

PULLING THE EAR SCRIPT

Pulling The Ear is a gentle acupressure technique that involves pulling the ear from the top to the lobe.

Here are the steps of the Energy Flow® Pulling the Ear exercise:

1. Begin by pulling the ear at the top.
2. Move down the ear pulling till the lobe.
3. Notice the edge of the jaw starting to release.

Reflection questions:

1. As you pulled from the top of the ear down to the lobe, what sensations did you notice in your ear or jaw?
2. Did you feel any release or softening along the edge of the jaw while moving downward?
3. After completing both ears, how does your jaw or overall tension feel compared to before the exercise?