Reclaim Your Power: Dr Rimka’s 4-Step Grounding Technique to Crush Stress & Unlock Emotional Freedom Transcript

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Introduction to the Four-Step Embodiment Process

It's Dr Remka and today I'm going to take you through a process that you can do along with me. That's going be a four step process. You can use all four of these or just any one of them or any combination that would like to use at any time that feel you need to bring some awareness back into your body, dissipate some anxiety, stress, overwhelm, anger, pent up emotions.

Now, the first thing is the concept here is that it's the First Step of Embodiment. So the 1st step of getting into moving past stress and trauma is coming back to the body through sensation, and that we call that embodiment, being in the Body, feeling the not dissociating, not checking out, and not numbing out.

That can be a little uncomfortable and it's a bigger process, but these are some tools you can use at any time. Now, some of these, I have to say, the first thing you always want to check is if you're safe and comfortable.

Most of the three of four, you are really going to want be alone because it is going be loud. So I am going warn you, there is movement, There's going to be some noise.

Grounding Through Sensation and Visualization

You can't necessarily do this in your cubicle at work, but you can certainly do it outside in a park away from people at home. People can be in their house.

So you just tell them, this is what mommy is going need to do. And you could do with your kids too, actually. I suggest teaching your children how to this.

First, we're going start with we're going to basically be trying to connect to the aliveness in our legs with the rest of the body. That's a huge part of grounding means getting back into the connected to earth, not floating and numbing out above ourselves.

So in the first part, I'm going end up standing back, but it's going be basically just, um, we'll have you close your eyes. We're gonna feel into our bodies and I'll talk you through visualizing a little bit.

Um, just some grounding. It's not complicated. You can take yourself through this at any time. And the purpose of that is to help discharge this built up electricity, built-up static, which is uncomfortable in the system, into the earth.

You could simply do this with consciousness. Ideally, if you did this outside, barefoot on dirt, sand, soil, the ocean, or even concrete, it'll help with grounding a true connection with the earth, but you can still do it with shoes or anything else if you need to.

The second one is called heel to earth. Then we're gonna do the temper tantrum and then we gonna have the angry kicks. All right. Don't quite have enough room and I'm tall.

There we go. Alright, so first we are gonna start with just simply feet about hip width apart, knees slightly bent. Okay? My knees are bent, they're not locked back.

I want them bent like this, okay? And from here, all you're gonna simply do is go ahead and close your eyes, Okay. And I wanted you to feel the bottom of your feet.

on the ground, whatever the surface is. If you're wearing socks, feel the socks. Feel the shoes. Barefoot, move your toes. I want you to sink deep into the grounds beneath you.

Let the weight fall down. And you can picture roots shooting out of the bottom of your feet. gently going deeper and deeper. I want you to feel your calves strong.

Pay attention to any sensation in your cabs, any tingling, warmth, tightness, pain.

Heel-to-Earth Bouncing and Shaking

Get up to the knees, make sure they're bent. And get into your thighs. You can touch the thighs, have awareness, Feel the weight and power in your legs and still see the roots shooting down into the earth.

And go ahead and picture some very clear water with a little bit of a white golden shimmer, energetic water being poured into top of your head. It's filling you up and as it's washing down through your shoulders, chest, your belly, pelvis, and going down through each leg, down both arms, then it's washing away any static electricity, built up energy, tightness, discomfort, tension, pushing it down deep into the earth, watering the roots, and take a deep breath in through your nose, and then out through you mouth, to the side.

You can stay there, repeat that, pause this, whatever you want, you can do that anytime really, all right? Now the next move, is the heel to earth. All right, so we're going to start with a little bit of movement.

And again, you can do these one back to back. You can separate them a bit differently, however you want. So, did you see my feet? So what we are going do, right?

It's going come up on the toes and back down. So the heels are hitting the earth over and over again. I can decide how much I want to go, but usually just a small little bit and I just keep bouncing.

Okay. So that's the side view. We're going to the front. Right? Feet are hip width apart and it's just this bounce. Knees are slightly bent and just letting the shaking move through me.

And I'm just letting it move how it wants to go. It'll start a lot at the bottom. Gonna keep moving.

Temper Tantrum Release Exercise

Its gonna keep on winding as it goes. Eventually the shoulders might go more and then it's up in your chest and it might just be sound weird and the arms are moving Um, as you want, you may want to make some sounds.

You can exaggerate the hands. Like you can breathe like that. If you wanna, I know whatever feels good. I want you to, there's no right or wrong way. Sometimes I like to do that, so if you're a person that holds a lot of tension in the shoulders and the neck, might want really move them up a little bit as do it to get them really moving.

Okay. You might just wanna, sometimes you might wanna fling it to the side. Okay, we were just bouncing, see, that's all it is. That's bouncing. This is actually an incredible lymphatic drainage massage as well.

It's also moving, right? I'm connecting a live list of my legs, my buttocks with the rest of the body, moving things out, okay? Always making sure I am in a place where I feel really safe and comfortable.

So that was heel to earth. All right. The next one, some of you might be a little bit uncomfortable with this, but I guarantee your kids will love it.

Temper tantrum. And I bet there's a part of that wants permission to have a temper tantum so, so badly. So it looks like this. We're going to stomp each foot.

Your mouth is going be open because I want it to vibrate, okay? And we're gonna sigh and make sounds. That is a

vagal tone exercise and it actually releases a lot of tension and activates your rest and digest and restore nervous system.

But this is, so we're gonna couple grounding with fascial work, stress release with activating the vagus nerve, vagial tone. So here we go. Ready? This is an anger release thing.

You're not going to hurt anybody. So I know a lot of people have a hard time with being angry because they think they have to be nice and they don't want to her anybody this is both men and women.

All right, so you're alone. You are not dangerous and you not gonna hurt anyway doing this. All you got to do. And if you so feel that you may have a word you might want to say, you want say stop.

You might say no. Just see what happens. Okay?

Angry Kicks and Closing Summary

Notice I'm safe. Nobody's hurt. and you keep doing that as long as you want. I guarantee you, your kids are gonna have a ball doing it with you. And I suggest if you give them permission to do this more, and if give yourself permission, you're gonna feel a lot better.

Now, another one, this has also helped grounding and embodying you are the kicks. Same kind of thing. Just think like a three-year-old here, all right?

Because the legs are holding a lotta tension. They also hold a little power, okay? This is often where the no might want to come up. I suggest many people, especially women, don't know the power of no.

Four simple tasks, okay? Four simple techniques. You can do anytime, anywhere, kinda. The loud ones are loud. So be somewhere safe, be someone comfortable.

Visualize grounding. Your whole purpose is to discharge electrical activity that's built up in you. That's static. It's actually inflammatory energy. Its actually physically making you sick.

This is an anti-inflammation exercise as well as a stress overwhelmed trauma release exercise. well as a fascia lymphatic drainage exercise as well, as an emotional movement exercise, right?

So visualize this grounding for some white light or some water on top of your head into roots. Feel the feet to the ankles to, the calves to knees to legs.

Just feel it strong. We did the heel to earth. So the bouncing, shaking, then we did Um, the temper tantrum, stop, you stop and you're stopping having a temper.

Basically. And then the angry kicks put in any words that feel free that to be there. You might be surprised at the words. It might want to come out of your mouth, mouth open.

Cause I want a lot of tension is held in the jaw and clenching. So this is a little bit different than we're not doing nasal breathing throughout any of this.