SYMPATHETIC — Release & Discharge

SHAKE IT OFF

Mammalian discharge — observed in animals after escape.

BLOOMING from Within

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Why this practice

Animals in the wild shake their bodies vigorously after a threatening encounter, then return to grazing as if nothing happened. This shaking is the body's built-in mechanism for completing the stress cycle and discharging the physiological charge activated for fight or flight. Humans have the same mechanism. We have simply been socialised out of using it. Full-body shaking is one of the fastest and most thorough ways to metabolise stress hormones and return the nervous system to baseline. It requires no skill, no equipment, and no explanation. It just works.

→ *See also: Chapter Three: The Emotional Reality / Chapter Five: Fight, Flight, Freeze*

How to practise

1. Stand with feet shoulder-width apart, knees soft.
2. Begin to shake your hands — loose, light, effortless.
3. Let the shaking spread up your arms, into your shoulders.
4. Shake your legs, one at a time. Let the whole body become loose and shaky.
5. Continue for 1–2 minutes, then stand still and notice the contrast.

Best used: *After a difficult appointment. After holding tension for a long period. After an argument or frightening moment.*

What you might notice

A warmth spreading through the limbs. A feeling of release or even lightness after the shaking stops. Sometimes laughter or tears — both are appropriate. The contrast between shaking and stillness afterwards is the regulation itself.

A Deeper Dive — for every Sympathetic Release practice: *This practice doesn't make difficult feelings disappear — it gives them somewhere to go so they stop running the show. Ask: is the pattern I'm discharging right now actually serving the life I want, or has it simply become automatic?*

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