



LiberatingTouch® Sequence for Experiencing Freedom in the present moment

1. Pay attention and investigate, “what am I attached* to in this moment?” What am I holding on to? Clinging to? Feeling needy about? What is upsetting / affecting me? What am I resisting/ avoiding/ in conflict about? What am I stressed about?

**In this context an attachment is anything that is causing stress (suffering) in your life*

This step is for meeting whatever is troubling you. Rub your chest area (Tender area) gently, while articulating all that you feel stressed about at the moment...and then firmly touch all the energy balancing locations (refer to the illustration in the [LiberatingTouch Introductory Guide](#)) while tuning into the related the body-mind sensations. *For example: This turmoil about my finances, annoyance with my parents, shame about my weight, guilt, sadness about my addiction, worry about my children - feels like a mental fog, discomfort in my tummy, this pain, this frustrations, this irritation, constriction in my chest.*

2. Creating Space (Detachment) around this energy, this experience

Touch the energy balancing locations while repeating the following phrases and **feel free to play with these**, until you feel you are detached from the issue. You may need to do this a few times, receive deep insights and you will know when this step is complete as your breath will deepen and you will feel a sense of calm. To get the most benefit in this step use the Infinity exercise as well.

Rub your chest area (Tender area) gently while saying, *this energy, this experience of _____, I allow myself space to breathe and simply BE with this now, I allow myself space to breathe and notice my reactions to this stress. I give myself some space to breathe. I allow some space for clarity and understanding.*

Then while touching the other Energy Balancing Locations you can repeat the following: *This energy, this experience, the origins of this, space to breathe, to simply Be, allowing space, allowing awareness, allowing truth, calmly observing, meeting all my feelings and thoughts about this with compassion, creating space for release and clarity.*

3. Willingness and Allowing Completion and Integration

What would happen if I was willing to experience this? What would happen if i allowed this experience to complete? How can I realign with the Higher Self (Presence) to understand and transform this story?

Rub your chest area (Tender area) gently, while articulating, *“What if this experience is temporary, what if i can in this moment open myself to this experience? What if I do not have*

to fix or change this? What if I can simply breathe and open my heart to this? What if I could see this experience through the eyes of the Higher Self? What if I allowed myself to be present to this experience without pushing away or being drawn into it? What if I could be in the centre of this and be open with all my heart? What if I let go all resistance and embrace all my fears with compassion?"

Then hold the areas illustrated while repeating, *"I align my vibration with Truth, I accept all my resistance, confusion, disappointment, fears and limitations, I release these to the best of my ability now, I relinquish my fears to the Higher Self, I am willing to allow myself to experience this energy, I am open to the infinite possibilities of Truth. Let this experience, energy complete now. I allow completion, understanding and integration.*

4. Open to BEing Love, Truth, Freedom

Rub your chest area (Tender area) gently, while repeating, *I am open to BEing, open to freedom, open to Love, open to Truth, Let this body-mind be flooded with the vibration of light.*

And then:

- Hold the little finger, inhale and exhale, and repeat, *Letting go of the weight of all my effort, allowing all possibilities now, Allowing Effortless Transformation*
- Hold the ring finger, inhale and exhale, and repeat, *Letting go of the deep sadness, releasing tension, stress and body-mind constriction with my breath*
- Hold the middle finger, inhale and exhale, and repeat, *Letting go of anger and frustration, opening to deep peace now*
- Hold the Index finger, inhale and exhale, and repeat, *Letting go of my many fears, healing the mind and releasing the power of a creative and courageous Heart*
- Hold the thumb, inhale and exhale, and repeat, *Letting go of anxiety and stress, I am open to new and unexpected insights and inspired action*
- Place your fingers in the centre of the palm and once more become aware of your breath, and repeat 3 times, *Open to BEing Love, Truth, Freedom, SO IT IS, IT IS SO*

Check in, how are you feeling now? You can do this as many times as you want to experience a deep level of detachment, inner connection, possibility and profound love. The aim of this is to develop contentment and constant integrated awareness.