

PULLING THE UPPER ARM – LETTING GO SCRIPT

A grounding exercise that involves holding and gently pulling the upper arm to release tension and encourage emotional release.

Here are the steps of the Energy Flow® Pulling the Upper Arm – Letting Go exercise:

1. Stand or sit comfortably, ensuring a relaxed posture.
2. Breathe in and cross the hands, and place the hands at the top of the arms.
3. Inhale deeply through your nose, filling your lungs.
4. As you exhale, pull your hands down and release any emotional weight or tension.
5. Stretch your fingers as if reaching towards the emotions you are letting go of.
6. Exhale fully, visualising the release of emotional energy through your fingertips.
7. Lower your arms back to the starting position as you exhale.
8. Repeat the process 2-3 times.

Reflection questions:

1. As you pulled your hands down the upper arms on the exhale, what sensations did you notice in your arms, chest, or shoulders?

2. Did stretching your fingers and visualising release change how your body felt emotionally or physically?
3. After repeating the sequence, how do you feel now compared to before you began the exercise?