

Reclaim your Power with Forgiveness, Love and Truth

Week 1

We invite you to join us for the next 7 weeks, for 10 minutes a day to reclaim your power using LiberatingTouch®. The plan is to keep it simple and share effective practical exercises to do each week. For those of you that would like some background information to LiberatingTouch and Energy Psychology, I suggest checking out our website www.emotionalhealthcentre.com for the Introductory Manuals on EFT and LiberatingTouch. For the rest of you, let's dive in:

Important Note before we begin: By participating in this program you have agreed to the guidelines, [disclaimer](#) and release agreement and have accepted full responsibility for using them. Thank you.

This program is not the definitive recipe to reclaiming power, but an exploration of infinite possibilities.

"We are not victims; we are powerful beyond measure. Even if we forget this, even if circumstance, memory, thoughts keep us replaying the roles of a victim we can always wake up from this trance of material identification; we can reconnect to the Truth. We can shine the light of awareness, dispelling the darkness of our fears and illuminating the infinite power of the Heart. We can shake off the lies of powerlessness like a lion shakes his mane and roar with the certainty that we are Divine."

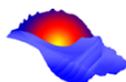
POWER

One of the preliminary steps towards Self-realisation is to work towards the infinite power within man. This infinite power is also known as the divine Cosmic power. What is this Cosmic power? The Cosmic power pervades the entire universe and is not different from that in man. The sun derives its energy from this Cosmic source. It is the same Cosmic source that accounts for the power of the human mind and the marvellous power of the eye to see the most distant stars. Even though invisible, it is like electricity flowing in the cables which is only apparent when one switches on the light, appearing dimmer or brighter depending on the wattage of the light bulb. This boundless power is recognised and exercised by each one according to the level of his/her development. Just as the same electrical energy is used for a variety of purposes, for example, heating, lighting etc., likewise, the divine Cosmic energy in human beings is used by different individuals for varied purposes. This energy is latent in all beings. How do you manifest this divine Cosmic energy? You have to start with building up your own personal power.

PERSONAL POWER

This is the power you use to accomplish your daily living and any other pursuits or endeavours imbued with your intellectual knowledge or physical strength. Our lives are influenced by

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beliefs and conditions that help or hinder us at every turn, even though we are not always aware that we have created them ourselves. These beliefs and conditions are the cause of self-sabotage and no one is to blame, even though we consistently point our 'fingers of blame' at others. We have created by consistent, and usually negative, behaviour patterns, filters within our mind that cause us to behave in a way not consistent with our own truth. For example, we may lie because the 'filter of fear' makes us shy away from the consequences of our actions. This in turn adds more energy to fear and robs us of our self-confidence and we lose our power. We have many such conditions we have created from childhood that have taken power away from us.

Most of us believe that we have finite power i.e. intellectual or physical. So, we work within the constraints of our belief system. How do we recognise that our belief systems are false? If we have an experience that runs counter to our own belief systems, would we still hold that to be true? For example, there are instances where a mother lifted a car or other heavy object to save her child trapped underneath it. In normal circumstances, even a very strong man would be unable to lift it. The ability of the mother to accomplish that feat is purely the result of the suspension of her belief system that it was beyond her ability. We have conditioned ourselves to believe that we are weak and powerless, but we are infinitely more powerful than we dare believe. When we come into our personal power, we also become true to our SELF. Then, we won't feel the need to control anyone, as TRUTH need not defend itself.

We need to reclaim our personal power this will help us recognise that we are not confined to time and space, we are neither the body nor the thoughts that come and go. This self-empowerment helps open our awareness to the Cosmic power within us. We are limitless consciousness experiencing a dream born of infinite love emerging from Truth.

Here is the first practical exercise:

Week 1: Admitting where we are at.

