

## **DRAINING THE PAIN SCRIPT**

It visualises pain draining away from the body, helping to release discomfort and tension.

**Here are the steps of the Energy Flow® Draining the Pain exercise:**

1. Gently place your left hand over the painful area.
2. Take deep breaths and focus on the pain or discomfort.
3. Place your right hand above the area of pain and your left hand at an angle, then start draining the pain away by slowly moving your hands outward.
4. Continue this motion for 3-5 minutes, visualising the pain being released.
5. Once the pain feels drained, hold your left hand over the area and send healing energies, allowing your hands to move in whatever way feels right for you.
6. Finish by tracing the figure 8s over the area of the pain.

### **Reflection questions:**

1. As you focused on the painful area and began the draining motion, what did you notice about the sensation there?
2. While visualising the pain moving outward, did the intensity, temperature, or quality of the discomfort change?

3. After finishing with the healing hold and figure 8 movements, how does the area feel now compared to before you began?