



4 Questions and a *LiberatingTouch*® Sequence to Experience Presence

The Questions:

Start by asking yourself these 4 questions: Take your time to note down your answers.

1. What am I experiencing in my BODY? (What is the quality of my physical energy?)

Do I ache? Where do I feel tense? Am I in pain? Do I feel cold/hot? Can I breathe with awareness and be present to these physical/body sensations?

2. What am I FEELING? (What is the quality of my emotional energy?)

Am I anxious? Afraid? Angry? Frustrated? Irritated? Annoyed? Sad? Struggling? Scared? Worried? Do I feel bewildered? Confused? Lost? Inferior? Worthy? Valued? Loved? Unloved...

3. What am I THINKING? (What is the quality of my mental energy?)

Are my thoughts about me/others creating conflict in my life? Who and what do I judge? What do I like? What do I dislike? What are my preferences, opinions, beliefs? How do I experience time?

4. What is happening in this BREATH? (What is the quality of my breath /life force energy?)

Am I aware of my breath? Is my breath shallow or deep? Is my breath rapid or evenly spaced? Does it feel silky or jagged? When I notice my breath do I feel calm or turbulent?

The *LiberatingTouch*® Sequence

1. Acknowledge all presenting issues

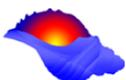
Once you have made a note of your observations in response to the 4 questions. Rub your chest area (Tender area) gently, while articulating your observations...and then firmly touch all the Energy Balancing Locations (refer to the earlier illustration) while tuning in and articulating the related body, mind, emotion and breath sensations. *For example: This dull ache, annoyance with my parents, shame about my weight, guilt, sadness about my addiction, worry about my children, mental fog, time pressure, belief about money, constriction in my chest, lack of love...and so on.*

2. Create space around the presenting issue; it's energy and experience

Now touch the Energy Balancing Locations while repeating the following phrases and feel free to play with these. You may need to do this a few times to 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.

Rub your chest area (Tender area) gently while saying, *"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

Now rub your chest area (Tender area) gently, while articulating, *“What would happen if I was willing to experience this? What would happen if I allowed these sensations, emotions, beliefs to complete? How can I realign with the Universal Self (Presence) to understand and transform this? 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, doubts and confusion with compassion?”*

Then hold the Energy Balancing Locations while repeating, *“I align my vibration with the Universal Self, with Presence, with Nature, with Source, I accept all my resistance, confusion, disappointment, fears and limitations, I release these to the best of my ability now, I relinquish my fears, I am willing to allow myself to experience Peace now, I am open to the infinite possibilities of Truth. I choose to experience the profound security born of TRUST.”*

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 TRUST.”*

And then:

- Hold your LITTLE finger (either side), inhale and exhale, and repeat, *“Letting go of the weight of all my effort, allowing all possibilities now, allowing Effortless Transformation.”*
- Hold your RING finger (either side), inhale and exhale, and repeat, *“Letting go of the deep sadness, releasing tension, stress and body-mind constriction with my breath.”*
- Hold your MIDDLE finger (either side), inhale and exhale, and repeat, *“Letting go of anger and frustration, opening to deep peace now.”*
- Hold your INDEX finger (either side), 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 your THUMB (either side), 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 your palm and once more become aware of your breath, and repeat 3 times, *“Open to being, doing, flowing in 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. The aim of this is to develop contentment and constant integrated awareness.

By approaching life with awareness we can make new and different decisions about what we want to create...A shift in perception seems to be all we need.

“Be the compassion you are, do what you contentedly can, love every moment and let Truth set you free”

If you would like to learn more do join our
Heart of Understanding – 8 Day LiberatingTouch® Class

<http://emotionalhealthcentre.com/ltworkshops.html>

