

ENERGY FLOW® FACILITATOR MODULE 4 QUESTIONS & ANSWERS

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MAIN TOPICS COVERED:

1. What are the different Energy Flow® Pain Relief & Therapeutic exercises?

The different Energy Flow® Pain Relief & Therapeutic exercises are:

- A. Pulling the Pain
- B. Diagonal Shoulder Pull
- C. Counter-Clockwise Circling
- D. Draining The Pain
- E. Breathing Out The Pain:
- F. Pinching The Pain
- G. Tapping The Pain
- H. Headache Relief
- I. The Trapezius Release
- J. The Trapezius Release (variation)
- K. Twist & Turn
- L. Free The Diaphragm
- M. Pulling the Ear

- N. Jaw Release
- O. Lower Scalp Pulling
- P. Pulling the Upper Arm - Letting Go
- Q. Knuckle Squeeze
- R. Ear Massage
- S. Ear Pumping
- T. Immune Boosting
- U. Fascia Massage

2. What is Pulling the Pain exercise?

The "Pulling the Pain" exercise is a method designed to help manage localised pain through focused attention, mindfulness, and breathwork. It combines the physical act of placing hands on the painful area with intentional breathing to relieve discomfort. The process promotes mindfulness and relaxation, allowing the individual to better control their experience of pain.

The steps involved are as follows:

- A. **Identify the area of pain:** Place the fingers of both hands on the painful area, positioning them close together.
- B. **Inhale deeply:** While inhaling, focus on the breath and maintain gentle pressure with your hands on the affected area.

- C. **Exhale and stretch:** As you exhale, gently pull your hands apart a short distance, creating a mild stretch over the painful area.
- D. **Release tension:** The stretch promotes relaxation, releases tension, and encourages better blood circulation in the area.
- E. **Repeat as needed:** Continue the process, focusing on breath awareness, and using the combination of breath and touch to manage and alleviate pain.

3. What is Diagonal Shoulder Pull exercise?

The Diagonal Shoulder Pull exercise is designed to release tension, improve circulation, and promote relaxation in the muscles of the shoulders and upper back. The diagonal motion applied across the body helps target different muscle fibres, offering a broad and comprehensive massage effect. This exercise can be particularly helpful during times of emotional overwhelm or crisis, providing both physical and emotional relief through a combination of touch and mindfulness.

The steps involved are as follows:

- A. **Recall a time of emotional stress:** Bring to mind a moment of emotional overwhelm or apply the exercise during a current stressful situation.
- B. **Locate the Neurovascular reflex points:** These points are located on the forehead, at the slightly raised areas known as the frontal eminences.

- C. **Position your fingers:** Place your fingers on the frontal Neurovascular points, with your thumbs gently resting on your temples.
- D. **Apply a gentle pull:** Lightly pull the sides of the forehead apart while maintaining gentle pressure on the reflex points.
- E. **Hold for three to five minutes:** While holding these points, focus on the stress or emotion, allowing yourself to fully engage with the feeling.
- F. **Experience relief:** This exercise aids in releasing muscle tension, improving blood circulation, increasing flexibility, and fostering a deeper mind-body connection, leading to relaxation.

By following these steps, the Diagonal Shoulder Pull exercise promotes physical and emotional well-being through a combination of targeted touch and mindfulness.

4. What is Counter-Clockwise Circling exercise?

The Counter-Clockwise Circling exercise is an energetic technique designed to address stagnant or imbalanced energy in areas of pain or discomfort. It utilises hand movements to clear energy blockages and stabilise the affected area. The counter-clockwise motion is employed to clear stagnant energy, while the clockwise motion restores balance and stability. This exercise can be performed over an open or closed wound to alleviate localised pain.

The steps involved are as follows:

- A. **Locate the area of discomfort:** Identify the part of the body where pain or discomfort is felt.
- B. **Clear stagnant energy:** Using your hand, gently circle over the painful area in a slow counter-clockwise motion. This action helps to clear stagnant energy and relieve discomfort. Continue this movement for two to five minutes.
- C. **Stabilise the energy:** After clearing the energy, perform a clockwise circling motion over the same area. This movement stabilises and balances the energy. It generally takes less time than the counter-clockwise clearing motion.
- D. **Repeat as needed:** Continue the process until you feel a reduction in discomfort and a sense of relief.

