


Swamping is a way of moving anger, rage, grief, sadness etc through your body and then bringing yourself back to your most radiant turned on self.

You may like to swamp on a particular event, or topic. Before you start, think about what it is about the issue that is so upsetting for you. You could write it down or you could say it aloud.

*Anger*
Then start to play your first anger song and let the rage flow through your body. Punch a pillow, hit it against a chair or your bed, scream, throw a tantrum like a two year old. Do whatever feels right to move the anger through your body.

*Grief*
Transition from your anger to your grief - quite often our rage is underlied by a deep sadness. Allow the feeling of grief to move through your body and move the way you need to with it. It doesn't matter how much you move, as long as you do move in some way. Allow yourself to feel it all in whatever way it comes up for you. It will always be the right way.

*Radiance*
We then move to radiance. To bring yourself back from the anger, the grief, back to your true authentic lit up self. Feel the music. Move your hips. Run your hands over your body. Bring yourself back to the light, back to your brilliant inner radiance.

If you find that after the last song has ended you are still feeling tender or that you haven't lit up, you have two options. You can put on another song that makes you feel radiant and dance again for your radiance. You could also put on a lively song with a great beat and shake through your whole body.

Suggested Spotify playlist:
https://open.spotify.com/playlist/3u6Qrp0q6AJmN0trOmpi8W?si=2d2c9347a5f24b86

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