

RESOURCING PRACTICE SCRIPT

This is a technique that involves identifying and connecting with internal and external sources. These "resources" can be anything such as music, places in nature, activities, animals, or people.

Here are the steps of the Energy Flow® Resourcing Practice exercise:

1. Identify resources:

- Take a minute to think about what in your life serves as a resource to you. These can be various things such as types of music, places in nature, activities, animals, or people.
- Write down anything that comes to mind as a resource in your life.

2. Centering and body awareness:

- Close your eyes and begin to focus on your breath. Feel the sensation of your breath as it moves in and out of your body.
- As you continue to breathe, notice any areas in your body that feel good, grounded, strong, calm, inspired, open, or alive. These are the places in your body that carry resource energy for you.
- Write about the sensations you felt in your body and the specific areas where you experienced these sensations.

3. Symbols and concepts:

- With your eyes still closed, see if there are any symbols, words, concepts, archetypes, or figures that come to mind as potential resources for you.
- Take note of any images or ideas that arise during this contemplative process.

Reflection questions:

1. What resources stood out to you during this practice?
2. How did focusing on body sensations and breath influence your connection to these resources?
3. Did any particular areas of your body feel more alive, grounded, or open as you practiced?