

Ritual: The Rage Release

This ritual allows you to express rage safely without harm.

The Rage Release

1. **Find a private space.** This is for you alone.
2. **Grab a pillow, towel, or blanket.** Twist it. Punch it. Bite it. Let your body move as it wants.
3. **Make sound.** Growl, scream, roar. Let the vibration move through you.
4. **Move.** Stomp. Shake. Push against a wall. Let your body discharge the energy.
5. **When finished, collapse.** Let yourself rest. Breathe slowly.
6. **Speak:**

“I release this fire. It does not define me. I am free.”

How do you feel after?
