

RELEASE WORRY – FOREHEAD PULLING SCRIPT

Forehead pulling is used to release tension, promote relaxation, and enhance the mind–body connection. It involves working with the forehead area in combination with breathing to release worry.

Here are the steps of the Energy Flow® Forehead Pulling exercise:

1. Place the fingers from both hands together in the middle of the forehead and the thumb at the temple.
2. Breathe in and as you breathe out pull the fingers across the forehead to the temple.
3. Repeat a few times.

Reflection questions:

1. As your fingers moved from the centre of the forehead toward the temples, what did you notice happening in the forehead or around the eyes?
2. How did the movement of your fingers together with the exhale influence the sense of tension or ease in that area?
3. After repeating the motion a few times, what difference do you notice in your head or mental state?