

SHAKING (SELF-RELEASE) SCRIPT

This is a relaxation technique that involves lightly shaking or oscillating parts of your body to release physical tension, reduce stress, and promote a sense of calm.

Here are the steps of the Energy Flow® Shaking (Self-Release) exercise:

1. Stand or sit comfortably and begin by gently shaking your body from the feet up—start with your legs, then your hips, torso, arms, and head.
2. Allow your body to shake freely, without any specific rhythm, letting the energy flow through you.
3. Shake for 1-3 minutes and gradually increase the intensity of the shake as you feel more comfortable.

Reflection questions:

1. Did you notice any mental or emotional shifts as you shook, such as a change in mood or clarity?
2. What happens to your mind and body when you allow the shaking to happen freely without trying to control it?
3. How did your body feel before and after the shaking?