This exercise promotes pain relief, enhances energetic awareness, and supports overall well-being and vitality by reducing discomfort through energy balancing techniques.

5. What is Drawing the Pain exercise?

The Drawing the Pain exercise is intended to balance the flow of energy in and around a painful area. It incorporates the concepts of draining stagnant or painful energy and introducing healing energy, utilising visualisation to influence energy flow. By focusing on both removing

negative energy and channelling positive energy, this exercise supports the body's natural healing process.

The steps involved are as follows:

- A. **Drain the stagnant energy:** Place your left hand on or over the area of pain to “drain” the stagnant or painful energy. Hold your right hand away from your body, pointing downward, to allow the “pain” energy to be released.
- B. **Visualise the energy release:** Feel or imagine the pain or stagnant energy being drained out of your body, leaving the painful area.
- C. **Channel healing energy:** Switch positions by placing your right hand on or over the area of pain and raising your left hand upward to bring healing energy into the affected area.
- D. **Finalise with a figure-eight motion:** Trace figure-eight patterns over the area of pain to close the exercise and encourage energetic alignment.

This exercise promotes the dissipation of pain, healing energy infusion, relaxation, and energetic alignment, fostering a strong connection between body and mind.

6. What is Breathing-out the Pain exercise?

The Breathing-out the Pain exercise is a mindful breathing technique used to manage pain through focused and intentional breathwork. By

inhaling through the nostrils and exhaling through the mouth, individuals can influence their perception of pain, promote relaxation, and increase mindfulness. This method can be applied to both localised and dispersed pain, whether the wound is open or closed.

The steps involved are as follows:

- A. **Inhale deeply:** While focusing on the area of pain, breathe in slowly through your nostrils with your mouth closed.
- B. **Exhale to release the pain:** As you exhale, release the breath through your mouth as if you are blowing out the pain.
- C. **Slow and steady breathing:** Repeat the process, progressively slowing down each breath, allowing more time to "breathe the pain out" with every exhale.

This exercise promotes pain management, enhances healing, reduces stress, increases mindfulness, and helps bring balance to the parasympathetic nervous system, fostering a sense of relaxation and calmness.

7. What is Pinching the Pain exercise?

The Pinching the Pain exercise is a technique aimed at bringing conscious awareness to specific sensations or discomfort through a light pinching action. This physical action helps to reset the body's response to pain by signalling the brain that the pain is no longer

necessary. It is particularly useful for localised pain, and for areas like the hands, wrists, or elbows.

The steps involved are as follows:

- A. **Target the centre of the pain:** For localised pain, place your thumb and forefinger on the centre of the painful area and very lightly pinch the skin one time.
- B. **Apply light pinches for arm pain:** If the pain is located in the hands, wrists, or elbow, make tiny, light pinches up and down the inside of the arm for about 20 seconds.
- C. **Focus on the sensation:** This light pinching serves to heighten sensory awareness, distract from the pain, and reframe your relationship with it.

This exercise encourages exploration of sensations, enhances sensory awareness, and helps to reduce the perception of pain by shifting focus through a simple, mindful action.

8. What is Tapping the Pain exercise?

The Tapping the Pain exercise is designed to release or unblock congested energy in the body's meridian system. Tapping specific points on the body is believed to help balance energy flow, sending signals to the brain to rewire negative patterns associated with emotional or physical discomfort. It is a self-regulation technique that promotes relaxation, pain management, and stress reduction.

The steps involved are as follows:

- A. **Select your tapping method:** Use the fingers of either hand, or a device with small tappers, like a hairbrush with plastic prongs.
- B. **Begin tapping:** Gently tap on the area of discomfort, but avoid any open wounds. Tap for as long as feels comfortable, usually for about a minute or until you sense the energy has released or the pain has decreased.
- C. **Observe the effects:** Notice the changes in energy flow, pain reduction, or relaxation as you continue tapping.

