



# FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Shock Point Release technique

FROM DONNA EDEN ENERGY MEDICINE

### WHEN TO USE IT

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- Startled or traumatized
- Shocked or surprised by something you've heard
- Electrically shocked

### COMMON RESULTS

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- Feeling calmer
- Feeling more grounded
- Feeling more present

### STEPS

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- From a sitting position, bring up one foot and rest on opposite knee
- 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.

#### **Note:**

This technique can be even more effective when done with a partner.