



Capacitar Practices for Wellbeing

The following practices can be used on oneself or easily taught to others. Short videos of most of these practices can be found on the Capacitar International YouTube channel. Our new video, "The Story of Capacitar", can also be viewed or downloaded from YouTube. For the Emergency Kit of Best Practices in 27 languages. www.capacitar.org.

Acupressure Points for Physical Conditions

With Covid-19 there are a number of symptoms including: headache, cough, fever, sore throat, upper respiratory congestion, body pain, etc. With mild cases of the virus, some of the following acupressure points can be helpful to manage symptoms. With the fingertips press gently into the points for several minutes while breathing deeply.



For Headaches and Upper Body Pain

• Point between Thumb & Index Finger

Use for headaches, head congestion, migraines and upper body pain. Press into the point between the bones of the thumb and the index finger for several minutes while breathing deeply.

• Contraindication during pregnancy:

This point is also used for labor at the time of childbearing and should not be held during pregnancy because it stimulates the contraction of the uterine muscles.

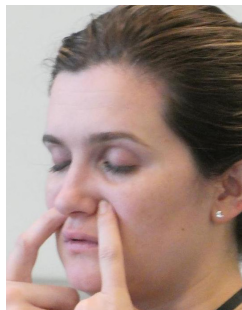
For Sinus and Nasal Congestion

Use these points for sinus, nasal congestion, allergies and to open a stopped up nose.

• Points at Sides of the Nose

With the tips of the index fingers gently press the points in the indentation outside the base of the nostrils.

• Fingertips Press and massage the fingertips to alleviate sinus congestion.



For Chest Congestion, Asthma, Grief

Use these points for a tight chest, difficulty with breathing and asthma, as well as for grief and sadness that accumulate in the chest.

• Points below Collarbones

With the fingertips gently press the sensitive points under the collar bones halfway between the throat and the arm socket.

• Upper Arm Points

With the fingertips press the points in the curve of the upper arm. The palms of the hands can also hold over these points as a self-hug.

• Points in Front of the Arm Joint

Cross your hands in front of the chest with your fingers pointing toward the arm joints. Gently press the sore areas by the arm socket. The points can also be tapped. With children you can pretend that you are a butterfly or peace dove flapping its wings as you tap these points to calm and soothe oneself.

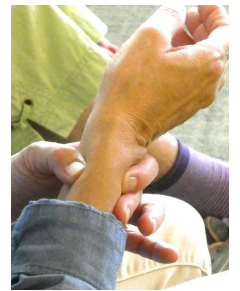


For Nausea

These points help alleviate or control nausea, motion sickness, morning sickness, and anxiety.

• Wrist Points

Locate the points at a distance of two finger-widths away from the wrist joint between the bones on either side of the forearm.



For Leg Pain and Energy Boost

• Three Miles More Points

These points are for pain in the lower body, for leg pain and for boosting energy. Press the points located on the outer side of the leg about a hand's distance below the kneecap.

To find the points, place the heels of the hands level with the knee caps, fingers pointing downward. Slide the hands a quarter turn outwards.

Where the tips of the middle fingers fall, feel around until you find very sensitive points. These are the Three Miles More points that help alleviate pain in the lower part of the body and that boost energy.



For Shoulder Pain and Overwhelm

Use these points for shoulder tension, stiff necks, worry stored in the shoulders, overwhelm, anxiety, nervous tension.

• Shoulder Points

With the index, middle and ring fingers press down lightly on top of the shoulders into the ridge formed by the trapezius muscles. If it is more comfortable the arms may be crossed while holding the points. These are also called the "Excess Baggage Points."

• Contraindication:

These shoulder points should not be used with a pregnant woman or only pressed very lightly.



For Fainting, Crisis, Blood Pressure

• Point Under the Nose

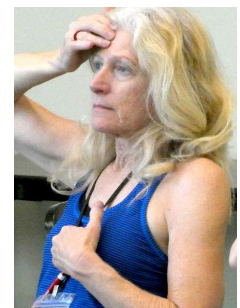
This point can be used on oneself or with another person if dizzy, fainting or in emotional crisis. With the index fingertip or knuckle of the finger, press into the point directly below the nose on the upper lip.



For Insomnia and for Inner Peace

• Points in the Forehead and Chest

These points promote calm and sleep or can be used when unable to fall asleep. With the fingertips hold the point in the center of the forehead along with the point in the center of the sternum and breathe deeply. The point in the chest is called the Sea of Tranquility.



