

CONNECTING TO SELF (STANDING) SCRIPT

Connecting to Self (Standing) is a mindful practice where you combine grounding movements with intentional breathing to create self-awareness and relaxation.

Here are the steps of the Energy Flow® Connecting to Self (Standing) exercise:

1. Stand with your feet parallel, hip-width apart, or slightly wider for stability.
2. Soften your knees and ground yourself, feeling stable and supported.
3. Place your left hand on your chest and your right hand on your belly.
4. Inhale deeply through your nose, feeling your chest and belly rise.
5. Exhale with a soft sigh, letting go of tension in your body.
6. Begin to softly sway from side to side, moving gently and naturally with the rhythm of your breath.
7. Focus on the sensations of your hands rising and falling with your breath, staying present and relaxed.
8. Continue for a few minutes, allowing yourself to flow and connect deeply with your breath and body.

Reflection questions:

1. How did your body feel as you grounded yourself and started the movement?

2. What sensations arose as you swayed from side to side?
3. Did you notice any areas of tension release or become more noticeable as you swayed?