

EAR MASSAGE SCRIPT

Ear Massage is a therapeutic technique that involves gently massaging specific areas around the ears.

Here are the steps of the Energy Flow® Ear Massage exercise:

1. Sit or lie down in a comfortable position with your spine straight and shoulders relaxed.
2. Rub your hands together to generate warmth, ensuring your touch feels gentle and soothing.
3. Using your fingertips, gently massage the outer edges of your ears in small circular motions.
4. Starting at the top of your ears, gently pull down toward the earlobes, applying light pressure.
5. Massage your ears as your hands naturally choose, stimulating all the acupressure points.
6. Synchronise your massage with deep, slow breaths, inhaling through your nose and exhaling through your mouth.
7. Conclude by softly stroking your ears from top to bottom, enjoying the calming effects.

Reflection questions:

1. What sensations did you notice in your ears, jaw, face, or head while massaging?
2. How did your breath feel when you synchronized it with the ear massage?
3. After finishing the massage, what changes did you notice in your level of calm or focus?