

# The Great Disappearing Technique

**Use this technique to naturally transform any kind of distress you are experiencing in your body.**

- Reducing and disappearing pain, such as headaches, muscle aches etc.
- Reducing and disappearing pressure
- Disappearing technique for negative emotions
- Release of depression
- Relief of irritability and restlessness, fatigue, tiredness, boredom, etc.

## **Instructions.**

1. Scan your body for a sensation, pressure, pain, tightness or block.
2. Where is it? (relationship to other parts of the body)
3. What shape is it? (round, oval, square...)
4. What size is it? (exact measurement)
5. How deep is it?
6. What color is it?
7. What texture is it? (hard like metal or wood, or softer like rubber or like liquid)
8. On a scale of 0-10, if 10 is the worst you have experienced, what number would you give it now?

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