

## **EMOTIONAL CLEANSE SCRIPT**

A powerful practice to release emotional buildup, leaving the body and mind refreshed, balanced, and calm.

**Here are the steps of the Energy Flow® Emotional Cleanse exercise:**

1. Bring into your awareness any emotions you might have bottled up or suppressed.
2. Place the fingers just under the collarbone and gently tap.
3. Take a breath in and out and make an “ahhh” sound as if letting out any and all suppressed emotions.
4. Stamp your feet one by one on the ground to let go of any bottled-up emotions.

### **Reflection questions:**

1. Bringing the suppressed emotions into awareness, what feelings or body sensations surfaced first?
2. What was it like to let the “ahhh” sound come out while tapping under the collarbone—did it change anything in your chest or breathing?
3. As you stamped your feet on the ground, did you notice a sense of discharge, grounding, or movement of emotion through the body?