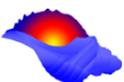
Once we can admit to ourselves how, where and when we feel powerless (feel ashamed, guilty, helpless, attached) we can take positive action. This week we focus on admitting to ourselves the mistakes we have made, the mess we are in, the habits we hold onto, all the things that rob our power and yet we can forgive, love and embrace ourselves. The 'admitting' is great. It works like a truth or dare game (it reflects one of the foundational principles of EFT – saying it like it is) and the sentiment, "I can't help but love myself", seems to always bring a smile to the surface. Play with this exercise using EFT or LiberatingTouch for 7 to 10 minutes every day for one week. [You can watch the accompanying video now.](#)

The main phrases that we will practice with are:

Admittedly _____ (fill in the blank) _____ I can't help but love myself

or

Admittedly _____ wouldn't it be wonderful if I can't help but love myself.



Here are more phrases to “play” with:

Admittedly I feel powerless and limited, what if, I can't help but love and forgive myself?

Admittedly I get stressed and flustered and peeved, I can't help but love myself.

Admittedly I desire wealth and am attached to comfort, yet I can't help but love and forgive myself.

Admittedly I feel guilty for so much in my life, wouldn't it be wonderful if I can't help but love myself.

Admittedly I made a mistake, wouldn't it be wonderful if I can't help but love myself.

Admittedly I am attached to my opinions and limitations, what if, I can't help but love and forgive myself?

Admittedly I am flawed and not the most beautiful being on this planet, what if, I can't help but love myself?

Week 2

Last week we worked with a sequence that allowed us to admit to the “stuff” in our lives that troubles or distresses us. The “Admittedly” Sequence was a warm up, allowing us to be open and honest with ourselves in a compassionate manner. Its purpose was to give us permission to invite the issues and acknowledge where we get stuck and where we lose power. Most importantly it was to help us find that there is something, within us, that is loving, truth seeking, forgiving, and kind (perhaps this can lead us to the source of our power ;-)).

Here is a short movie (44 seconds) with four more “admittedly” phrases for you to play with before embarking on the exercise for week 2.

Video link <http://youtu.be/ciSzkwffs2c>

As the video is a little fast, the four phrases in the video are:

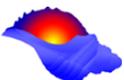
“Admittedly I am ashamed of some of my past actions and thoughts, what if I can't help but forgive myself?”

“Admittedly I get stuck, caught up in the drama, waste my time, what if I can't help but let go now?”

“Admittedly I lose sight of the big picture at times, and I can get really really mad, what if I can't help but love myself?”

“Admittedly there is so much work for me to do and sometimes I want to quit, something deep within empowers me with Love and Truth.”

Week 2: Discovering where in our lives we experience powerlessness and practising meditative enquiry.



The exercise for this week entails us tuning in to the area in our lives where we experience powerlessness. To open your awareness of where this may be, you can cradle the front and back of your head with the *LiberatingTouch*® R&R Hold, (as illustrated in the video), while saying the following words:

“I am open to being aware of how, when and where in my life I feel powerless.”

Wait a few seconds for the answer. If nothing appears in your mind’s eye, simply allow your awareness to visit all the areas in your life that may be troubling you, whether is it your finances, family, children, partner, sexuality, body, health, career, creativity etc. Whatever shows up first, focus on that particular issue for this week while using the *LiberatingTouch*® Sequence for Trials and Tribulations.

This is a good process to do with issues that you do not want to face or experience; for issues that you resist, for the challenges in your life that you wish would disappear, for what pains you, for the areas in your life that you want to control. It is for facing your personal devils – or more accurately— whatever makes you believe that you are helpless or powerless.

Step 1 — Tune into the issue using the R&R hold as described above

Once you articulate it, e.g. ‘Conflict’ or ‘Debt’ or ‘Name of the person’ or ‘Inadequacy’ or ‘Rejection’, simply fill in the blanks with the chosen ***‘issue’***, then read out the statements while holding the corresponding fingers.

Step 2 — Hold the fingers whilst practicing Meditative Inquiry

Hold your THUMB (either side) for a couple minutes and articulate the following gently:

“What if I could release all my anxiety about _____ ‘this issue’ _____?”

Hold INDEX finger (either side) for a couple minutes and articulate the following gently:

“What if I was no longer afraid of _____ ‘this issue’ _____?”

