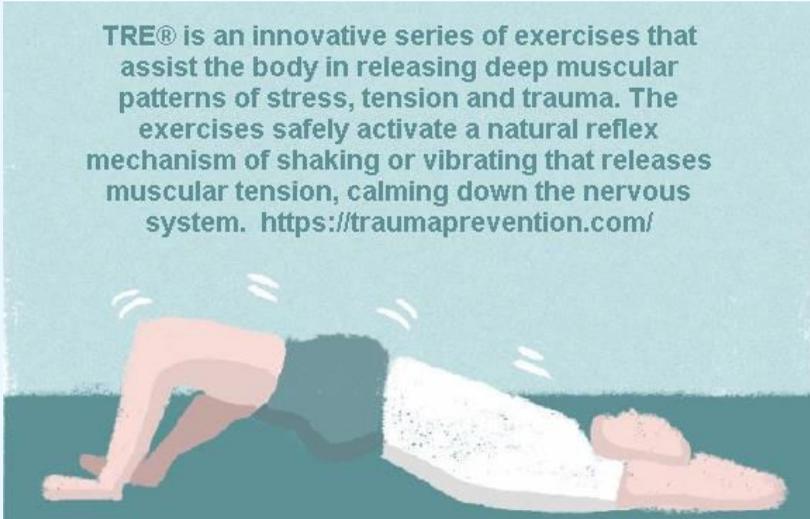


The 'SHAKE IT OFF' Exercise



This is about to use the 'Tremor of Orgasm' – without the Orgasm – for a deep body relaxation and emotional and mental 'resetting'.

Before I explain the Exercise – let me tell you how I came about finding this out – on my own. Only afterwards I researched it and found that there did already exist some 'Therapies' using this – trying to 'Tremble the Trauma away'. I did never use it for this – for me it s just a big relaxation.

It started with my experience as a volunteer in a psychiatric clinic:

Right after school I went working as a volunteer in a psychiatric clinic close to my hometown 'Bern' in Switzerland.

Here I saw – beside a lot more - how clients got electro-shocks (this practice is **still** common today in psychiatric clinics around the world which shows how little the doctors really understand and how desperate they are !)

Here is how this went: The client was sedated and stripped to a bed, nearly naked. Two contacts were put on both sides of his front head - and the button of the machine pressed down.

After the direct reaction of the patient (cramps), the doctors stayed silently around the bed, and observed the now again calmly sleeping patient. They were all waiting for a latent body reaction to show them, that the shock 'had worked'.

Would there be no latent body tremor at all, not even a very small one, then they would have to repeat the shock.

In this case I saw that the toes of one foot suddenly began to shake rhythmically.

"Ah" - a doctor said - "it has worked".

***Then I read the book of Wilhelm Reich:
The Function of the Orgasm***

Everybody just calls it the 'Orgasm Theory'.

I did not understand much.

You can check if you are doing better - the full text is available for free here:

http://www.wilhelmreichtrust.org/function_of_the_orgasm.pdf

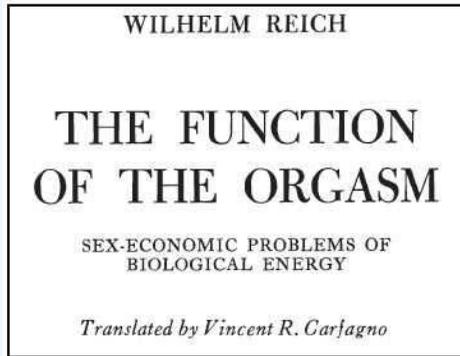
But I understood this: At the bottom of the spine is the main chakra, the source of life energy. And this energy is - logically - sexual in nature.

Reich postulated that all the problems with the body and with the mental state of man come from the blockage of this main chakra.

All or many – I didn't care: suppressing ones sexuality seems to be a bad idea. So this made sense to me.

Around ca. 1920 - I read - it was normal for a Dr. med in England to help his female patient to 'unblock and calm down' by making sex with her. This was the accepted best practice, the standard treatment for a 'hysterical women'.

Which lets me ask the question: "Today we give electro shocks and pills. Have we gone forward or backward?"



Next I Experienced a nearly 'full-body orgasm'

Somehow with the time my orgasms became stronger. One day I had what is called a 'full body orgasm' - or nearly full body (lower body part).

Body orgasm means, that shortly before and until after the orgasm the body or parts of the body start to shake in a strong rhythmical pattern. Often it's only the legs or feet. It's a wave of energy forcefully flowing through the body creating this shaking until it has ebbed out .

Well - nobody told me about that - but as nobody never told me much important about sexuality anyway - I guessed that this was probably quiet normal and enjoyed it.

