

RELEASE WORRY – CROWN PULLING SCRIPT

Crown pulling involves working along the forehead and surrounding areas in combination with breathing. The purpose of the practice is to release tension, promote relaxation, and support the release of worry.

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

1. Join the index fingers and middle fingers of both hands together.
2. Place those two fingers of each hand on the middle of the forehead at the hairline (top centre of your forehead) and press it lightly.
3. Take a breath in.
4. As you breathe out pull the fingers along the hairline.
5. Gently press your entire forehead using two fingers and breathe deeply.

Reflection questions:

1. When your fingers travelled along the hairline on the exhale, what sensations appeared across the forehead or scalp?
2. Did the light pressure at the centre of the forehead feel different from the movement along the hairline?
3. During the final moment of gently pressing the forehead and breathing deeply, what shift did you notice in your level of mental tension or clarity?