

RELEASE WORRY – EYEBROW PULLING SCRIPT

Eyebrow pulling involves pulling and massaging across the eyebrow area. It is aimed at promoting a smooth flow of energy and helping the facial muscles relax and release tension.

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

1. Place the index finger and middle finger at the start of the eyebrow at the bridge of the nose.
2. Take a breath in.
3. As you breathe out, pull the fingers along the eyebrows until you reach the temple.

Reflection questions:

1. Moving from the bridge of the nose toward the temple, did any particular spots along the eyebrow feel tighter or more sensitive?
2. What difference did you notice between the moment you inhaled and the slow pull along the eyebrow on the exhale?
3. After reaching the temples, how do the areas around your eyes or forehead feel now?