing it in your mind’s ear.

18. Integrate Self-Havening into your daily routine (Thanks, Ulf Sandstrom for bringing this up in the recent webinar). Self-Haven when you are in the shower, or while taking a bath, or for just a minute or two in front of the mirror before or after brushing your teeth, shaving, brushing your hair, etc.

19. Before beginning your exercise routine, Self-Haven for just a minute as you envision yourself exercising with focus, confidence and determination.

20. If you meditate, Self-Haven silently for one minute before beginning your meditation practice. Many of my Havening students who meditate comment that helps them settle into meditation more readily.

21. Self-Haven in bed at night before drifting off to sleep. If you like, add simple phrases and suggestions that you will sleep deeply and awaken refreshed.

22. When you first wake in the morning, before rising to begin your day, Self-Haven for a minute or two, envisioning yourself moving through the day with calm, focused ease.

23. If you’re in a meeting of some sort and you find yourself feeling a bit stressed or triggered, begin palm Self-Havening, bringing your attention to your breath. (You can do this discreetly, with hands underneath a desk or table). This can immediately lower your present-moment distress and help you get centered, grounded, and reconnected with your best self.

24. When you are driving and come to a stop light, consider using this opportunity for a moment of Self-Havening. With one hand (keeping the other on the steering wheel for obvious reasons) gently stroking either the opposite arm from the shoulder down to the elbow or gently stroking the cheeks or forehead. Obviously you never would do this if you’re not fully alert! I’ve noticed that this practice tends to ‘take the edge off’ my tendency to feel a bit (or a lot) impatient when sitting in traffic.

25. Begin Self-Havening. Speak out loud (or internally): I choose to choose. I choose (insert desired state of being or action). Repeat these two statements, reflecting on your capacity for conscious choice making. For example: “I choose to choose. I choose clarity now. I choose to choose. I choose clarity now”.; or “I choose to choose. I choose to write 1000 words today for my blog. I choose to choose. I choose to write 1000 words today for my blog”.; or “I choose to choose. I choose to remember I am loved. I choose to choose. I choose to remember I am loved.”

26. The next time you are taking a walk in the beauty of nature, begin gently Self-Havening (probably with your palms, since people are likely to look at you rather strangely as you walk along; unless you don't care, in which case, feel free to use the face and arms). As you do, bring all of your attention to the beauty around you. Notice the sounds, smells, colors. Allow yourself to deeply savor everything you experience. Then, after a few minutes, stop the Self-Havening as you continue to walk. What do you now notice? When I do this, I find that I have, through just a few moments of Self-Havening, allowed myself to become more fully present and primed my capacity to truly pay attention to the world around me.

27. If you have a cat or dog who loves sitting in your lap or at your side while you rub their back, head, or tummy, explore stroking your pet with one hand while you Self-Haven with the other. This seemingly odd juxtaposition can have a mesmerizingly relaxing effect on both you and your furry friend. For an extra jolt of oxytocin, think about how much you love this beloved creature as you are applying the touch!

28. Self-Havening is even more fun when you do it with another. Whether it's the effect of mirror neurons or some other aspect of interpersonal neurobiology, the impact seems to deepen when we are both Self-Havening at the same time. So find a buddy, a friend, a colleague, a family member and explore any of the various ideas in this list together. Even silently Self-Havening for two of three minutes will help you both become more fully present, quiet your minds, open your hearts, and enhance your sense of connection.

29. We commonly think of Self-Havening along with specific words (as in Affirmations or Affirmations) or imagery (as in Outcome Havening or mental rehearsal). However, it can also be powerfully enhanced by exploring our sense of smell. You can use essential oils, or flowers, or simply imagine a fragrance that, when you smell it, automatically activates positive feelings and/or memories.

Simply begin Self-Havening and either physically inhale the scent you've chosen or imagine taking a deep breath of this particular fragrance. As you do, imagine the energetic essence of the scent entering fully into you, filling you with its particular essence. If you do an internet search of aromatherapy to discover which fragrances are associated with particular qualities, such as alertness or relaxation, you can customize your Aroma Self-Havening to assist you in accessing more of the qualities you desire.

30. In the same way that we can use the combination of fragrance and Self-Havening to access specific qualities of being, we can also use Color. The simplest way to do this to ask your inner wisdom to give you the color you most need in this moment for your highest and best good. Even though this sounds a bit ‘New-Agey’, there is a growing body of research on the therapeutic applications of color that appears to indicate that experiencing various colors, even in our imagination, can produce a subtle but tangible impact on our moods. Havening Practitioner Malika Stephenson has even developed an original and powerful protocol using Color to help her clients depotentiate traumatically-encoded memories rapidly and gently. (Please contact her if you’d like to learn more about her method).

