



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Blow Out technique

FROM DONNA EDEN ENERGY MEDICINE

WHEN TO USE IT

- Feeling overwhelmed
- Feeling like you are about to erupt or breakdown
- You feel as if can't take on ONE more thing

COMMON RESULTS

- Calmer
- More grounded
- More present

STEPS

- From a standing position, bend your arms and hold fists at waist level
- Breathe in deeply while swinging arms back and around so up over your head
- Breathe out with a LOUD SIGH as you open fists and thrust your arms downward
- Repeat 4-5 times
- Repeat one last time with a slow release - again opening fists at the end.

