

## Emotional Release Process (Method 2)

1. **Close your eyes** and sit comfortably, legs uncrossed.
2. **Identify** the painful memory.
3. What **colour(or sound)** is the pain?
4. **Where** is the colour( or sound) located in the body?
5. **Visualise breathing into** where that colour(or sound) is in the body.
6. **Visualise the pain coming out of your body** –start with where the pain is located, coming directly through the skin like a thick fog or stream. The out-breath should be very slow. (count it out 1..... 2.....3.....)
7. **Breathe the pain** (colour or sound) out of different areas of the body. Start with breathing into the middle of the brain and breathing out the centre of the forehead (the third eye). Do this 3 times.
8. **Breathe** into the middle of the brain and then breathe/flow the colour/sound - pain out your eyes and into the air. 3 times.
9. **Breathe** into your chest and breathe/flow the colour/sound – pain down the arms and out of the palms of the hands and into the air. 3 times.
10. **Breathe** into your abdomen and breathe/flow the colour/sound – pain down your legs and out the bottoms of your feet. 3 times.
11. **Breathe** into your abdomen and breathe/flow the colour/sound - pain out your naval area. 3 times.
12. **Re-evaluate** by scanning the whole body from the top of the head to the bottom of the feet – not forgetting the arms – checking and asking if there is any colour/sound - pain left in the body. If there is, do the breathing and breathe/flow out that part of the body. 3 times.
13. **When** there is nothing left, re-evaluate the event.
14. **Remember** it by bringing it to mind again.
15. **Does the event** still feel “charged?” If there is any guilt, shame or anxiety related to that event, then there is more emotional residue to be processed and released.
16. **A reaction** of sadness, grief, or regret means that the pain has been released.
17. **If the sadness, grief, or regret** is causing more pain, repeat the process focusing on that particular feeling.