For our purposes in this article, we will simply explore the power of color to help us access and amplify a desired state of being. Once you discern which color your system most requires, begin Self-Havening. Imagine that with each breath, you are taking in more and more of this color. Use whatever metaphor suits you best. You might imagine breathing in a fine mist saturated with the color; or resting underneath a waterfall of liquid light of the desired color; or that your hands are ‘painting’ you with this color; or using whatever other imagery feels right and safe for you. As you continue this process of ‘taking in’ your color for 3 to 5 minutes, you will notice a subtle, but definite, shift in your state of being.

31. Another way to use color along with Self-Havening is to first determine a specific quality of being that you would like to access or amplify. For example, you might choose joy, calm, confidence, presence, curiosity, ease, focus, patience, creativity. Then ask your inner wisdom to give you the color that represents that quality. Next, begin Self-Havening and imagine taking in the color you’ve chosen, in the manner described in #30. Continue the process for 3 to 5 minutes, then check in with yourself. Do you feel a greater sense of the presence of your designated quality? I and my students have discovered that this practice does help them access and amplify the chosen quality, and that, during their day, when they need to access more of this quality, a few seconds of Self-Havening and taking in the color can help.

32. One more Self-Havening variation to explore uses color to assist the body in activating a healing response. If some part of your body is experiencing discomfort, you might explore what happens when you Self-Haven and imagine the color of healing (whatever color your inner wisdom reveals to you) gently saturating that area of your body, softening any sensation of hardness or constriction. With each inhale, you imagine taking in more of this color and as you exhale, you mentally send the color to the desired area. For some people, this simple practice can help relieve discomfort. And of course, if you have any medical issue of any kind, none of these tools should be construed to take the place of the care of a professional.

33. Use a sound machine or app to deepen your state of relaxed calm as you Self-Haven. These devices generate ‘white noise’ variations — usually including ocean, rain, thunder, calm brook, rainforest, etc — that block out background noise and tend to evoke a

relaxing, calm state of being. There are also plenty of ‘white noise’ and ambient sound videos available on YouTube.

34. If you use self-hypnosis or guided imagery recordings, Self-Haven for 2-3 minute before you begin listening. I’ve found this practice primes my brain mind system for a deeper experience with the recording.

35. If you use subliminal recordings or listen to recorded affirmations, explore Self-Havening periodically while you’re listening. I’ve noticed that increasing the Delta Waves in this way seems to deepen and enhance the experience.

36. If you use a sound and light machine (a device that features synchronization of light and sound patterns for brainwave entrainment), explore Self-Havening as you work with the programs focusing on relaxation and creativity.

37. As you are Arm Self-Havening, imagine that you are giving yourself a hug. With each stroke, say kind and appreciative things to yourself, either silently or out loud. Imagine that you are being hugged by someone who loves you unconditionally and totally.

38. As you are Arm Self-Havening, whisper kind and loving words to yourself, as though you were speaking to a beautiful and innocent baby. “I love you so much; I appreciate you; I am so happy you’re alive; I love you”. Give yourself the gift of a few minutes of this deep and sincere self-compassion each day. And if you find it difficult, ease your way into it with a few affirmations: ‘I’d like to love myself even more. What if I could love myself 10% more today? I wonder what that would be like? What if I choose to be a little bit kinder to me today? What then?’

Of course, if these kind words trigger discomfort of any kind, pause and tune in to what’s happening. This might be a perfect opportunity for you to work with Event or Transpirational Havening, or to set a time to work with a Practitioner or even to talk with a trusted friend. Self-love and acceptance, in my observation and experience, are important keys to enduring healing. Another key component is being witnessed — as you are — by another human being who can be fully and unconditionally present to your pain. So if speaking words of loving acceptance to yourself triggers you, the best thing you can do is to reach out for help.

39. Use Self-Havening to help you access calming, soothing, safe imagery. Imagine a place that represents safety and calm to you. This might be a place you’ve actually visited, a place in nature like a beach or meadow or mountain or garden. Alternatively, it might be an imaginary place, or one that you’ve ‘visited’ in a novel or movie. The important thing is that it represents safety and calm for you. Once you’ve chosen your place, begin Self-Havening. As you continue to apply the soothing touch, go to your safe, calm place. Allow your imagination to make this place vivid and detailed. What do you see? Hear? Smell? Notice?

Explore this wonderful, magical, safe and calm place for a few moments as you continue Self-Havening. Allow the feelings of calmness and safety to deepen throughout your body and mind. As you practice this, you will be able to access this inner 'place' and its accompanying feelings more readily and easily whenever you need them.

40. Choose a painting, picture, drawing or photograph that you like. Place it within view, and begin Self-Havening. As you continue the soothing touch, relax your gaze and simply observe the image. What do you see? Notice the colors, shapes, forms, patterns. Give yourself this opportunity simply to be with this work of art. Continue for 3 or 4 minutes, then pause. How do you feel? What did you notice that you might not have seen before?

This practice of simple present-moment observation can be applied to any object and tends to increase our capacity to pay attention and truly see that which is before us. Try this the next time you visit an art museum (gentle palm havening is subtle and won't draw unwanted attention from the other visitors) and notice how shifting your brainwaves shifts your experience.

