



Written Description for: Section 4, Lesson 5

Discharge Technique - Releasing Excess or Disruptive Energy

This technique brings the system back to equilibrium by grounding and discharging what is no longer needed into the Earth.

1. Assume a Grounded Stance

- Stand with your feet slightly wider than hip-width apart.
- Knees are soft and the body relaxed but alert.

2. Prepare the Breath

- Inhale calmly, but deeply through the nose, drawing the breath into the lower belly.

3. Exhale & Discharge

- As you exhale, bend forward from the hips, allowing the upper body to release downward.
- Simultaneously throw the arms and hands downward with a sharp flicking motion, as if forcefully casting something off.
- Accompany the movement with a loud, audible “HA!”, projecting any tension or excess energy out of the body and into the earth.

4. Repeat as Needed

- Perform this sequence 3 to 9 times, or as many times as necessary until you feel lighter, more grounded, and emotionally balanced.

Tips:

- Keep your movements intentional but not aggressive. Let the release come naturally with the breath.
- Afterward, take a few calm breaths in a relaxed standing position, hands resting gently on the lower abdomen.