

Live the Practice:

Turning Healing Awareness into Daily Action

SESSION 10 – THE PRACTICE OF RELEASE



The "Silly Shake" Technique

A 10-second practice of shaking out arms, legs, and the whole body to reset the nervous system and release hidden tension.

Letting Energy Move

Using movement helps the body signal to the brain that it is safe to let go of energy that no longer serves the present moment.



“I release what no longer serves me.”
This closing affirmation reinforces the intention to let go of old patterns and stored physical stress.

THE CORE CONCEPT OF INTEGRATION

Moving from Insight to Integration:
This phase is about committing to the work by integrating personalized healing tools for your mind, body, spirit, and emotions.

Shifting from Surviving to Shaping: "Live the Practice"
represents the transition from merely enduring life to actively shaping a path that honors your wholeness.

Focus on Release and Trust:
The primary focus of this movement is the physical release of stored tension and the cultivation of trust in the natural process of daily life.

ESSENTIAL REGULATION TOOLS



Midpoint Grounding

A specific technique utilized to center yourself in the present moment when you feel pulled back toward the past.



Regulation Tools

Practical methods used during workshops to maintain stability and safety within the physical body.



Micro-Integration Steps

Small daily actions, such as a 30-second "Power Pose" or a one-minute breath observation, that build consistency without overwhelm.

SESSION 11 – TRUST & ACCEPTANCE



Finding the Flow

Transitioning from "fixity to flow" by accepting that needs will be met even when circumstances are outside of your control.

The Trust Circle
A reflective practice of identifying specific areas of life where you are ready to stop "forcing" and start trusting the process.



Peace Visualization

Creating a mental image of "Peace" as a physical place you can visit to settle the nervous system during moments of frustration.