HAND SHAKING (SOMATIC EXPERIENCING)



Shaking is a somatic experiencing technique designed to release stress, trauma, or tension that has built up in the body. When we experience stress, our body sometimes holds onto that energy, creating tightness or discomfort. Shaking is a simple, natural way to help your body let go of stored tension and return to a more balanced, calm state. It mimics the natural tremors that animals in the wild use to discharge stress after a threat or danger has passed.

Hand Shaking for Release:

"Let's begin by sitting comfortably, with your feet grounded on the floor and your hands resting in your lap.

Take a deep breath in... and slowly exhale.

Now, gently lift your hands and start to shake them out, as if you're trying to shake off water. Let your fingers be loose and relaxed. Don't force it—just let your hands move naturally.

You can keep the shaking gentle and rhythmic. Imagine any stress or tension in your body moving out through your fingertips, being shaken away.

Continue shaking for a few moments, and as you do, take slow, deep breaths. Inhaling through your nose... and exhaling through your mouth.

Now, gradually slow the shaking, letting your hands return to stillness. Rest them back in your lap, take a deep breath in... and exhale. Notice how your hands and body feel after releasing that energy."

Note: This exercise can be too stimulating for some people according to reports received. So, if you are hyper-sensitive to vibrations specifically, you may want to postpone experimenting with this and revisit it later on, as you heal. Thank you.

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