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**jōrni**



# Energy Flow

AUDIO VISUALIZATION

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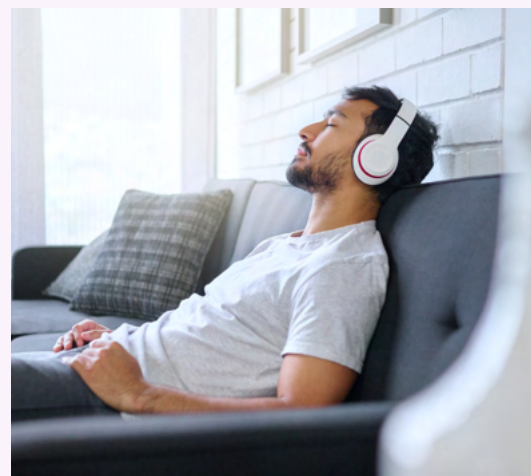
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# Hello!

Welcome to your Energy Flow practice. This exercise is designed to help you gently connect with the natural rhythms and sensations of your energy. Functional Freeze can leave us feeling stuck or disconnected, but by tuning into the flow of energy within and around you, you'll begin to reconnect with yourself in a meaningful way.

## What is this exercise?

This guided audio practice takes you on a journey through your body's energy landscape, helping you notice where energy flows freely and where it may feel blocked or stagnant. You'll also explore your biofield—the subtle energy field surrounding your body—and experience how it expands and balances. This exercise encourages curiosity and self-awareness as you gently reconnect with your inner energy systems.







## How to use this exercise

- Find a quiet, comfortable space where you won't be disturbed for about 15 minutes.
- Close your eyes, take deep breaths, and allow yourself to fully engage with the imagery and prompts provided.
- Use headphones for the best experience.
- Have a journal or note-taking app ready to record your observations after each session.

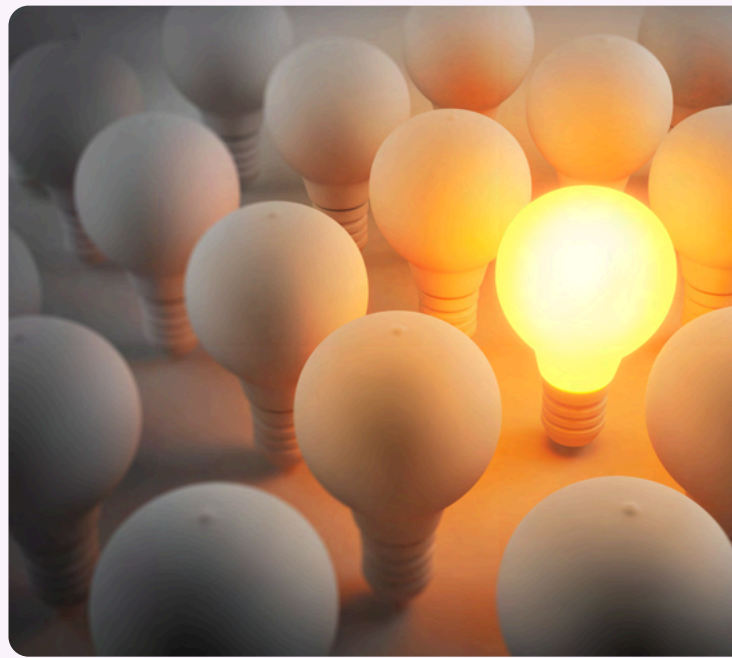
## Getting the most out of your experience

- Approach each session with an open mind.
- There are no right or wrong experiences.
- Pay attention to any physical sensations, emotions, or thoughts that arise during the exercise.
- After completing the visualization, take some time to reflect on your experience and jot down any insights or observations.



# What this exercise can help you with

- Reconnecting with your body and sensing your energy
- Gaining insight into areas of flow, tension, or feeling stuck
- Exploring and expanding your biofield for greater balance
- Developing a deeper awareness of your personal energy patterns



Remember, this exercise is a tool to help you explore and understand your unique experience with Functional Freeze. The insights you gain are valuable steps toward greater balance, connection, and healing.

If you find that this exercise brings up difficult emotions or realizations, please reach out to a loved one or friend for support.

# Thank You

## FOR EXPLORING THE ENERGY FLOW AUDIO VISUALIZATION

This guided audio practice is just the beginning, a powerful way to explore your body's energy landscape, foster self-awareness, and gently reconnect with your inner energy systems. If you've found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!