



A *Divinely Intuitive*[™] BUSINESS PROGRAM

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”