

## **DESPONDENCY – HOLD THE PALM SCRIPT**

Gently holding the palm cultivates a sense of comfort and helps to release feelings of despondency or emotional heaviness.

**Here are the steps of the Energy Flow® Despondency – Hold the Palm exercise:**

1. Find a quiet and comfortable space where you can focus without distractions.
2. Take a few deep breaths to centre yourself.
3. Extend your dominant hand in front of you, palm facing up.
4. Locate the middle of your palm and place your other hand on top, forming a gentle cupping motion.
5. As you hold your hands in this position, consciously think about the despondency or negative emotions you want to address. Acknowledge them without judgment.
6. Pay attention to the pulse in the middle of your palm. Feel the subtle rhythm beneath your fingertips.
7. This pulse represents the connection between your emotional state and the energy flowing through your body.
8. Take slow, deep breaths to enhance your awareness and connection with your emotions.

9. Visualise your breath infusing positive energy and balance into the area of despondency.
10. After a few minutes, release the hand gesture and relax your hands.
11. If necessary, shake your hands gently to let go of any residual tension.
12. Reflect on any shifts in your emotional state. Notice if there's a change in the intensity of despondency or if you feel more centred.
13. Embrace the idea that you have the power to influence and manage your emotions.
14. Make this exercise a part of your routine, especially during moments of heightened emotion.
15. Consistent practice can help you develop a deeper connection with your emotional well-being.

**Reflection questions:**

1. With one hand gently cupping the centre of the other palm, what did you notice in the pulse or subtle rhythm beneath your fingers?
2. As you acknowledged the feelings of despondency without judgment, did any particular emotions, memories, or body sensations become clearer?
3. After releasing the hand position and shaking out your hands, what shift—if any—do you notice in your emotional heaviness or sense of steadiness?