



Video Transcript

Somatic Tantrum Practice To Express & Release Anger

Thank you.

Hello, beautiful people. My name is Grace, and we're here today for a somatic tantrum practice. I'm sure you can guess by the name what we'll be doing today in this practice. We're going to be throwing a tantrum, but in a safe and supported way. And just know, I'm here to support you, and I know we have this screen between us, but just remember, you're not alone here. It's completely normal to feel anger and frustration, but oftentimes we don't have space to safely express it. Oftentimes in childhood, anger is not an acceptable emotion to express.

And anger is oftentimes suppressed.

When we suppress our anger, there's a greater chance that it will rise to the surface in an unexpected time and

A safe place, maybe away from other distractions, a place where you can make some sounds, where you can connect to the earth, and where just for a short period of time, you can let it all go. This is an important practice. It can be really hard to do. But don't worry, I'm here with you. We'll do this together. So for this practice, I'm here on the yoga mat. This could also work on some sort of carpeted ground. You can also do this in your bed if you feel like your bed is stable enough. I also have a pillow nearby and we'll use this for a couple different practices.

One thing that we want to make sure we do during this practice is that we keep ourselves safe. So if at any time you're finding that you're experiencing physical pain, just take a moment to stop and breathe and come back to a regular grounding breath. If at any time you need to pause this practice and do something else that

serves you, please do. The most important thing is that we're feeling safe. The first thing we'll do. I'm in a kneeling position you could also be sitting cross -leg, but just find a position that you can place the hands on the earth and just feel how strong the earth is. Feel the support of Mother Earth. Find your regulating, grounding breath. A breath that allows you to feel safe and allows you to connect to the earth beneath you. Deep breaths flow in and out. You might even say to yourself, I am safe, I am supported, it's okay to express my emotions. I am safe, I'm supported, it's okay to express my emotions. Maybe there's something recently that's been frustrating you. Maybe there's something from the past that makes you feel angry. Know that Mother Earth holds us now and always, so right now we're going to put our energy into the Earth. And don't worry, this isn't a burden to Mother Earth. She can transform even the lifeless into something new and full of vitality. So whatever we offer Mother Earth, she can utilize and transform. Take a breath in. And as you exhale, push the hands into the earth. Maybe breathe out with a ha -s sound. One more time. Ah! And then soften. Breathe deeply. Come back to yourself. I'm safe. I'm supported. It's okay to express my emotions. Next, we're going to take our pillow, or if you have something else that's soft, if you're on your bed, maybe you don't need a pillow here. But we're going to start just punching the pillow. Breathe deeply and allow yourself to release with any sounds that you feel called. You can keep this going, you could also hold the pillow and yell into it. And then allow the breath to soften. Invite yourself back to a place of groundedness. You can feel the earth or place the hands on the body. I'm safe, I am supported. It's okay to express my emotions. Remember if at any time you need to pause this video and come back to a practice or give yourself more space, please do what serves you. Let's move on onto our backs. So if you have your pills, that's associated with anger and frustration. So right now, we're going to invite the body into some full body movements, hounding the earth and stomping the feet. So allow yourself to first start stomping the feet. Let and let the hands get into it. We don't want to be flailing in a way that will hurt ourselves. But see if you can find a rhythm. And once again, we'll come back to those audible exhales. You can also slap the ground. Ah!

And then come back to stillness. Find a comfortable position for the body to just fall into, soften right here.

Maybe you notice that the natural breath has quickened.

Maybe you notice that the heartbeat has quickened.

Notice the thoughts that move to the mind.

Notice the emotions that may have risen to the surface.

When we're unable to express certain emotions, the body will

there's some gratitude you can send yourself, maybe even place the hands on the heart.

If expressing emotions was a challenge for you as a child, if it was something that was unwanted,

notice that there's a message from that past version of yourself that needs to be heard right now.

Take it in.

Maybe there's a message from your present moment self that you need to hear.

What do you need to tell yourself right now? What does the heart need to hear to soften and heal?

What does your anger want to say to you?

Maybe the anger wants to tell you its purpose.

Oftentimes anger is associated with the element of fire, and fire is the element of transformation.

Notice what this moment is offering you. And notice what you can offer yourself to this moment.

Give yourself as much time as needed to rest here. Please take it slow.

Gift yourself a moment. You deserve it.

Spend a little bit longer resting here on the air for we haven't been there for long close the eyes and give yourself as much space as needed come back to a steady and regulated breath and to come back to the sensation of being in your body thank you so much for joining me today for the somatic tantrum practice.

This is deep work. So thank yourself. It's special that you showed up here today.

I'm so grateful for you. Thank you.