This exercise aids in self-regulation, reduces stress, improves energy flow, manages pain, and promotes a state of relaxation.

9. What is the Headache Release exercise?

The Headache Release exercise is designed to stretch and release tension in the neck muscles, particularly the muscles on the sides of the neck. This exercise combines gentle neck tilting with resistance provided by the hand to enhance the stretch and engage the muscles, promoting relaxation and improved posture.

The steps involved are as follows:

- A. **Relax and prepare:** Sit comfortably and relax your shoulders.
- B. **Tilt to the right:** Gently tilt your head to the right, bringing your ear close to your right shoulder.

- C. **Apply resistance:** Place your right palm against the right side of your head. Take a deep breath in and press your hand and head against each other, creating resistance. Hold your breath as you push.
- D. **Release and stretch:** As you exhale slowly and completely, drop your hand and stretch your head closer to your right shoulder.
- E. **Repeat the process:** Perform this action two more times on the right side.
- F. **Switch sides:** Repeat the entire process on the left side, three times.

This exercise promotes neck flexibility, tension release, muscle engagement, posture improvement, and fosters a deeper mind-body connection.

10. What is the Trapezius Release exercise?

The Trapezius Release exercise is designed to stretch and mobilise the muscles on the side of the neck and upper shoulder, particularly the trapezius and sternocleidomastoid (SCM). This exercise promotes flexibility, reduces tension, and enhances awareness of posture and neck movements. By coordinating eye and neck movements, it increases proprioception and range of motion.

The steps involved are as follows:

- A. **Prepare in a comfortable position:** Sit or stand comfortably with your shoulders relaxed and facing forward.
- B. **Right side stretch:** Without turning your head, move your eyes to the right. While still facing forward, tilt your head to the right, bringing your right ear closer to your right shoulder without lifting your shoulder. Hold this position for 30 to 60 seconds. Return your head to the neutral position and your eyes to the forward direction.
- C. **Left side stretch:** Repeat the same process on the left side by moving your eyes to the left and tilting your head to the left. Hold for 30 to 60 seconds before returning to the neutral position.
- D. **Variation for enhanced range of motion:** For increased range of motion, look to the right with your eyes while tipping your head to the left. This opposing eye movement enhances the stretch. Hold for 30 to 60 seconds, then reverse the movement by looking to the left while tipping your head to the right.

This exercise promotes neck flexibility, tension relief, posture awareness, sensory enhancement, and eye coordination, contributing to alleviating physical discomfort.

11. What are the steps for the Trapezius Release variation exercise?

The steps for the Trapezius Release variation exercise are:

- A. In this variation of the exercise, follow the same instructions, but let your eyes look to the right while tipping your head to the left.
- B. This movement of your eyes in the opposite direction before you move your head increases your range of motion; you should be able to side-bend your head even farther to the left.
- C. Hold this for thirty to sixty seconds, and then reverse to do the same thing on the other side.

12. What is the Twist & Turn exercise?

The Twist & Turn exercise aims to improve the tone of a flaccid trapezius muscle, balancing its three parts while also promoting spinal length, improved breathing, and correcting forward head posture (FHP). This exercise does not focus on strengthening or stretching the trapezius but instead stimulates the nerves of the muscle fibres to activate their function.

The steps involved are as follows:

- A. **Prepare in a seated position:** Sit comfortably on a firm surface like a chair or bench, looking forward.
- B. **Cross your arms:** Fold and cross your arms, resting your hands lightly on your elbows.
- C. **First part – activate the upper trapezius:** Let your elbows drop just in front of your body. Rotate your shoulders briskly from one side to the other, allowing your arms to glide over your

stomach. Repeat the rotation three times, moving your shoulders without strain or stopping.

- D. **Second part – activate the middle trapezius:** Lift your elbows to chest height, in line with your heart. Rotate your shoulders from side to side three times.
- E. **Third part – activate the lower trapezius:** Raise your elbows as high as comfortably possible. Rotate your elbows from side to side three times, as in the previous steps.

This exercise is beneficial for anyone, not just those with FHP, and can provide an immediate sense of improvement in posture, muscle tone, and overall comfort.

