

LOWER SCALP PULLING SCRIPT

Lower Scalp Pulling is a technique that involves gently pulling the lower scalp to release tension and promote relaxation.

Here are the steps of the Energy Flow® Lower Scalp Pulling exercise:

1. Place your fingers in the groove above the neck (where both parts of the brain dip in), below the lower scalp.
2. As you inhale gently, press in your fingers and then slowly separate them.
3. Repeat this process 2 more times.

Reflection questions:

1. As you placed your fingers in the groove above the neck and pressed in, what sensations did you notice in your scalp or upper neck?
2. Did separating your fingers on the inhale change the feeling of tightness or pressure in that area?
3. After completing the repetitions, how does your head or neck feel compared to before the exercise?