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 foot with slightly bent knees, letting the heel firmly strike the ground for at least a minute. As you bounce, allow the upper body to become like a rag doll, releasing tension and shock.

OR

1. 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/QR0MhV8iKA

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