

RELEASE WORRY – HAIR COMBING SCRIPT

Hair combing involves combing the hair using the fingers. Hair can act like an antenna for the body's energy, and combing the hair helps stimulate balance in the body.

Here are the steps of the Energy Flow® Hair Combing exercise:

1. Place the thumb behind the ear and fingers on the start of the hair line.
2. Then comb your fingers through the scalp breathing in, and then breathing out as the fingers move down the scalp.

Reflection questions:

1. As your fingers moved from the hairline through the scalp, what sensations did you feel on the surface of your head?
2. Did breathing in as your fingers began the movement and breathing out as they travelled down the scalp change the rhythm or pace of the exercise?
3. After a few rounds of combing through the hair, what do you notice now in your head, face, or overall sense of ease?