

RELEASE EFFORT – LITTLE FINGER BREATHING SCRIPT

Holding the little finger while breathing deeply helps release effort, allowing for relaxation and flow.

Here are the steps of the Energy Flow® Little Finger Breathing exercise:

1. Hold the little finger which harmonises the energy of effort and breathe.
2. Appreciate yourself for your efforts. Let no one else’s opinion overpower the efforts within you.
3. Say to self, “I open to the possibility of stepping into my power”.

Reflection questions:

1. Holding the little finger, what do you notice in your body as you pause to breathe and acknowledge your effort?
2. How does appreciating your own effort affect the way you feel about the situation you’ve been working through?
3. When you say the words about stepping into your power, what response do you notice internally—confidence, resistance, or something else?