13. What is Free the Diaphragm exercise?

The Free the Diaphragm exercise is designed to release tension in the diaphragm and restore its optimal rhythm. This allows for better oxygen distribution throughout the body, supporting organ function, energy levels, and stress relief. The exercise involves physically engaging the diaphragm through breath and pressure.

The steps involved are as follows:

- A. **Position your hands:** Firmly place your left hand under the centre of your rib cage. Place your right hand on top of the left hand, both hands flat. Pull your elbows close to your body, essentially hugging your midsection.

- B. **Engage with breath:** Inhale deeply, pushing your body toward your hands while simultaneously pressing back with your hands.
- C. **Hold your breath and push:** Hold your breath while maintaining the push between your body and hands. The longer you hold (without feeling lightheaded), the more effective it is.
- D. **Release:** Exhale naturally and release your hands, allowing your body to relax.
- E. **Repeat:** Repeat this process about three times.

This exercise promotes rib cage mobilisation, stress reduction, enhanced lung capacity, breath awareness, improved posture, and better oxygen exchange.

14. What is Pulling the Ear exercise?

The "Pulling the Ear" exercise is designed to stimulate acupressure points along the ear and jaw area, potentially offering relief from tension. This practice leverages the interconnectedness of the ear and jaw, where easing tension in one area can beneficially affect the other. Here are the structured steps for this exercise:

- A. **Begin at the Top:** Start by gently grasping the top of your ear.
- B. **Progress Downward:** Slowly move your fingers down along the ear, pulling gently to stimulate various points until you reach the lobe.

- C. **Observe the Release:** Pay attention to any sensation of release along the edge of the jaw as you perform these steps.

It promotes relaxation of the jaw muscles, helping to ease tension in that area. Additionally, it aids in reducing stress and anxiety, allowing for a calmer mental state. The exercise enhances energy flow and encourages mindfulness, fostering a sense of presence and balance. Finally, it helps decrease overall body tension, contributing to a more relaxed and comfortable physical state.

15. What is Jaw Release exercise?

The Jaw Release exercise aims to relax the jaw muscles, which can help reduce facial and neck tension and activate the ventral vagal complex responsible for feelings of safety and connection. This technique, used in polyvagal theory, helps regulate the autonomic nervous system and can alleviate jaw tension, teeth grinding, and Temporomandibular Joint (TMJ) disorders. Here are the steps for this exercise:

- A. Breathe in, and place your fingers in a "V" shape at the base of the neck, gently pulling back towards the ears.
- B. As you breathe out, massage along the jawline, moving from the front towards the back.
- C. Make tiny circular motions on the outside of the jaw.
- D. Place a finger inside the mouth and gently stretch from the back to the front.

Benefits include regulating the autonomic nervous system and alleviating jaw-related pain or tension.

16. What is the Lower Scalp Pulling exercise?

The Lower Scalp Pulling Exercise is designed to offer grounding and relaxation by gently pulling on the lower scalp. The pressing motion helps release tension and tightness, promoting relaxation and reducing physical discomfort.

Steps for Lower Scalp Pulling Exercise:

- A. Place your fingers in the groove above the neck, where the lower scalp dips in.
- B. As you inhale, gently press your fingers into the groove.
- C. Slowly separate your fingers while maintaining the press.
- D. Repeat this process two more times for optimal tension release.

The benefits of the lower scalp pulling exercise include the release of tension in the lower scalp and neck, improved blood circulation, stimulation of pressure points on the head and neck, and enhanced coordination of movements, promoting overall relaxation.

17. How can you mindfully let go of emotions with the help of Pulling the Upper Arm exercise?

To mindfully let go of emotions using the Pulling the Upper Arm exercise, follow these steps:

- A. Stand or sit in a comfortable and relaxed posture.
- B. Allow your arms to take the lung flush position, ensuring they are ready to move freely.
- C. Inhale deeply through your nose, fully expanding your lungs.
- D. As you exhale, pull your hands down while releasing any emotional weight or tension you're holding.
- E. Stretch your fingers as though you are reaching towards the emotions you're letting go of.
- F. Visualise the emotional energy being released through your fingertips as you exhale fully.
- G. Lower your arms back to the starting position as you finish exhaling.
- H. Repeat the process 2-3 times for effective emotional release and relaxation.

