

## **ORIENTATING PRACTICE SCRIPT**

This involves paying attention to the details of your surroundings. By intentionally shifting your focus outward and observing what is around you, engaging all senses.

**Here are the steps of the Energy Flow® Orientating Practice exercise:**

### **1. Visual awareness:**

- Gently look around your room and count how many objects around you are or have the colour blue. Count as many as you can until you are prompted to focus on another colour.
- Now, count objects that are yellow.
- Next, count objects that are green.
- Move on to counting objects that are black.
- Continue by counting objects that are purple.
- Finally, count objects that are white.

### **2. Auditory awareness:**

- Shift your awareness to sounds. Take a moment to listen to what sounds you can hear in the room.
- Expand your awareness of sounds just outside the space you are in.
- Try to identify the farthest sound you can hear.

### **3. Olfactory awareness:**

- Shift your awareness to scents. If necessary, move closer to different objects to smell them.
- Count how many different scents you can detect around you.

### **4. Gustatory awareness:**

- Take a moment to see if you can taste anything. Pay attention to any lingering tastes in your mouth.

### **5. Tactile awareness:**

- Focus on what you can feel on your body.
- Notice what is supporting your weight right now. How many points of contact do you have with the floor? A chair? The bed?
- Pay attention to the sensation of your clothing against your skin. Can you feel your hair on your face? Any jewellery you may be wearing?

### **6. Reflect on your experience:**

- After completing the sensory exploration, take a moment to notice how you feel now that you have used your senses to orient yourself to your location in time and space.

### **Reflection questions:**

1. Were there any sensations, sounds, or colours that stood out to you more than others?
2. Did you notice any changes in your sense of location or grounding?
3. How did your body respond as you tuned into different sensory experiences?