

INNER EAR HUMMING SCRIPT

This is a technique where you gently block your ears (with a finger or thumb) and breathe while humming.

Here are the steps of the Energy Flow® Inner Ear Humming exercise:

1. Sit or stand in a comfortable, upright position. Relax your shoulders and keep your spine straight.
2. Gently place your thumbs or fingers in the outer ear canal, creating a soft seal. Be sure not to push too hard—just enough to block external noise.
3. Inhale slowly and deeply through your nose, filling your lungs and expanding your belly (diaphragmatic breathing). Breathe in for about 4-5 seconds.
4. As you exhale, begin humming deeply, aiming for a soft "bzzz" sound. Focus on the vibration in your head and ears. Hum at a comfortable pitch (not too high or low). You should feel the vibrations in your chest and head as you hum.
5. Continue inhaling deeply through your nose and humming as you exhale. Perform the humming for 4 -5 breaths or until you feel a sense of calm.
6. After a few rounds of humming, gently remove your fingers from your ears and continue to breathe deeply.

Reflection questions:

1. How does the vibration in your head and ears feel as you hum?
2. What happens to your focus or calmness after you practice Inner Ear Humming for a few breaths?
3. How does blocking out external noise while humming change your experience of the practice?