Benefits of this exercise include emotional release, enhanced flexibility, relaxation, and mindful movement, which contributes to reduced stress levels and free expression of emotions.

18. What are the steps for the Knuckle Squeeze exercise?

The steps for the Knuckle Squeeze exercise are very simple, bring your knuckles together so they're intertwined, breathe in, and squeeze.

This is a good rest and digest exercise.

19. What are the steps for the Ear Massage exercise?

Ear Massage exercise steps include Put your finger on the outer ear, massage – sending rest and digest message to your gut.

20. What are the steps for the Ear Pumping exercise?

The steps for Ear Pumping exercise are:

- A. Locate the tragus—the small, curved part of cartilage that sticks out right in front of the ear canal.
- B. Use your index fingers (or thumbs) and press gently on the bone right in front of your ear canal, next to the tragus, and breathe out.
- C. Press and release gently in a pumping motion, moving your fingers inward toward the bone and then releasing them, while breathing in and out.

21. What is the Immune-boosting exercise?

The Immune-boosting exercise involves stimulating the thymus gland, which is essential for enhancing immune function by aiding in the development of T lymphocytes. The exercise can be broken down into the following steps:

- A. Form a gentle fist with your hand to prepare for tapping.
- B. Locate the thymus point, which is situated on your breastbone.

- C. Gently thump the thymus point while making an "ahhh" sound.
This sound creates a reverberating effect, similar to the sensation of getting a head massage or invoking a "Tarzan" thump.
- D. Repeat the process as necessary for optimal stimulation.

This exercise supports the immune system by promoting white blood cell production, increasing energy flow throughout the body, calming the nervous system, and improving blood circulation in the chest area. Additionally, it enhances physical stimulation, which may help boost disease resistance, promote faster recovery, lower illness severity, reduce the risk of chronic illness, support longevity, and provide better defence against allergens.

22. What are the steps for Fascia Massage exercise?

The steps for the Fascia Massage exercise are:

- A. Perform shoulder rolls slowly, focusing on feeling each movement to release fascia and reduce tightness.
- B. Move the neck slowly, bringing the shoulders to meet the ears gently, and then lowering them down slowly to stimulate fascia and promote relaxation.

23. What are the different Energy Flow® Lymphatic Drainage exercises?

The different Energy Flow® Lymphatic Drainage exercises:

- A. Cheek Drainage

- B. Parathyroid / Neck Flush
- C. Clavicle Drainage
- D. Armpit Drainage
- E. Stomach Drainage
- F. Groin Drainage
- G. Knee Drainage
- H. Ankle Drainage

24. What are the steps for the Cheek Drainage exercise?

The steps for Cheek Drainage exercise are:

- A. Make the 'thumbs up' gesture with both hands.
- B. Take a deep breath in and then place your thumbs under each of your cheekbones and push in as you breathe out. This stimulates the parotid gland and helps bring down the puffiness in your face.
- C. Now, put your thumbs on either side of your chin, and push up till your temples as you take a breath in. This helps clear the flow once you've done the hard push in under the cheekbones.

25. What is the Parathyroid/ Neck Flush exercise?

The parathyroid glands are four small glands located in your neck. These glands produce parathyroid hormone, which plays a crucial role in regulating blood calcium levels. The Parathyroid/Neck Flush exercise involves gently massaging the front of your neck using the fingertips of both hands, applying downward strokes to stimulate the glands and promote circulation.

26. What are the steps for the Clavicle Drainage exercise?

The steps for Clavicle Drainage exercise are:

- A. Take your index and middle finger and make a 'V', and push them outwards on either side of your collarbone.
- B. You can put firm pressure and breathe out as you push outwards.
- C. Repeat on the other side.

It helps with frozen shoulders and to get the energy moving.

27. What are the steps for the Armpit Drainage exercise?

The steps for the Armpit Drainage exercise are:

- A. Put firm pressure on the area right under your armpit. It can be painful for some.
- B. Repeat on the other side.

