



# Frequently Asked Questions about the Detachment Process

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## **Why do we need to detach?**

We need to detach from attachments and desires, to be able to liberate ourselves from the cycle of birth and death. We have created these attachments through our experiences in many lives. We need to free the energy locked in the conditioned processes that manifests, as attachments to people and things of the world, in order to increase our personal energy. Only through recovering our personal energy can we connect to the cosmic energy which is GOD. Also, when we become progressively more detached we will be able to live in the world joyfully, as the push and pull of attachments and desires do not control our emotions (i.e. unfulfilled desires can create sorrow).

## **If I detach from my family would I stop caring for them?**

No. On the contrary you would be more unconditional in your love for them. The action reactions that you would normally experience with your family would be less or even non-existent. For example, I did the 'Detachment Process' to my mother. My mothers' reaction when I spoke to her after the process was to tell me that she loved me, which she had not said since I was a little child. Her reaction to my other siblings did not change. What had happened was my proactive action in doing the 'Detachment Process' made a change within me which reflected in the external world. My mother did not change as she had not made any effort, as reflected in her attitude to my siblings.

## **How do I practice detachment?**

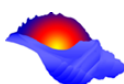
There are many ways to do this but we favour the 'Infinity Exercise' and the 'Detachment Process'.

## **What is this 'Infinity Exercise'?**

The 'Infinity Exercise' is part of the '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' going along the path of the 'infinity symbol' in a 'figure eight'. There is an illustration of this on our website - [www.emotionalhealthcentre.com](http://www.emotionalhealthcentre.com)

## **How does the 'Infinity Exercise' work?**

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 'figure eight', in a clockwise direction in front of you in your visualisation, then a vortex spinning in a clockwise direction will be created and then when it comes round the loop you are sitting or standing in, it will create a 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 back our power. 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 experience calm.

### **What is the 'Detachment Process'?**

The 'Detachment Process' which includes the 'Infinity Exercise' is the complete procedure for reclaiming your personal power back. It comprises of the relaxation technique, the Tree meditation, the Chakra meditation, the main detachment guided meditation and balancing the masculine and feminine energy. The complete procedure will enable you to reclaim your power back. It comprises of three parts. The first part entails doing the relaxation technique and the Tree meditation where you connect to the 'Higher (Universal) SELF' and ask what you need to detach from. The second part requires that you do the 'Infinity Exercise', with whatever you have been given (for a minimum of two weeks) to build up the necessary energy to do the third and final part, which is the complete 'Detachment Process'. The process enables us to take back our power locked in the object or person we are detaching from. We need all our personal power back in order to connect to the Cosmic Power.

### **What is personal power?**

Personal power is the energy we came with that we have lost over many lives by locking them up in other objects and desires. Using a banking analogy, we could say, for example that we had a million pounds sterling in our current account. Over the course of many lives we have created other smaller accounts (attachment to family members, possessions etc.) where we have transferred various amounts from the current account, until it dwindles so much that we become paupers or powerless. The money is still there (in the smaller accounts) but we cannot access it. We need this money to connect to the Cosmic Power. Only by becoming detached from the conditioned behaviour or pattern, can we bring the money back to our current account.

### **Can I do this process to help my family (surrogately)?**

Yes, you can. You can visualise your family in one loop and whatever is affecting them in the other loop. However, this process should not be used as a means to control someone. The consequences can rebound on you if it is abused. That is, any action intending to control another person would create a response on a karmic level.

### **How can I learn more about this process?**

You can learn more about this process in the Heart of Understanding 8 Day LiberatingTouch® Class or by booking a session with a LiberatingTouch® (Student) Practitioner. You can also email us at [emotionalhealthcentre@googlemail.com](mailto:emotionalhealthcentre@googlemail.com)

