

RELEASE WORRY – THUMB HOLD BREATHING SCRIPT

Thumb hold breathing involves gently holding the thumb while bringing awareness to the breath, touch and pulse. It supports the calming and harmonising worry and anxiety.

Here are the steps of the Energy Flow® Thumb Hold Breathing exercise:

1. Hold the thumb which is the energy of worry and anxiety.
2. Say to yourself, “I release all worry and anxiety and step into my calm.”

Reflection questions:

1. Holding the thumb, what do you notice in the contact between your fingers—warmth, pressure, or subtle pulsing?
2. How does the statement about releasing worry and anxiety land for you internally when you say it to yourself?
3. If you pause for a moment afterward, what is the quality of your mind—busy, quieter, or something else?