

KNOCK ON HEAD SCRIPT

Knock on Head is a simple somatic technique that involves gently tapping or knocking on specific areas of the head.

Here are the steps of the Energy Flow® Knock on Head exercise:

1. Sit or stand comfortably with your body and shoulders relaxed.
2. Make loose fists with your hands.
3. Gently knock on the top of your head using your knuckles, keeping the movement light and relaxed, going in a back-and-forth position—from the front of the scalp to the back of your head. If you prefer you can use the tips of your fingers.
4. Breathe in slowly through your nose and breathe out through your mouth as you knock.
5. Keep the knocking soft, steady, and in a natural rhythm with your breath.
6. Continue for 3–5 minutes, or until you feel calmer and more relaxed.
7. Slowly stop, take one deep breath, and notice how your body feels.

Reflection questions:

1. As you gently knocked on your head, what sensations did you notice in your head, neck, or shoulders?

2. How did the rhythm of the knocking affect your breathing or sense of steadiness?
3. After stopping and taking a deep breath, what felt different in your body or mind compared to before the exercise?