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Call Me At (914) 912-2351
Schedule at [The Healing Collective NY under Cathy Lipsky's Services](#) or

Energy Exchange / Tonglen Meditation

Prepare by bringing your awareness to your breath and explain that tonglen practice is one of compassion and this breathwork practice is exchanging of energy. Tonglen is translated as sending and taking or we would say giving and taking.

Inhale/ receive	Exhale/ let go
Stillness	Turbulence
Lightness	Heaviness
Soothing	Pain
Surrender	Resistance
Acceptance	Judgement
Forgiveness	Grievance
Tolerance	Anger
Expansion	Constriction
Clarity	Confusion
Peace	Conflict
Wholeness	Separation
Compassion	Sadness
Joy	Suffering
Ease	Struggle
Flow	Effort
Love	Fear

Love and release love back out again and now watch just witness as love flows in and out of you with each breath that you take.