



The LiberatingTouch® Detachment Process (STEP2)







The Finger Holds

	<p>While focusing on the Infinity Exercise, hold your THUMB (either side) and repeat within yourself:</p> <p><i>"I now release all my anxieties in relation to this ___(whatever you are detaching from)__. I am open to perceptive/inspired action."</i></p>
	<p>While focusing on the Infinity Exercise, hold your INDEX finger (either side) and repeat within yourself:</p> <p><i>"I now release all my fears in relation to this ___(whatever you are detaching from)__. I invite Love here."</i></p>



The LiberatingTouch® Detachment Process (STEP2)

	<p><i>While focusing on the Infinity Exercise, hold your MIDDLE finger (either side) and repeat within yourself:</i></p> <p><i>"I now release all my impatience in relation to this __ (whatever you are detaching from)__. I choose Peace."</i></p>
	<p><i>While focusing on the Infinity Exercise, hold your RING finger (either side) and repeat within yourself:</i></p> <p><i>"I now release all my sadness in relation to this __ (whatever you are detaching from)__. I welcome Truth."</i></p>
	<p><i>While focusing on the Infinity Exercise, hold your LITTLE finger (either side) and repeat within yourself:</i></p> <p><i>"I now release all my criticisms in relation to this __ (whatever you are detaching from)__. I am open to non-violence."</i></p>
	<p><i>While focusing on the Infinity Exercise, place your fingers in the centre of your palm (either side) and repeat within yourself:</i></p> <p><i>"I now release all my dejection in relation to this __ (whatever you are detaching from)__. I choose to identify with constant integrated awareness."</i></p>