Hold MIDDLE finger (either side) for a couple minutes and articulate the following gently:

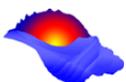
“What if I could be let go of all my anger in relation to _____ ‘this issue’ _____?”

Hold RING finger (either side) for a couple minutes and articulate the following gently:

“What if I could acknowledge all my grief in relation to _____ ‘this issue’ _____?”

Hold LITTLE finger (either side) for a couple minutes and articulate the following gently:

“What if I could know the Love and Truth of the Universal Self within me, guiding me whenever I engaged with _____ ‘this issue’ _____?”



Step 3 — Now check your thoughts, emotions, breathing and body sensations. Do you feel more relaxed, more able to face your devil?

Step 4 — Repeat daily ;-)

Here is the accompanying Video link <http://youtu.be/gpbLTRH1DZA>

Week 3

Investigating the Self Sabotage Trinity

This week we will take a look at the three common beliefs that rob us of our power. These are “I am not safe (secure, protected)”, “I do not deserve”, and “I am not worthy”. I call them the self-sabotage trinity as they often underlie the resistance that prevents us from recognising our potential and power. These 3 beliefs also feed the debilitating “I am not good enough” mentality, which is quite literally scarcity consciousness about the Self. I could write volumes about how these thoughts impact our self-confidence and our healing capacity, but in the interest of keeping these blog entries short and practical, let’s focus on what we can do to investigate these disempowering beliefs, and explore a practical application for creating a shift in our thought processes.

This week’s exercise is to use the R&R hold every day while bringing our awareness to dwell on the three beliefs: “I am not safe (protected)”, “I do not deserve”, and “I am not worthy” and then swap our hands around (see the videos below for details) while focusing on: “What if I am safe (secure, protected)”, “What if I do deserve”, and “What if I am worthy” and finally one last time on: “Thank you SELF (God, Presence, Creator-Source, Beloved Heart) for helping me realise that I am safe (protected)”, “I do deserve”, and “I am worthy”.

Video Links:

<http://youtu.be/Mo1qAyMKQIE>

<http://youtu.be/2L3GjCJEUh4>

You may notice that one of the three beliefs has a greater charge (challenging intensity) for you. Use the sequence from last week, the *LiberatingTouch*® Sequence for Trials and Tribulations with the issue, for example if you notice “unworthiness” is an issue for you then you can:

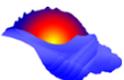
Hold the fingers whilst saying the following phrases

Hold your THUMB (either side) for a couple minutes and articulate the following gently:

“What if I could release all my anxiety about _____ ‘unworthiness’ _____?”

Hold the INDEX finger (either side) for a couple minutes and articulate the following gently:

“What if I was no longer afraid of _____ ‘unworthiness’ _____?”



Hold the MIDDLE finger (either side) for a couple minutes and articulate the following gently:

“What if I could let go of all my anger in relation to _____ ‘unworthiness’ _____?”

Hold the RING finger (either side) for a couple minutes and articulate the following gently:

“What if I could acknowledge all my grief in relation to _____ ‘unworthiness’ _____?”

Hold the LITTLE finger (either side) for a couple minutes and articulate the following gently:

“What if I could know the Love and Truth of the Universal Self within me, guiding me whenever I engaged with _____ ‘unworthiness’ _____?”

Here is the video link with the *LiberatingTouch*® Sequence for Trials and Tribulations.

http://youtu.be/vCpPf_crF_I

And that’s it. Try this for one week.

Week 4

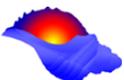
Seeing with the eyes of Love and Truth

Many of us when we look in the mirror see ourselves through eyes that judge, we are focused on appearances, we notice our age, the wrinkles, tiredness, skin deep beauty (or lack of), and so on. Every now and then we can see past the body-mind and something happens, we really see. And this can be a profound empowering experience. To truly heal the Self Sabotage Trinity of “I am not safe (secure, protected)”, “I do not deserve”, and “I am not worthy” and the related energy of “I am not good enough” we need to see ourselves anew, from different eyes, with the eyes of Love and Truth. To reclaim our power we need to transform our vision of ourselves.