For Seniors & For All Ages Anxiety, Crisis & Overwhelm

• Point in the Outer Wrist

Press the point in the indentation on the outside of the crease of the wrist, down from the small finger. Breathe deeply to release feelings of anxiety and helplessness.



• Points on Top of the Shoulders

With the fingertips of both hands, gently press the points on top of the shoulders. The arms may be crossed if this position is more comfortable. Breathe deeply and imagine that you can release your worries, anxieties and burdens of life.



• Point Under the Nose

This can be used on oneself or with another person if dizzy, fainting or in emotional crisis. With the index fingertip or knuckle of the finger, press into the point directly below the nose on the upper lip. Breathe deeply to stabilize and calm yourself.



For the Immune System

• Points at the elbows

With the index fingertips press the points at the outer creases of the elbows to increase resistance and strengthen the Immune System.



Fingerholds for Children of All Ages

This practice is a simple way to reconnect with inner wisdom and to transform strong feelings. Often we judge emotions as "good" or "bad" rather than recognizing them as wise messages from the body guiding us in our response to challenges, dangers or people in our environment. Hold each finger for several minutes while breathing slowly and deeply to release and balance pent up feelings. The following emotions are associated with each finger.

Thumb—tears, grief, sadness, emotional pain
—transforms to wisdom and compassion.

Index Finger—fear, panic, terror
—transforms to courage and clarity for action.

Middle Finger—anger, rage, resentment
—transforms to focus, action and passion.

Ring Finger—anxiety and nervousness
—transforms to peace and strength.

Small Finger—lack of self-esteem, victimhood
—transforms to self-esteem and empowerment.

Center of the hand—peace, harmony, balance.

To Ground & Center: Hold your fingertips together, cross the ankles and breathe deeply to center and ground yourself when feeling overwhelmed.



Immune System Boost

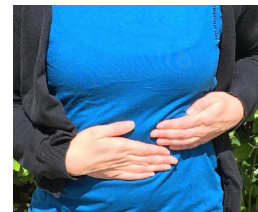
With Covid-19 it is important to energize the Immune System with a healthy diet, exercise, sleep and use of wellness practices. The following protocol is adapted with permission from the work of Sue Hovland. These hand positions boost the function of the Immune System and strengthen natural resistance. The practice can be done as a meditation imagining healing light energy radiating from the hands into three different organs of the Immune System: the Peyer's Patches located in the walls of the intestines, the Spleen and the Thymus Gland.

Hold each position for 2 to 3 minutes breathing deeply. Imagine light or healing energy filling these parts of the body bringing health and wellbeing to the entire system. At the end of the practice, take a few quiet moments enjoying the feeling of peace and wellbeing. This is a beneficial practice done in bed before going to sleep at night.



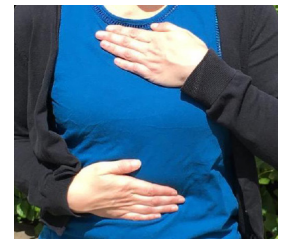
Position 1

Place the left hand on the lower abdomen just below the navel. The right hand rests above the left hand over the navel. The right hand energizes the Peyer's Patches located in the intestinal wall.



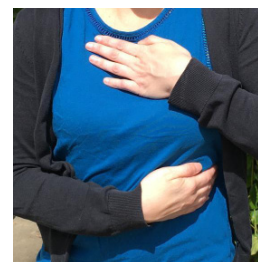
Position 2

Leave the right hand in place over the Peyer's Patches and move the left hand to the Spleen, located on the left side of the body below the breast and beneath the rib cage. This position energizes both Peyer's Patches and the Spleen.



Position 3

Leave the right hand over the Peyer's Patches and move the left hand to the Thymus, located below the throat in the upper chest. This position energizes the Thymus Gland and the Peyer's Patches.



Position 4

Leave the left hand on the Thymus and move the right hand to the Spleen, located on the left side of the body below the rib cage. This position energizes the Thymus and the Spleen. To finish, breathe deeply for several minutes imagining light, deep peace and strength flowing throughout your body, mind and spirit.

Breathwork for Grounding in the Moment

At this time when there is very little that we can control, breathing deeply and slowly into the abdomen and grounding in the moment can calm and help us to recognize what is most important in life. Breathwork is a simple way for people of all ages to release strong emotions and to let go of stress. Place your hands beneath your navel and imagine that you can breathe deeply into your center. Exhale twice as slowly and feel your body relaxing and letting go. Try doing this practice out of doors in nature with your feet on the ground. Breathe up the energy of the earth through your feet and let go.