PLEASE READ THIS BEFORE MOVING ON TO #40. As you have noticed, my first 40 Self-Havening variations DO NOT involve the depotentialization of traumatically encoded memories that represents the primary original focus of Havening Techniques®. I would like to clarify that this is an ethical choice. From my perspective, attempting to self-process one's own emotional pain can be dangerous if the person making such an attempt is unprepared for what may surface during the process. As a result, I do not teach every client modes of Self-Havening that focus on depotentializing their own traumatically encoded memories.

I do, however, readily teach my clients how to use Self-Havening to condition their brain-mind systems for greater resilience and calm, address present-moment distress, and support achievement motivation.

Caution and discretion and care is advised whenever you are attempting to work with your own patterns of emotional pain, particularly if you have a vulnerable neurochemical landscape (as Dr. Ruden teaches in his book and in the 2-day training). The more vulnerable your landscape, the greater the likelihood of abreaction or retraumatization. This is why it is ALWAYS advisable to work with a qualified practitioner.

If you have been diagnosed with ANY psychological disorder, DO NOT attempt to clear your own issues with Self-Havening unless you are under the care of a licensed mental health professional who has instructed you to do so.

Given these precautions, here are a few suggestions for safely using Self-Havening to ease your own emotional distress.

41. Prepare your personal distractions in advance. If you become triggered or upset, you won't have optimal access to your own creative imagination, so I have found it valuable to have a few set distractions 'in my back pocket' and ready to use just in case I find myself in an emotional state that does not serve me in that moment.

One of my 'go-to' distractions, that keeps my mind focused away from the trigger event, is counting backwards while reciting the alphabet forwards. For example, counting down from 26-1 while I recite from A-Z: 26-A-25-B-24-C and so on. I might make this a bit more challenging, counting down from 101 by 3's and naming objects beginning with ABC etc. Another one of my 'go-to' distractions is humming/singing every song I can remember from the Wizard Of Oz movie. One more is to use lateral eye movements. Another is to look around the room while I'm Self-Havening and name every object I see. The point is to have a few simple distractions that you can use automatically so in the moment of your upset, you don't have to spend time figuring them out.

43. When you unexpectedly find yourself 'triggered', and you are not in a public setting where Self-Havening would be inappropriate, immediately begin applying the touch. Go to your distractions while you continue Self-Havening for 3-5 minutes, then pause and check your SUDS. Repeat this process until you feel significant relief.

44. Explore using distractions that evoke a positive emotional response. You could: watch a funny video; listen to music you love; imagine being in your favorite place in nature; think of something or someone who makes you laugh.

45. Explore combining the distraction phase of your Self-Havening with a brisk walk. As you take each step, bring your focus outward. Describe out loud everything you see (providing you are not looking at something that reminds you of the experience you are seeking to depotentiate). Feel the soles of your feet as you walk one step at a time. Allow your gaze to travel from side to side as you fully take in whatever your gaze falls upon. As you continue to maintain a solid outward focus while walking and Self-Havening, you will usually notice a significant reduction of your SUDS.

46. Make a list of things that annoy you. Rate your degree of annoyance from 1 (mild) to 10 (high). Use Self-Havening to clear all of those that you rate 3 or less. Work with a colleague or practitioner to address the rest. As you continue to build resilience, you will improve your ability to work with higher levels of emotional discomfort on your own.

47. At the end of each day, make a list of things that triggered you. Give each one a SUDS. Then Self-Haven with a few positive distractions for 5 minutes. Return to the list and notice if any of the SUDS have gone down. Repeat the process, then notice what events do not readily shift. Bring these events to your work with a qualified colleague or practitioner.

48. I do not recommend attempting Self-Transpirational Havening until and unless you are HIGHLY proficient in using this protocol with clients and you are certain that your own landscape is quite resilient.

49. Use Self-Havening to deepen and integrate your learning of these 50 tips. Begin Self-Havening. Take a minute or two to Self-Haven silently as you reflect on what you've discovered as you've read this series of articles. Then consider these questions: 'Which Self-Havening variations do I find most interesting? Which will I try out this week? How might I share these with my clients and colleagues?.'

50. After reflecting on the questions in #49, continue Self-Havening silently for another minute or two. Then, repeat: I wonder what it would be like to easily absorb all that I've read today? I wonder how I will begin to use these tools? More and more, I am choosing to learn, to absorb, to integrate this information and make it my own. More and more, I am choosing to learn and grow."

Next, envision and imagine yourself moving forward into the next few hours, days and weeks, easily and naturally integrating and applying any of the Self-Havening variations that will best serve you along your life journey. Close with another minute of silent Self-Havening, feeling gratitude for all you've discovered.

I hope you have found benefit in these 50 ways to use Self-Havening to enhance the wellbeing of you and your clients.

Please don't hesitate to reach out to me if I can be of service to you in your journey to greater proficiency with Havening.

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