

## **TRAUMA RELEASE SHAKING (LYING DOWN) SCRIPT**

Trauma release shaking (lying down) involves lying comfortably and allowing natural, involuntary shaking to release tension and stored trauma from the body. This practice promotes deep relaxation and emotional balance.

**Here are the steps of the Energy Flow® Trauma Release Shaking (Lying Down) exercise:**

1. Lie down on your back in a comfortable position, ensuring your feet are flat on the floor.
2. Bend your legs with your knees pointing upwards, and start by keeping your legs together.
3. Gradually let your knees fall out to the sides, creating a relaxed open-leg position, and moving them until you feel some tension or resistance in your legs or pelvic area.
4. Pause when tension arises and stay in that position. Do not force your knees wider if tension is felt; remain where the body naturally holds resistance.
5. Notice any involuntary movements: If your legs start to shake or tremble on their own, allow it to happen. This is a sign of the body releasing stored trauma or tension.

6. Keep your feet grounded and focus on maintaining both feet on the ground to prevent any unconscious "flight" response. This helps ensure the body remains present and engaged in the process.
7. Stay in the position as long as comfortable, allowing the shaking or tension release to occur without forcing it. If no shaking or tension arises, that's also okay.
8. Bring your knees back together when you feel ready or when the tension subsides.
9. After the exercise, take a moment to notice any emotions or sensations that arise (for example, shame, grief, anger). Acknowledge these without judgment, allowing them to be part of the process.

**Reflection questions:**

1. As you allowed your knees to open and paused at the point of tension, what sensations did you notice in your legs or pelvic area?
2. If shaking or trembling occurred, how did it feel to allow it without forcing or controlling it?
3. After bringing your knees back together and resting, how does your body or emotional state feel compared to before the exercise?