

RELEASE SADNESS – GRIEF RELEASE SCRIPT

A gentle exercise that facilitates the release of grief, helping to bring comfort and emotional balance.

Here are the steps of the Energy Flow® Grief Release exercise:

1. Take a moment to breathe in and out.
2. Bring into your awareness any emotions you are experiencing.
3. Place the hands flat just under the collarbone and gently tap at the same time, this is known as flat hand tapping.
4. Take a breath in and out and make a gentle “ahhh” sound.”

Reflection questions:

1. When you paused to notice your emotions at the beginning, what feelings or sensations were present?
2. As you tapped under the collarbone and made the “ahhh” sound, did anything shift in your chest or breathing?
3. After the tapping and sound, what do you notice now about the emotional weight you were holding?