

## **FINGER HOLD BREATHING SCRIPT**

A versatile technique where each finger is held one at a time while breathing deeply to address different emotions and restore balance.

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

1. Take a moment to centre yourself and focus on your breath.
2. Extend your dominant hand in front of you, palm facing up.
3. Using the opposite hand, gently grasp and apply pressure on the thumb.  
As you breathe in and out continue saying the affirmations associated with worry.
4. Breathe in, hold the index finger and apply pressure and as you breathe out, continue saying the affirmations associated with fear.
5. Breathe in, hold the middle finger and apply pressure and as you breathe out, continue saying the affirmations associated with anger.
6. Breathe in, hold the ring finger and apply pressure and as you breathe out, continue saying the affirmations associated with sadness, grief and sorrow.
7. Breathe in, hold the little finger and apply pressure and as you breathe out, continue saying the affirmations associated with low self-esteem and lack of confidence.
8. Now, as you take a deep breath in, locate the middle of your palm and place your other hand on top, forming a gentle cupping motion.

9. As you hold your hands in this position, consciously think about the despondency or negative emotions that you want to address. Acknowledge them without judgment.
10. Pay attention to the pulse in the middle of your palm. Feel the subtle rhythm beneath your fingertips.
11. This pulse represents the connection between your emotional state and the energy flowing through your body. 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.
12. Take slow, deep breaths to enhance your awareness and connection with your emotions.
13. Visualise your breath infusing positive energy and balance into the area of despondency.
14. After a few minutes, release the hand gesture and relax your hands.
15. If necessary, shake your hands gently to let go of any residual tension.
16. 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. Embrace the idea that you have the power to influence and manage your emotions.

### **Reflection questions:**

1. As you moved from thumb to little finger, did any particular finger feel more sensitive or emotionally charged than the others?
2. Which affirmation or emotion (worry, fear, anger, sadness, or self-confidence) seemed to resonate most strongly during the exercise?

3. When you finished by holding the centre of the palm and noticing the pulse, what shift did you observe in your overall emotional balance or sense of grounding?