

## Blow Out

To rid yourself of unwanted excess energy / emotions that are not beneficial to self

Be in a private safe space

Unzip central meridian (from lower lip, over throat, down center of abdomen to top of pubic bone)

With palms upright- extend hands in front of you

Hold the unwanted energy on top of your palms

As you Inhale:

Bring hands around to the side, coming up from the back and reach your hands above head.

When hands are above head- grasp each hand closed around the energy.

As you exhale **FORCEFULLY**- push your hands down to ground and open them as you go-

While doing the Exhale- make the sound loudly with the exhale of SSSHHHHHhhhhh.

The physical motion brings up the energy from within and the sound expels it from your physical and energetic body.

Do this motion until you feel the stuck energy released from your body, mind, and spirit. May take 5-10 movements.

When the energy has been released from you-

Do one last movement and when you exhale- go slowly with the SssHhhhh to the ground.

Then hang there for 2 breaths and scoop up the energy of the earth into your aura.

**End with Zipping yourself up** and do a deep long hook up

Do slow deliberate figure 8's with palm of hand throughout your aura.

Stomp Heels on ground

Adapted from the work of Donna Eden

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