EAR PUMPING SCRIPT

Ear Pumping is an acupressure technique that involves gently pressing and releasing on the bone near the tragus to promote sinus drainage and support ear and nervous system health.

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

1. Locate the tragus—the small, curved part of cartilage that sticks out right in front of the ear canal.
2. Use your index fingers (or thumbs) and press gently on the bone right in front of your ear canal, next to the tragus, and breathe out.
3. Press and release gently in a pumping motion, moving your fingers inward toward the bone and then releasing them, while breathing in and out.

Reflection questions:

1. As you pressed and released near the tragus, what sensations did you notice around your ears or sinuses?
2. Did coordinating the pumping motion with your breathing change the feeling of pressure or congestion?
3. After completing the exercise, how do your ears or head feel compared to before you began?

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