(Strangely there is indeed nearly nothing 'scientific' on the NET about it – while 'shaking' during orgasm seems to be a common thing).

And I thought it might have something to do with this book of

Reich and the tremor after an Electro Shock which - sometimes - helped the patients.

Somehow this was very similar.

Then one day I experienced a spontaneous 'Body-Shaking' without sex.

One day - when I was relaxing on my bed - suddenly my shoulders started to shake violently, very fast and for some time until it ebbed out. Interesting phenomena. This time it had nothing to do with sex.

I already had understood enough to see, that this was probably simply some tension my body got rid off - and there was no need to see a doctor.

Specially as I could stop it at any time if I wanted.

In the contrary: Now I was interested in the phenomena as I started to put 2 and 2 together:

On the basis of all troubles was a blockage of the deepest energy centre. Through waves of energy braking through in a rhythmical pattern and flowing out through the body this blockage could be overcome. The 'shaking' as I called it, could be triggered by an electroshock or by an orgasm - but could also happen naturally.

And it seemed it was not really the orgasm per se which was important for the 'big relaxation' but the breaking out and flowing out of the 'stuck' energy through the body.

I was now interested to know if I could initiate this shaking at will.

In between this became more common for me. When I got a Reiki Session, e.g. - which relaxed me deeply - I started to get a shaking in my shoulders, or /and in my legs or hips. Until the blocked energy was out. Or even if I just relaxed deeply on the bed, this shoulder relaxation could start by itself. I could stop it anytime - but why would I? It only lasted a minute or two anyway.

And then I was able to start it at will.

But only if I didn't just do it a short time ago – only if the 'Reservoir of Tensions' was filled up again...

Let's not forget that cats and dogs have tails

I can see why the architects of the Human Bodies have cut the tail off: let them build up tension – their evolution will be faster!
! Lol.

The Shaking Off Exercise – see below

THE 'SHAKE IT OFF' EXERCISE

Do it when you are alone and when you will not be disturbed (shut off your phone).

Do not attempt this exercise when you are on alcohol or any drugs or any psychiatric medicine - or even painkillers. It will not work properly - depending on what it is for several days.

Take it seriously. You can only get out of it what you put in. 😊

You lay on your bed.

Relaxed: meaning you are not stressed by having to do something later etc.

Lay on your back. Now start to feel your whole body.

(Like you do in the 'Autogenic Training' - until you can feel your feet - be in your feet - etc. etc. in the whole body).

Then start to move your ass and your hips, your deepest point of the back.

From one side to the other.

Up and down.

Stretch and contract it again.

Stem the body up and press it down. Etc.

Just feel what movement the body wants to do.

This is important. Let the body guide - let the body move itself.

You can try to enhance such movements a bit, put in some attention, some rhythm - but do not overdue it.

Just check if the body wants to take over some of the movements you propose to him.

When the lower back region has been loosen up by doing this,

the energy can then go higher and can get out through a shaking of the shoulders.

But see what YOUR body wants to do 😊.

This is a great and simple thing. Don't make it too complicated. You can go and learn the proper tech (in different variations) for a lot of money - but in fact you don't need that IMO.

If you have any questions regarding this exercise, write to Mark at:

scienceofreleasing@gmail.com

You might in the beginning not be able to initiate the shaking at will – it will be available the deeper you are able to relax.

A good way to relax is also the 'Touch and Yawn Exercise'.

What this exercise can bring you:

A deep relaxation, being more here and now.

ADDITIONAL INFORMATION . . .

If you want to go in deeper into this subject, you will find a lot on the Internet.

There are body exercises which put tension on the body to then release the shaking.

I would suggest, that you do NOT do any exercises where you do hyperventilation (taking in a lot of oxygen by breathing deep and fast) like mentioned in some posts on the NET - unless you

are together with a good coach.

Don't do this hyperventilation alone. I have seen people going completely out of control and they would have been hurting themselves by their incredible wild movements if there hadn't been a coach to help them and get them through . . .

The above exercise without hyperventilation is FULLY SAFE to try out if you do not have any very special condition (like epilepsy, etc.).

*More info about the topic you can find by googling:
Peter A. Levine PhD,
Dr. David Berzeli
("The Revolutionary Trauma Release Process", etc.)*

Some Links:

https://amuse.vice.com/en_us/article/qv97j3/shaking-therapy-new-yoga

<https://www.acesconnection.com/blog/therapeutic-tremoring-shake-off-stress-and-trauma?>

And: <http://reichiantherapy.info>

etc. etc.

FB: <https://web.facebook.com/groups/releaseit/>

Mark: scienceofreleasing@gmail.com

20.11.19 Mark

Note to the reader: If you want to help me to improve this book in any way, regarding content, spelling or English grammar – or if any links in here should not work – pls contact me. I would be thankful.