Capacitar Response to Global Pandemic—Patricia Mathes Cane, PhD, Capacitar Founder/Director

CAPACITAR's Vision is Healing Ourselves Healing Our World. CAPACITAR means to empower, to encourage, to bring each other to life. We are an international network of empowerment and solidarity. Capacitar teaches simple practices of healing, team building and self-development to awaken people to their own source of strength and wisdom so they can reach out to heal injustice, work for peace and transform themselves, their families and communities. Using a popular education approach, Capacitar has worked with grassroots people in over 45 countries.

The remarkable poem "Lockdown" by Richard Hendrick, OFM, challenges us: "Wake to the choices you make as to how to live now!" As Capacitar postpones scheduled trainings and adjusts to a very different style of outreach, our response is to offer what we do best—share simple tools for self-care, boost the immune system and manage the anxiety and fear that is rampant everywhere.

This edition of the newsletter is in two formats—our usual printed version that will be mailed to our network and an e-edition that can be downloaded from our website, along with other e-bulletins on Capacitar practices for these times. At the moment our e-bulletins are being translated and circulated to many thousands around the world—in the US, Europe, Asia, Africa, the Americas and the Middle East. Rather than our usual international updates, this newsletter will offer a variety of practices that can be used for self-care and shared with your family, friends and communities.

Use these practices for yourself when life gets overwhelming. Teach them to your children who are home from school, to your elders who are anxious or ill, to your neighbors who may feel isolated or alone. Reach out to those who have few resources or have lost their job because of the current crisis.

This is a unique moment on our planet when the human family can become more aware of the greatness of our hearts and spirits. "All over the world people are waking up to a new reality, To how big we really are. . .To what really matters. To Love."



Snowdrops from the Bield—Perth, Scotland

Lockdown

—Richard Hendrick, OFM, Ireland

*Yes there is fear. Yes there is isolation.
 Yes there is panic buying. Yes there is sickness.
 Yes there is even death.
 But, they say that in Wuhan after so many years of noise
 You can hear the birds again.
 They say that after just a few weeks of quiet
 The sky is no longer thick with fumes
 But blue and grey and clear.
 They say that in the streets of Assisi
 People are singing to each other
 across the empty squares,
 keeping their windows open
 so that those who are alone
 may hear the sounds of family around them.
 They say that a hotel in the West of Ireland
 Is offering free meals and delivery to the housebound.
 Today a young woman I know
 is busy spreading fliers with her number
 through the neighbourhood
 So that the elders may have someone to call on.
 Today Churches, Synagogues, Mosques and Temples
 are preparing to welcome and shelter
 the homeless, the sick, the weary.
 All over the world people are slowing down and reflecting.
 All over the world people are looking at their neighbours
 in a new way.
 All over the world people are waking up to a new reality
 To how big we really are.
 To how little control we really have.
 To what really matters. To Love.
 So we pray and we remember that
 Yes there is fear.
 But there does not have to be hate.
 Yes there is isolation.
 But there does not have to be loneliness.
 Yes there is panic buying.
 But there does not have to be meanness.
 Yes there is sickness.
 But there does not have to be disease of the soul.
 Yes there is even death.
 But there can always be a rebirth of love.
 Wake to the choices you make as to how to live now.
 Today, breathe.
 Listen, behind the factory noises of your panic
 The birds are singing again. The sky is clearing,
 Spring is coming,
 And we are always encompassed by Love.
 Open the windows of your soul.
 And though you may not be able
 to touch across the empty square,
 Sing!*

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CAPACITAR Calendar—2020-2021

2020—Workshops & Trainings

- May 14 Workshops, Presentation Learning Center, Watts CA
- May 16-17 Tr 2 Encino, CA
- May 21 Casa Alitas, Refugee Volunteers Workshop, Tucson AZ
- May 22 El Rio Health Center Staff Workshop, Tucson AZ
- May 23-24 Tr 2 El Rio Health Center, Tucson AZ
- May 29-30 Training, Hope Family Health Ctr, McAllen TX
- Jun 6-7 Tr 2 Marino Institute of Education, Dublin, Ireland
- Jun 9-10 Noddfa Training, Penmaenmawr, Northern Wales
- Jun 13-14 Tr 3 Finn's Place, Glasgow, Scotland
- Jun 15 Scotland Advanced, The Bield, Perth
- Jun 20-21 Aachen Advanced, Germany
- Jun 27-28 Tr 1 Aachen, Germany
- Jul 3-4 KORU Refugee Training, Luxembourg City, Luxembourg
- Aug 8-15 Trainings CEAVE Human Rights Ctr, Chihuahua, MX
- Aug 27-28 Tr 3 El Paso, TX
- Aug 29-30 Tr 3 Encino, CA
- Sep 1-4 Trainings, Centro de Paz, Quiché, Guatemala
- Sep 11 Advanced Formation, Durham, England
- Sep 12-13 Tr 3 Ushaw College, Durham, England
- Sep 19-20 Tr 3 El Rio Health Center, Tucson, AZ
- Sep 26-27 Tr 1 Birmingham, England
- Sep 23-26 Tr 1 Chalatenango, El Salvador
- Oct 3-4 Tr 3 Aachen, Germany
- Oct 6-7 Aachen University Peace Conference, Germany
- Oct 17-18 Tr 3 Marino Institute of Education, Dublin, Ireland
- Nov 7-14 Trainings in Japan
- Nov 12-13 Tr 4 El Paso, TX
- Nov 24-25 Tr 3 Beit Shams, Beit Jala, Palestine
- Nov 26 Palestine Advanced, Beit Jala, Palestine
- Nov 27-28 Tr 1 Beit Shams, Beit Jala, Palestine
- Dec 5-6 Tr 4, Encino CA

