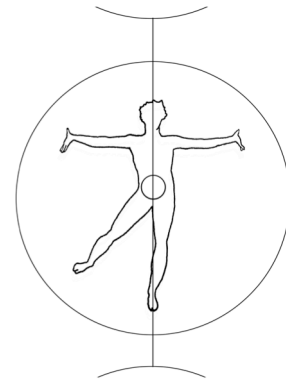


The Shakeout

The Shakeout is a quick easy way of opening the joints, releasing the muscles, and opening your whole energy field. It can take 5 seconds or 20 minutes.

(See other files for Mini Shakeout and Shakeout from the Center.)



A) Start by shaking loose one hand; think of finger hand wrist joints and ask them all to open.

Then do the elbow and the shoulder area in the same way.

Now PAUSE, and take time to compare the feelings between the two arms.

Then do the other arm. Feel the sensations wakened up in the arms! The arms radiate out into space from your heart.

B) Now the legs. Shake loose foot ankle toes; then the knee, loose and easy; finally the hip joint, shake from the pelvis/Center.

PAUSE; feel the difference in the way the two legs connect you to the ground.

Now do the other leg in the same way.

PAUSE again, feel your connection to the ground.

C) Now imagine you have a long dinosaur tail, which hangs down deep into the earth. Shake the tail; lift it up behind, then drop it; tuck it under, then drop it. Feel the tail heavy and long. Feel how legs and tail work together to ground you.

Next, feel your head poised lightly on top of your spine; this is your “observation turret”.

Gently wiggle your body so your head rocks gently around on top. Let it come to stillness and feel the poised alertness of your head as your awareness opens up 360 degrees in all directions.

Now shake and wriggle your whole spine and torso in every direction. If it feels safe to you, you can roll your body down forwards and let the spine and head hang and stretch out, the roll back up to straight; end with opening up the arms and leaning back to stretch the front, before settling back into the middle.

D) Feel your whole body, stable, light and open. Stop here, or continue to Basic Standing.
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