

RELEASE ANGER – MIDDLE FINGER BREATHING SCRIPT

This is a simple grounding practice that helps harmonise anger and emotional tension by balancing liver and gall bladder energy through gentle finger holding and conscious breathing.

Here are the steps of the Energy Flow® Middle Finger Breathing exercise:

1. Gently wrap the fingers of one hand around the middle finger of the opposite hand.
2. Sit comfortably and close your eyes if possible.
3. Take slow, deep breaths—inhale through the nose, exhale through the mouth or nose.
4. Notice the pulse and breathe.
5. Continue for 2–5 minutes or until you feel calmer.
6. Switch hands if needed.

Reflection questions:

1. While holding the middle finger and paying attention to your breath, did you notice a pulse or subtle rhythm in the finger or hand?
2. As the breathing slowed and deepened over a few minutes, did your emotional state or level of tension shift in any way?
3. When you released the finger or switched hands, what difference did you notice in your body or sense of calm?