HEEL SHOCK RELEASE

(as taught by Donna Eden – www.learnenergymedicine.com)

Purpose:

To wake the system up, release shock, numb, or feeling 'paralyzed' and to reconnect to the body.

Use when:

- Immediately after a trauma
- When feeling shocked or numb
- When feeling dissociated, disconnected, or overwhelmed

Common experiences:

- Feeling connected 'inside your body.'
- Feeling more awake, alert, present

Steps

Bounce up and down on balls of the feet with slightly bent knees, letting the heel firmly strike the ground for a least a minute. As you bounce, allow the upper body to become like a rag doll, releasing tension and shock.

OR

Rub the Heel in the following way:

- Deeply massage the sides of the heel (both sides of foot)
- Deeply massage area behind ankle bones (both sides of foot)
- Deeply massage area where the heel connects to arch of foot
- Repeat Steps on other foot

Follow along with the video:https://youtu.be/QR0MhV8IiKA

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