Postponed Trainings—Dates TBA

- Trainings in Haiti, School of Social Work
- Trainings in Panama, 10th Anniversary celebration
- Training 4, Finn's Place, Glasgow, Scotland
- Fall Scotland Advanced Formation, The Bield, Perth, Scotland
- Sonoma Climate Activist workshop, Sonoma, CA

2020-2021 Trainings

- Encino, CA Holy Spirit Ctr. Sheila Grady mrsgrady@gmail.com CEs
2020 Training: May 16-17 Aug 29-30 Dec 5-6
- El Paso, Texas Kathy Revtyak KRevtyak@epcgc.org
2020 Training: Aug 27-28 Nov 12-13 2020 Training: Dates TBA
- Tucson, Arizona Sharyn Chesser svchesser@cox.net
2020 Training: May 23-24 Sep 19-20 2021: Jan 23-24
- Capacitar Ireland Fiona Coady capacitarireland1@gmail.com
Foundation Training 2020: Jun 6-7 Oct 17-18 2021: Feb 27-28
Advanced Training 2021: May 1-2 Oct 2-3 2021 Team dates TBA
- Capacitar Scotland Nancy Adams capacitarScotland@gmail.com
Training 2021: Feb 20-21 Mar 27-28 Jun 12-13 Sep 25-26
- Capacitar England Paul Golightly capacitaralbion@outlook.com
www.capacitaruk.org
Durham 2020: May 23-24 Sep 12-13 2021: Feb 13-14
York 2020: May 9-10 Sep 12-13 2021: Jan 30-31
Norwich 2020: Jun 13-14 Sep 12-13 2021: Mar 6-7
Birmingham 2020: Sep 26-27 2021: Jan 16-17 Apr 24-25 Jul 10-11
- Aachen, Germany Anke Reerman anke.reermann@bistum-aachen.de
Training 2020: Jun 27-28 Oct 3-4 2021: Dates TBA
2020 Aachen Advanced Training: Jun 20-21
- Toronto, Canada Joan Silcox Smith jsilcoxsmith@gmail.com
2021 Training: May 15-16 Sep 18-19 2022: Jan 15-16 May 14-15

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**CAPACITAR
International**

Healing ourselves, healing our world

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March, 2020

Dear Friends,

Special greetings to you this Springtime as together we face the Covid-19 pandemic with global quarantines, closing of borders, social distancing, economic challenges and life-death realities everywhere. Our world at this time is in great need of hope and healing. This is the vision and mission of Capacitar—to bring healing and hopeful possibilities to ourselves and to our world. Will you help us to realize our mission in the many places where we work? Your support will empower Capacitar teams in the U.S. and in other countries to do the following:

- Trainings for those working with refugees and the detained in the US, Europe and the Middle East
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- New 4-Module trainings in Germany, Luxembourg, the Philippines and the U.S.
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- E-bulletins and publications to support people dealing with the corona virus and economic crisis
- A new manual and pilot workshops for youth and climate activists.

We cannot do this work of healing and hope without you! We are deeply grateful for your generous donations and prayerful support through the years. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane

Capacitar International Founder/Director

*We join with the Earth
and with each other
with our ancestors and all beings of the future
to bring new life to the land,
to recreate the human community,
to provide justice and peace,
to remember our children,
to remember who we are.
We join together as many and
diverse expressions
of one Loving Mystery,
For the healing of the Earth
and the renewal of all Life.*

*—CAPACITAR Vision
from the UN Prayer of the Sabbath*

