

April 2021

Expelling the Venom

To rid yourself of unwanted excess emotions that are not beneficial to self, frustration and anger

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 emotions 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 emotion.

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 SSSHHHHhhhhh.

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

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

When the emotion is gone from you-

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

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

End with **Zippering yourself up** again and you can hook up, figure 8's or anything else you like.

Do the Daily Energy Routine.

To release resentment, guilt or jealousy do the following:

Tenderly cradle and rock your liver and gallbladder, whispering "Shhhhhhhh" to it as if you are comforting a little baby. Your Liver will use the calming energy and be able to do its' job better!

Exercises are adapted from Donna Eden Energy Medicine.