

# Energetic Release Process

## 1. Find the Feeling in the Body

Think or talk about the situation that is bothering you, we want to bring up the emotions so that you can clear them.

Drop down into your body, and notice where in your body the feeling is the strongest. It could be anywhere in the body.

## 2. Give it Attention

Be present to the physical sensation in your body. Don't distract yourself or try to mentally solve the problem. Stay out of your head and in your body.

## 3. Be Unconditionally Accepting

The feeling is here. It won't be here forever. For as long as it's here, accept it. And if possible, send it love.

## 4. Focus on the Most Intense Area

Find the area of greatest intensity. Put your attention on it and stay present to it in an unconditionally loving or accepting way.

Rate the intensity of the feeling from 1-10 (10 being most intense) Ask if it has a color or a shape.

## 5. Let it Do What it Needs to Do

As you give the feeling attention, let it do whatever it needs to do. It may move or shift. It may get bigger or it may get smaller. It may move to a different part of the body. It may change color. Stay with it.

## 6. Get to Neutral

As things come up, clear them by strengthening and deleting. The feeling will start to get less intense as you work thru it.

Rate the physical feeling any time you feel like something has shifted.

When the feeling has run its course, you'll be left with a neutral feeling.. You might also be filled with joy or love. It may happen in seconds, minutes, or you might even need longer.

## **7. Follow Up**

To make sure that you've completely cleared this up, think about the situation or problem that was bothering you. Notice if you feel anything but peace, love or joy. If there's anything that isn't neutral yet, repeat this process again. Sometimes there are several layers. Stay with it until you are neutral emotionally.

***Energetic Spiral Up***