This week’s exercise requires you to look in a mirror for a few minutes while asking yourself a few questions. We suggest you look specifically into your eyes as you do this exercise. It is a good idea to either hold your fingers or tap on the collar bone as you engage with the questions.

This process is meditation; you ask yourself the questions in rhythm with your breath, while holding an area of your body without any requirement of an answer. We teach this as a part of Unconditional Listening in *LiberatingTouch*. It is a way of listening/seeing/paying attention from the heart. It requires us to drop our awareness from the thinking mind to the expansive heart centred coherence.

Many years ago, when I taught art students one of the first exercises I took them through was about learning how to breathe and see. I asked them to inhale and exhale, close their eyes, let their entire learning drop away and when they opened their eyes they were to imagine seeing the world afresh, anew, to feel, to touch, to sense without labels... to see through the eyes of the heart, to reach into the depths of their being and feel the breath between the spaces of life and



to open their vision. I ask you now to do the same when you look in the mirror. Look in the mirror and imagine you could meet all your stories and judgements with Meditative Inquiry and Unconditional Listening. What would happen if you could see yourself with the eyes of the Love and Truth? Can you look deeply past the multitude of reflections, past what changes, and find the one Truth? Can you see the tapestry of Love that you are? Would that empower you?

Video Link: <http://youtu.be/zGou9TV-wzc>

Here is the **LiberatingTouch® Sequence for Seeing the Self** (for transforming your vision). Look in the mirror while holding your fingers or tap on your collarbone and ask yourself these questions:

What if I could see this reflection with the eyes of Love today?

What if I could see deep within, with eyes of awe, with pure gratitude and see the Self?

What if just for this moment, I could completely appreciate this reflection?

What if I could let go of all my judgements (opinions) and really, really, look into these eyes. Can I find the joy of understanding?

Video Link: <http://youtu.be/s1TRSI2juE4>

It is a good idea to do this exercise daily for a minimum of a week.

Week 5

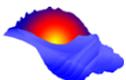
Forgiveness

Carl Jung, the noted psychoanalyst, once wrote: *“That I feed the poor, forgive an insult, and love my enemy – these are great virtues. But what if I should discover that the poorest of the beggars and most impudent of offenders are all within me, and that I stand in need of the alms of my own kindness – that I, myself, am the enemy who must be loved. What then?”*

Forgiveness is the key that opens the door behind which, your light and your shadows hide. When you open that door be warned, you may discover the source of your power and how immeasurable it is. Eddie and I often return to forgiveness (synonymous with patience, detachment and tolerance) when we get stuck in our lives.

We choose our own realities. I don't think I really understood that until I came to a point in my “evolution” where I heard myself think/say I am finally ready to let go of the past, of all the past. And perhaps the future can take care of itself...this was a turning point in my journey of liberating consciousness.

Fear is the greatest hurdle to self-acceptance, love and freedom. Common symptoms of fear are anxiety, anger, hate, sadness, envy, and betrayal. We get locked into fear for many reasons, some of them being our attachment to the past, people and our desires. When the fear is too great the reasoning mind begins to fail and we experience powerlessness. To heal fear is to heal the wounds of emotional pain and remove the poison out. The easy way to do this is forgiveness. Forgiveness is a profound way to heal. Releasing the judge and the victim, we end the cycle of



self-rejection so that self-acceptance can begin. If you want to move forward and step into your power... forgive. It's that simple.

We often encourage our clients, trainees and anyone interested in radical change to undertake a forgiveness project. But first let's be clear about forgiveness. For me, forgiveness is FOR – GIVING – LOVE, FOR – GIVING – TRUTH, FOR – GIVING – FREEDOM. Without forgiveness it is hard to be free of the past, free of the confusion caused by inexplicable circumstances or free to know what one is truly capable of. To forgive does not mean you like, trust or even want to spend time with that which hurt you; it simply means that you don't want to be at the mercy of that which hurts. Forgiving whatever we did, whatever contributed to our present challenges, can help us discover inspired solutions. With forgiveness we stop perpetuating the cycle of reactivity (war). Forgiveness is that which allows us to complete unfinished business, to create our own miraculous happy ending. To forgive is to live in truth. It requires unflinching honesty and fearless Self-acceptance. Forgiveness keeps us from distorting our experiences and prevents us from deceiving ourselves or others. Forgiveness for all that we have done and all that we have not done frees us to be inspired to do what "needs" to be done now.

