

Step 2 of the Complete *LiberatingTouch*[®] Detachment Process









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Visualise the Infinity Exercise. Imagine that you are sitting or standing in one of the loops of the Infinity symbol, whichever is comfortable for you, and visualise 'the person, symbol or object' that you have been detaching from, in the opposite loop. Visualise the white serpent of light moving along the path of the Infinity symbol. Watch this serpent-like energy moving faster and faster, with increasing power. Continue visualising this white serpent of light, moving along the path of the Infinity symbol for a few minutes, while doing the Finger Holds.









The Finger Holds

	<p>While focusing on the Infinity Exercise, hold your THUMB (either side) and repeat within yourself: <i>"I now release all my anxieties in relation to this __ (whatever you are detaching from)__. I am open to experiencing Self-Responsibility and I am developing positive boundaries in relation to this."</i></p>
	<p>While focusing on the Infinity Exercise, hold your INDEX finger (either side) and repeat within yourself: <i>"I now release all my fears in relation to this __ (whatever you are detaching from)__. I am open to experiencing Love and I am discovering creative solutions in relation to this."</i></p>
	<p>While focusing on the Infinity Exercise, hold your MIDDLE finger (either side) and repeat within yourself: <i>"I now release all my frustrations in relation to this __ (whatever you are detaching from)__. I am open to experiencing Peace and I am regaining my equanimity (balance) in relation to this."</i></p>
	<p>While focusing on the Infinity Exercise, hold your RING finger (either side) and repeat within yourself: <i>"I now release all my sadness in relation to this __ (whatever you are detaching from)__. I am open to experiencing Truth and I am aware of exhaling my old belief systems in relation to this."</i></p>
	<p>While focusing on the Infinity Exercise, hold your LITTLE finger (either side) and repeat within yourself: <i>"I now release all my struggle in relation to this __ (whatever you are detaching from)__. I am open to experiencing Serenity and I am developing effortless understanding in relation to this."</i></p>
	<p>While focusing on the Infinity Exercise, place your fingers in the centre of your palm (either side) and repeat within yourself: <i>"I now release all my despondency in relation to this __ (whatever you are detaching from)__. I am open to experiencing Fulfilment, Integration and I am cultivating relationships based on Truth."</i></p>



Variation of the Finger Holds in Step 2

	<p>While focusing on the Infinity Exercise, hold your THUMB (either side) and repeat within yourself: <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: <i>"I now release all my fears in relation to this ___(whatever you are detaching from)__. I invite Love here."</i></p>
	<p>While focusing on the Infinity Exercise, hold your MIDDLE finger (either side) and repeat within yourself: <i>"I now release all my impatience in relation to this ___(whatever you are detaching from)__. I choose Peace."</i></p>
	<p>While focusing on the Infinity Exercise, hold your RING finger (either side) and repeat within yourself: <i>"I now release all my sadness in relation to this ___(whatever you are detaching from)__. I welcome Truth."</i></p>
	<p>While focusing on the Infinity Exercise, hold your LITTLE finger (either side) and repeat within yourself: <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>While focusing on the Infinity Exercise, place your fingers in the centre of your palm (either side) and repeat within yourself: <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>

