

BREATHING OUT THE PAIN SCRIPT

It focuses on the pain while exhaling deeply, aiding in pain relief and relaxation.

Here are the steps of the Energy Flow® Breathing Out the Pain exercise:

While focusing on the pain:

1. Breathe in through the nostrils, mouth closed.
2. Breathe out through the mouth, as if blowing out the pain.
3. Breathe slowly several times, breathing the pain out more slowly with each breath.

Reflection questions:

1. As you focused on the painful area while breathing in and out, what did you notice about the sensation?
2. Did breathing out slowly “as if blowing out the pain” change the intensity or quality of the discomfort?
3. After several slow breaths, how does the area feel now compared to before you started?