

EAR MASSAGE SCRIPT

Ear Massage is a technique where gentle pressure is applied to the outer ear, stimulating acupressure points and the vagus nerve.

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

1. Use your thumb and forefinger to gently grasp the outer edge of your ear.
2. Massage the ear in small, circular motions, starting at the top and working down to the lobe.
3. Apply light pressure and take deep, slow breaths as you continue massaging, focusing on relaxing the body.

Reflection questions:

1. As you massaged from the top of the ear down to the lobe, what sensations did you notice in your ears, jaw, or face?
2. How did taking slow, deep breaths while applying light pressure affect your overall relaxation?
3. After completing both ears, how does your body feel compared to before the exercise?