This area has spleen, lung, heart, and pericardium connections. It can hold a lot of stagnation and trauma. This exercise helps release it.

28. What are the steps for the Stomach Drainage exercise?

The steps for the Stomach Drainage exercise are:

- A. **Stand in a comfortable position:** Stand with your feet shoulder-width apart and your knees slightly bent. Keep your spine straight and shoulders relaxed, allowing for easy breathing.
- B. **Start with deep breathing:** Take several deep breaths, expanding your abdomen as you inhale and gently contracting it as you exhale. This helps engage your diaphragm, which plays an important role in lymphatic flow.
- C. **Place your hands on your lower abdomen:** Place both hands on your lower abdomen, just below your belly button. Use light pressure with your fingertips as you begin the exercise.
- D. **Gentle circular massage:** With your hands in place, begin making gentle, clockwise circular motions around your abdomen. Start at your lower abdomen and work your way upwards towards your rib cage. Keep the pressure light, as the lymphatic system responds best to gentle stimulation.
- E. **Sweep upward toward the chest:** After completing a few circular motions, use upward strokes with your palms, sweeping from the lower abdomen towards the center of your chest. This

movement helps guide lymph fluid toward the thoracic duct, the main drainage point in the lymphatic system.

- F. **Repeat for 5-10 minutes:** Perform the gentle sweeping and massaging movements for 5 to 10 minutes. Always move towards the center of your chest and maintain a slow, relaxed pace.

29. What are the steps for the Groin Drainage exercise?

The steps for the Groin Drainage exercise:

- A. Sit or lie down in a comfortable position with your legs slightly apart. Take deep breaths to relax your body and muscles.
- B. The 'V' area refers to the natural crease between your upper thigh and lower abdomen near the groin.
- C. Push in over the 'V' area near the groin in downward motions.

30. What are the steps for the Knee Drainage exercise?

The steps for Knee Drainage exercise are:

- A. Sit or lie down with your legs slightly bent, ensuring your knees are relaxed.
- B. Place your fingers on the soft area behind your knees, where the lymph nodes are located.
- C. Use your fingertips to apply gentle pressure in a circular motion behind the knees. Breathe deeply, inhaling as you press and exhaling as you release.

- D. After a few circles, use upward strokes (toward the thighs) to encourage fluid movement. Continue to synchronise your movements with your breathing, inhaling as you stroke and exhaling as you release pressure.
- E. Perform the massage for 1-2 minutes on each knee, maintaining the rhythm of your breathing to enhance relaxation and drainage.

31. What are the steps for the Ankle Drainage exercise?

The steps for the Ankle Drainage exercise are:

- A. Sit comfortably with your legs extended in front of you, allowing easy access to your ankles.
- B. Place your fingers around the ankle joint, focusing on the soft tissue just above the bony areas on both sides of the ankle.
- C. Using the pads of your fingers, apply light pressure in circular motions around the ankle. Focus on the area just above the ankle bones, where lymphatic fluid tends to accumulate.
- D. After a few circular motions, move to upward strokes along your lower leg, from the ankle toward the calf. This encourages fluid to drain upward. Breathe deeply, inhaling as you press and exhaling as you release.

- E.** Perform the massage for 1-2 minutes on each ankle, continuing the circular motions and upward strokes while synchronising your breathing to enhance the lymphatic drainage.

ADDITIONAL QUESTIONS:

1. What do I do to support if the person I facilitate to is raw after exercise?

If the person you are facilitating feels raw or tender after an exercise, it is essential to reassure them that such feelings are entirely normal. You can offer support by encouraging them to hold themselves in a standing position if needed and letting them know that it is okay to feel this way. To prevent surprises, you may pre-frame your sessions by informing your clients beforehand that they may experience tenderness after the exercise. This allows them to plan accordingly, such as arranging transport if the session is face-to-face.

Additionally, if you are conducting retreats or deeper sessions, you can create a nurturing environment by integrating exercises such as circular breathing, trauma release through shaking, and a period of quiet reflection or journaling. Offering a balance of physical and emotional support through such methods can be beneficial, along with encouraging clients to take time to relax and reflect post-session, further enhancing their recovery and integration of the experience.