Lack of Forgiveness = Holding on and being stuck in the middle of the story and so remaining powerless.

Forgiveness = Freedom to complete the story and reclaim our power.

Of course there is so much more to forgiveness, including asking for forgiveness. We invite you to research this area further. To forgive, be forgiven, ask forgiveness, and be forgiving are worthy of in depth study.

"I wondered if that was how forgiveness budded; not with the fanfare of epiphany, but with pain gathering its things, packing up, and slipping away unannounced in the middle of the night."
-- Khaled Hosseini

"Forgiveness is realizing that what you thought happened, didn't." -- Byron Katie

"The unforgiven have no mercy to bestow upon another. That is why your sole responsibility must be to take forgiveness for yourself. The miracle that you receive, you give." -- Course of Miracles

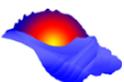
"It takes kindness to forgive oneself for one's life. Forgiving oneself requires the same compassion, understanding and insight we might apply to forgiving others. We come to recognize that we are perfect but not yet perfected — that we make mistakes and continue to learn as we stumble towards the light." -- Anne Truitt

So now to the question, how do I begin? There are so many ways one can do this. Here is one simple exercise that you can trial for a week.

Video Links:

<http://youtu.be/pCH8gEXljNc>

<http://youtu.be/XeoqKbgrQvM>



The *LiberatingTouch*® Forgiveness Sequence –

In its simplest form – While saying the 4 phrases below, hold (touch) Energy Balancing Locations, or use the LiberatingTouch R&R hold daily or whenever you require:

The 4 Phrases are -

What if I could forgive myself (my contribution/ my investment/ my desires / my attachments) absolutely now?

What if I could forgive others (the project / stress/ issue/ habit/ attachment / attitude / irritation) totally now?

Who would I be if I was free to understand, forgive and love now?

Am I willing to experience the energy of joyous loving forgiveness now?

That's it for now. Hope you found this useful.

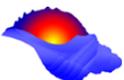
Week 6

In the last 5 weeks we have looked at; admitting to ourselves the areas in our lives where we experience a loss of power, becoming aware of these, the corresponding challenging emotions and meeting them with meditative inquiry. We have investigated the self-sabotage trinity, “I am not safe (secure, protected)”, “I do not deserve”, and “I am not worthy”, practised seeing ourselves beyond the judgements we carry and implemented a forgiveness exercise. This week we look at probably the most important approach in reclaiming power and that is detachment.

Week 6: Detachment

Detachment helps us recognise the issues in front of us and fills us with the clarity of awareness. Attachment on the other hand often resonates with denial, resistance, reaction and lack of awareness. Detachment is the ability to engage in life with power, peace, enthusiasm, confidence and compassion. Life without detachment disengages us from understanding. We write about this in our book [“Detachment – The Secret to Infinite Peace”](#), so will not go into detail here. Detachment is the most misunderstood principle (sacred law) of spirituality. Detachment emerges from unattached unconditional love that arises from knowing the Truth, knowing that we are infinite, eternal expressions of the Creator-Source. Self-confidence is reliant on the consistent practice of detachment. Life devoid of detachment disengages us from understanding, from peace.

Detachment can also be thought of as non-attachment. Non-attachment is when the mind and the senses are not affected by external circumstances, situations, desires and people. It allows us to maintain balance even in the most challenging of situations. The mind obscures the SELF, and therefore, the mind can be described as a veil. It is a veil of ignorance, which keeps you unaware of the magnificent presence of the SELF within you. The mind itself is tied down by the sense organs, attitudes, desires, and stories about the phenomenal world, and is bound by these. Thus, one of the first steps in knowing your true SELF is to understand the mind and teach it



detachment. Detachment allows us to live in the present, free to make empowered choices, to focus on harmony and avoid getting entangled in unnecessary drama and stress.

