



## LiberatingTouch® Sequence for Healing Resistance

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For most of our clients resistance to acceptance, healing and/or change shows up regularly as part of their healing journey. Resistance can be a useful energy that can propel us forward if we are aware of what is keeping it in place. Once we understand resistance, why it is showing up and what aspects within us need this, we give ourselves the choice, to resist or not.

- **Setup Phrase** to be repeated while stimulating the back of the head or by gently stimulating the thymus area:

*“Even though I feel stuck, heavy, blocked and am unhappy with my life, situation, finances, relationship, thinking, body. I am willing to understand and release the pattern within me – whatever it may be, that is creating this condition. I deeply and completely accept all of me.”*

- **1st Round of Touch** or percussive stimulation with the Reminder Phrase:

*“I feel \_\_\_\_\_ (fill in the blank with your words) \_\_\_\_\_”*

- **2nd Round of Touch** or percussive stimulation with the Reminder Phrase:

*“I am willing to release the pattern within me – whatever it may be, that is creating this condition.”*

- **Next Setup Phrase** to be repeated while stimulating the back of the head or by gently stimulating the thymus area or by bilateral tapping:

*“Even though my body-mind is resisting me, I am resisting feeling free, and my thoughts about my life hurt, I am willing to understand the **need** for the resistance. I deeply and completely accept all of me.”*

- **1st Round of Touch** or percussive stimulation with the Reminder Phrase:

*“This resistance, this energy of resistance.”*

- **2nd Round of Touch** or percussive stimulation with the Reminder Phrase:

*“I am willing to release the constriction and restriction of resistance.”*

- **3rd Round of Touch** or percussive stimulation with the Reminder Phrase:

*“I open my heart to all my resistance; I choose to understand this limiting pattern within me, exhaling conflict and confusion I inhale lightness, healing and peace.”*

- **To take this one step further** it is good to also touch on:

*“I open myself to all the ways I may have created this. I am willing to release the patterns in my disposition that are responsible for this condition. I now choose to use my power consciously. I deeply and completely accept all of me.”*

