

RELEASE FEAR – INDEX FINGER BREATHING SCRIPT

Index finger breathing involves holding the index finger while breathing. It is used to help release fear and bring the body back into a sense of safety.

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

1. Hold the index finger and breath.
2. Notice if there is any pulse. Keep holding and breathing.
3. Say to self, “I choose to release any and all fear in my life. Any fear that is holding me back. I choose to step into my power, and confidence and do what needs to be done.”

Reflection questions:

1. While holding the index finger and breathing steadily, what did you notice in the finger—such as warmth, pulsing, or subtle movement?
2. As you repeated the statement about releasing fear, did any thoughts, emotions, or body sensations shift?
3. After completing the practice, how do you feel now in terms of safety, confidence, or steadiness?