

## **CROWN GROUNDING SCRIPT**

This is a technique that involves placing your hands on the top of your head to activate sensory receptors and build a connection between your hands and your internal body.

### **Here are the steps of the Energy Flow® Crown Grounding exercise:**

1. Sit in a comfortable position.
2. Gently place both hands on top of your head and feel the weight of them on the crown of your head.
3. Apply gentle pressure and begin to notice any shifts in the internal state of your body.
4. You may notice a warm connection beginning in your hands and travelling down your body.
5. Sit like this for 1 minute.

### **Reflection questions:**

1. How did it feel to place your hands on the crown of your head and notice the connection between your hands and body?
2. What sensations or shifts did you observe as you applied gentle pressure to the crown of your head?
3. How did your body respond as you focused on grounding?