

RELEASE SADNESS – RING FINGER BREATHING SCRIPT

Holding the ring finger while practicing slow, deep breaths aids in releasing sadness and promoting emotional ease.

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

1. Hold the ring finger which harmonises the energy of sadness.
2. Say to self, “I liberate myself from any and all sadness, sorrow, and grief. I choose to live my life fully, following my inner truth, without any regret”.

Reflection questions:

1. As you held the ring finger and repeated the statement to yourself, what emotions or thoughts came up?
2. Did the combination of finger holding and the affirmation change how sadness or heaviness felt in your body?
3. After completing the practice, what do you notice now in your mood or emotional space?