



- Make body and fists **STRONG** and **TENSE**
- **INHALE** deeply so breath rolls down into the belly and draws energy from the base of the spine up into chest
- **HOLD THIS ENERGY BACK** internally with the breath and the chest, as if **PROTECTING** yourself
- **INTENSIFY** the feeling of **BLOCKING** and **HOLDING BACK** as much as you can so your energy becomes concentrated

## Breathe lightly

- Maintain intense feeling of holding back in the chest
- Bring elbows and fists up to shoulder height
- Strongly press fists together knuckle to knuckle, at centre of chest

- Stand well balanced, feet comfortable distance apart
- Upright spine, arms by sides
- Clench fists strongly
- Hold breath back in chest
- Tighten chest until you feel something similar in quality to anger

- With body still, suddenly **THRUST** arms straight out, palms forward, releasing the gathered energy in an **EXPLOSION**
- While **FULLY** and **SHARPLY EXHALING**, shout **HA** from your chest
- Arms straight out, palms forward, wrists bent, fingers up

- Every aspect of the tension - physical, mental and emotional - is released simultaneously
- **STAY** for a moment in this position with outstretched arms, fingers wide
- In the pause after the explosion, **WHAT IS THE FEELING?**

A moment

Lower arms to sides  
Stand quietly Few min

Repeat 3x  
movements

7G: Expand sensations stimulated by producing and releasing tension in this way. 5 - 10 min

Option: Repeat pattern of 3x movements +7G for 2 further rounds

Mental agitation and discomfort can be transformed. As soon as energy is disconnected from a particular pattern, a totally new way of being can form. Try when feeling tired, depressed, negative or blocked. ✔

