

## **LITTLE FINGER EFFORTLESS LIVING SCRIPT**

The practice combines gentle acupressure, through holding the little finger, with deep breathing to promote relaxation.

**Here are the steps of the Energy Flow® Little Finger Effortless Living exercise:**

1. Hold the little finger and breathe in.
2. Appreciate yourself for your efforts. Let no one else's opinion overpower the efforts within you.
3. Then breathe out and let go of any over efforting.
4. Say to yourself, "I open to the possibility of stepping into my power!".

### **Reflection questions:**

1. As you held the little finger and breathed in, what did you notice about the effort you may be carrying in your body or mind?
2. When you exhaled and consciously let go of over-efforting, did anything shift in your shoulders, breathing, or overall tension?
3. How did saying the statement about stepping into your power influence your sense of ease or self-trust?