

A LiberatingTouch® Self Help Sequence for Healing Confusion



Before you begin place your fingers on the centre of the palm and count 9 gentle exhalations

Step 1: Place the fingers of the right hand on the top of the head (where they will remain until step 6). Place the fingers of the left hand on your forehead between your eyebrows. Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Repeat slowly within yourself, **this confusion, this confusion, this confusion** while tuning in to what **this confusion** means specifically for you and how it affects you:

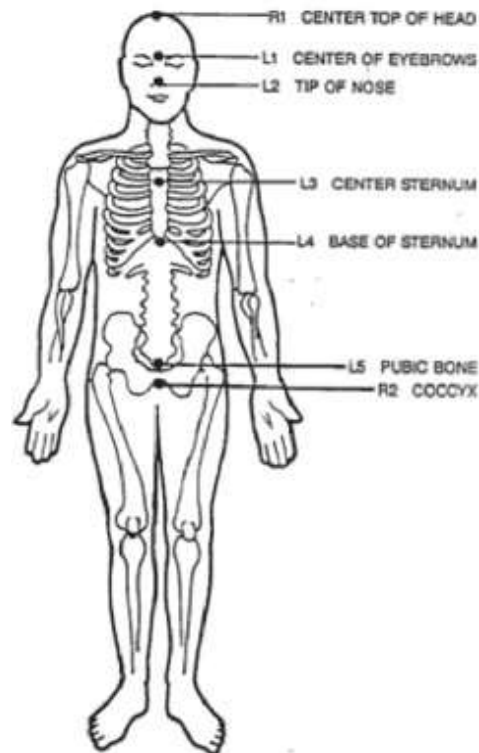
Step 2: Now move the left fingertips to the tip of the nose. Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Repeat slowly within yourself: **I allow space between me and this confusion, as I breathe I create space between me and this confusion**

Inhale and Exhale. Sit with the thought **What if this confusion is temporary?** for a couple of breaths

Step 3: Move the left fingertips to your sternum (centre of your chest between your breasts). Stay there for 2 to 5 minutes, or until the pulses synchronize.

Repeat slowly within you: **What if I had no reluctance, resistance or attachment to this confusion? What if I released all reluctance, resistance or attachment to this confusion?** As you inhale and exhale with each exhalation read out, the following: **I exhale all anger. I exhale all sadness. I exhale all grief. I exhale all worries. I exhale all fear. I exhale all efforting. I exhale all guilt. I exhale all shame. I exhale all helplessness. I exhale all disappointments. I exhale all despair. I exhale all hate. I exhale all fatigue. I exhale all unhappiness. I exhale (anything else that comes up)**



Step 4: Move your fingers to the base of your sternum (centre of where your ribs start, above the stomach). Hold them there for 2 to 5 minutes, or until the pulses synchronize.

Repeat slowly within yourself: **What would I do if I had no fear? No fear of experiencing this confusion? Who would I be if I had no fear of confusion? What stops me from releasing this fear? How would I respond if I had no fear? What prevents me from being loving to myself and to my confusion and to others' confusion? How would I respond if being Compassionate (Loving) is my reality?** Wait for a few moments for any insights before moving onto the next step.

Step 5: Move your fingers to the top of your pubic bone (above the genitals). Stay there for 2 to 5 minutes, or until the pulses synchronize.

Repeat slowly within yourself: **What if I can experience this confusion with an open mind and a loving heart? What if I could be open to this confusion with a peaceful mind and a loving heart? What if I gave myself permission just for this moment to meet (embrace) this confusion with loving awareness? I am willing to allow this confusion to unfold and release.**

Step 6: Keep your left fingertips in place and move your right fingertips to cover your coccyx (tailbone). Hold for 2 to 5 minutes or until the pulses you feel at your fingertips synchronize with each other.

Repeat slowly within yourself: **What would be the opposite of this confusion? What if I could be open to clarity, understanding and new experiences of wholeness, Peace and Happiness? Am I willing to experience this too? I give myself permission to release this confusion and be open to new possibilities and meet all of life with a peaceful heart. So it is and it is so.**

End by placing fingers on the centre of the palm and count 9 gentle exhalations