This week the practical exercise that we are focussing on is the Infinity Exercise. This is a great application to create space and detach from whatever is adversely challenging you. You can use this for relationship issues, physical issues, addictions, irritations, traumatic memories, confusion, upset... anything that bothers you!! This exercise will give you temporary relief, for more lasting relief you may need to do the complete Detachment Process which is described in the book; "[Detachment – The Secret to Infinite Peace](#)".

Video Link: <http://youtu.be/dH5JhfgxLYs>

The Infinity Exercise

The 'Infinity Exercise' is part of the *LiberatingTouch*® Detachment Process and is a visualisation technique, where you visualise or imagine that you are in one loop of a large 'Infinity symbol' and the object, symbol or person that you need to detach from is in the opposite loop of the



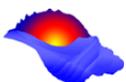
'Infinity symbol'. You then visualise a 'white serpent of light' moving along the path of the 'Infinity symbol' (in any direction), looping around you and then looping around the 'other', as illustrated in the diagram.

The mind is extremely powerful and thoughts can manifest energetically (as you think so it becomes). When you think of the 'white serpent of light' moving along the path of the 'Infinity Symbol', in a clockwise direction in front of you in your visualisation, then a vortex spinning in a

clockwise direction will be created. When it comes round the loop you are sitting or standing in, it will create another vortex moving in an anticlockwise direction around you. Thus, two energetic vortices will be created, spinning in opposite directions. Physics tells us that objects spinning in opposite directions cannot come together but will pull apart. A vortex will also pull everything to its centre, just like water in a sink which spirals as it drains out.

When we do this exercise, we are communicating to the subconscious, in symbolic language, to deprogram our attachment to the object, person, or symbol, in the loop opposite us. Therefore, the subconscious will free the energy locked in the conditioned process and allow us to reclaim our power. In effect, it is breaking the pattern of control (fear). This way both parties are liberated from the reactive forces of expectation (desire) and control (fear).

This exercise can be used whenever you feel that you are reacting to someone or something, even during a phone call, or when conversing with someone. All you have to do is put yourself in one loop of the Infinity symbol, and the person or object in the other loop and visualise the 'white serpent of light' going along the path of the 'Infinity symbol', till your reaction stops, or till you calm down.



This one visualisation can help you at any time to create space so that you can respond to any situation/person with clarity and strength. We all know how easy it is to get enmeshed in irate conversations, be triggered by a remark, or to feel pressured. If in that moment, you remember to visualise, think, or even trace the Infinity symbol with your fingers, and imagine that you are in one loop, and the distressing/annoying/confusing issue/person is in the other loop; you can instantly create the breathing space you require, to disengage from the story and take inspired action.

We also refer to the use of the Infinity Exercise as ‘infiniteising’.

The Infinity Exercise and the Finger Holds are used in Step 2 of the Complete *LiberatingTouch*® Detachment Process. For those that are familiar with the Complete Detachment Process here is a Video Link for Step 2: <http://youtu.be/mTRbECGuBYY>

This week enjoy infiniteising and reclaiming your power.

Week 7

Ongoing work and the *LiberatingTouch*® Daily Practice (28 Day) For Opening to Wholeness

As you have gathered by now that this is an ongoing project and there are so many avenues we can explore. There is so much that we can still share in relation to reclaiming one’s power with Forgiveness, Love and Truth and I am sure over the months and years we will continue to share what we know and understand. It has been fun writing, making the YouTube videos and divulging some of what we teach in our *LiberatingTouch* Classes. If you would like to learn more we invite you to join our [LiberatingTouch Foundations day](#) and then [the Heart of Understanding Class](#).

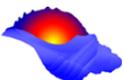
As the final exercise of this 7 week adventure we would like to share the *LiberatingTouch*® Daily Practice (28 Day) For Opening to Wholeness. We often use this exercise to reclaim power.

