

FOREHEAD EMOTIONAL RELEASE SCRIPT

A calming practice where gentle pressure is applied to the forehead to ease emotional stress and bring mental clarity.

Here are the steps of the Energy Flow® Forehead Emotional Release exercise:

1. Bring to mind a time you felt emotional overwhelm (or use during a current crisis).
2. Place your fingers on the frontal Neurovascular reflex points (NVs).
3. These are located on the forehead on the frontal eminences, where most people have a slightly raised area.
4. Hold these points gently, with thumbs resting at the temples and a very light pull to the sides of the forehead, for three to five minutes while you think of the stress.
5. Sink deeply into the emotion and stress as you hold the points.

Reflection questions:

1. As you held the points on your forehead while thinking about the stress, what did you notice in your body or breathing?
2. Did the intensity of the emotion shift while you continued holding the points for several minutes?
3. After releasing your hands, how does your mental clarity or emotional state feel compared to before the exercise?