***Signs that Your Energy is Releasing***

**Handout**

**Here are some signs your energy is releasing. You will likely experience some of them so pay attention to how your body experiences the release!**

* Yawning (even to the point of tears)
* Sighing
* Coughing
* Sneezing
* Burping
* Passing gas
* Stomach rumblings
* Laughing
* Sleepiness
* Tiredness
* Twitching, trembling, shuddering, shaking
* Tingling, buzzing
* Sweating
* Teeth chattering
* A desire to move your body
* A desire to take deep breaths
* Ease of pain on certain points
* A feeling of something tight loosening up or draining out
* More energy
* A sense of lightness
* A feeling of freedom
* An ah-ha or a reframe about the issue
* A sense of “It’s possible” and “What I want is believable”