

PULLING THE PAIN SCRIPT

It involves gentle pulling motions in the area of discomfort to release pain and reduce tension.

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

1. Find the area of pain and place the fingers of both hands on that part close together and breathe in.
2. As you breathe out, stretch that area by pulling the hands apart a short distance.

Reflection questions:

1. As you placed your fingers near the area of discomfort, what did you notice about the sensation there?
2. When you gently pulled your hands apart on the exhale, did the intensity or quality of the pain change?
3. After a few rounds of breathing and stretching, how does the area feel now compared to before you began?