Many of us would like to permanently alter a habit, create a new behaviour pattern, manifest abundance and grace, experience equanimity and love, and move into alignment with the deepest calling of our Heart. This process is tailor made for the realisation of our power and potential. This 28 day or 4 week practice also aids us in liberating consciousness from constriction and resistance, to the realisation of desire in alignment with the SELF (Truth).

The most difficult part of this process is knowing what you need to open to, know what is missing in your life, know where your power is lacking or diminished; knowing what you really, really, really, want and to know that it is in alignment with the calling of your Heart. To open your awareness of what this might be, you can cradle the front and back of your head with the *LiberatingTouch*® R&R Hold while saying the following words:

“I am open to being aware of the empowering energy I need to invite into my life, mind and body now.”

Once you know what it is, use a ‘key phrase’ to represent this required energy/experience in the following Sequence.



Video links: http://youtu.be/2KoMgcn3_gc

<http://youtu.be/8I6xHaUobc>

When practising these steps visualise, imagine or think that your consciousness inhabits a dwelling, (a structure, a building), this is a metaphor for your body-mind. The dwelling can be anything and can change with time.

Here are suggestions and directions for the 4 steps:

1. OPENING

Imagine, visualise, sense or think that you are opening the doors to the dwelling that represents your consciousness as wide as you can, allowing the energy/experience you desire to enter and fill your body, mind and Heart.

Stimulate the tender area on the chest gently while repeating the entire phrase below 3 times and then touch all the Energy Balancing Locations while repeating the ***“key phrase”***:

“Opening this body mind and Heart consciousness to the experience, energy of ____ ‘key phrase’ _____.”

2. RELEASING

Imagine, visualise, sense or think that you are exhaling the resistance, impurities and negativity from your body-mind and life, with your breath.

Place your fingers in the centre of the other palm and focus on your exhalation (count 3 to 9 exhalations) while saying,

“Releasing all Resistance, Confusion, Conflict, Limitations to ____ ‘key phrase’ ____ with each exhalation.”

3. LIBERATING

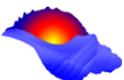
Imagine, visualise, sense or think that you are now opening all the windows in your dwelling, letting light in and freeing whatever has been trapped. Everything that represents fear and attachment is being set free from your consciousness and is leaving, rushing out into the light. Once outside they are transformed into light.

Hold each finger while repeating the statement,

“Liberating myself from any (all) fear and attachment connected to this _____ ‘key phrase’ _____.”

4. SURRENDER & GRATITUDE

Imagine, visualise, sense or think that you are now still, peacefully standing in the centre of this dwelling of consciousness. The new energies that you are drawing in are swirling all around you filling all the spaces in your body, mind and life. The old stuck energies are dissolving into light. See yourself as giving thanks to the Omniscient, Omnipresent and Omnipotent power that



is making all the changes for you while you wait and witness the new energies taking shape and manifesting.

Rest one hand on the heart area and the other hand on the solar plexus or belly area while saying,

“Surrendering to the expansive and infinite possibilities of LOVE and TRUTH, Thank you, SO IT IS (repeat the ‘key phrase’ silently within yourself), IT IS SO.”

Here are the 4 steps and phrases, simply fill in the blank and play with them every day for as long as you are inspired.

1. Rub your upper chest gently while repeating the phrase below 3 times and then touch all the Energy Balancing Locations while focussing on _____.

“Opening this body-mind and Heart Consciousness to the energy and experience of _____.”

2. Repeat the phrase below while placing your fingers of either hand in the centre of the other hand’s palm and focus on your exhalation (count 3 to 9 exhalations)

“Releasing all Resistance, Confusion, Conflict, Limitations to _____ with each exhalation.”

3. Hold each finger while repeating the phrase below:

“Liberating myself from all fear and attachment related to this _____.”

4. Rest your hands on the heart and / or solar plexus area while saying:

“Surrendering to the expansive and infinite possibilities of LOVE & TRUTH, Thank you, SO IT IS (_____), IT IS SO.”

Hope you have found these blog entries beneficial. ☺ Thank you for participating.

