



ENERGY HEALING INSTITUTE

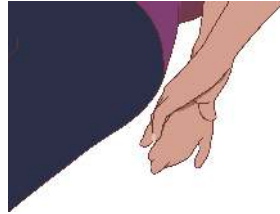
Education for The Consciously Curious

## Releasing Extremities

# Releasing Extremities



Standing parallel to the client on either side of the table, use one hand to cup the shoulder girdle (and shoulder chakra), fingers pointing down toward the table.



The other hand grasps the client's hand, fingers in the palm, thumb resting on top of the hand.



Use very light touch to hold both shoulder and hand. Say hello to the somatized emotions, name them if you can, i.e., hello anger, fear, anxiety, etc. Imagine drawing the somatized emotions from the client's Etheric body, down the arm and out the hand. You can use your eyes to help direct the released energy into the hole in the floor for permanent release.

Once completed, move to the other side of the body and repeat the process with the opposite shoulder and hand.



# Releasing Extremities



Standing parallel to the client's body, place one hand on the hip socket & hip chakra, fingers pointing down toward the table.



Rest your fingers in the arch of the foot, wrapping your thumb over the top of the foot toward the outside of the ankle. Say hello to the somatized emotions, name them if you can, i.e., hello anger, fear, anxiety, etc. Imagine drawing the somatized emotions from the client's Etheric body, down the arm and out the hand. You can use your eyes to help direct the released energy into the hole in the floor for permanent release.

Once completed, move to the other side of the body and repeat the process with the opposite hip and foot.

