



LiberatingTouch® Daily Practice (28 Day) for Opening to Wholeness

Many of us would like to permanently alter a habit, create a new behaviour pattern, manifest abundance and grace into our lives, experience equanimity and love and move into alignment with the deepest calling of our Heart. This process is tailor made for the realisation of our potential and wholeness. This 28 day or 4 week practice is also about liberating consciousness from constriction and resistance, to the realisation of desire in alignment with the SELF (Truth).

The most difficult part of this process is, knowing what you want, knowing what is missing in your life, knowing where your power is lacking or diminished. What you really really really want and to **know** that it is in alignment with the calling of your Heart. It is very important to understand why you want this and your level of commitment to this in your life. If it is something you have wanted (been attached to) all your life then focusing on the desire may be unhelpful, you may need to understand what it is you require first, what this represents for you, what energy is missing or stuck in your life, what experience can help you move in the direction of Self-fulfilment. Once you hone in on this, it can act as a key unlocking the doors in the mind and liberating the infinite possibilities of the Heart. The Tree meditation, *'Connecting to the Universal SELF for healing and experiencing Love and Truth'* will help.

For example, client T had a tendency to slip into depression; he has tried many things over the years and has had good results for brief moments. He has come to learn ways to manage the depression without medication, with CBT (Cognitive Behavioural Therapy) and EFT (Emotional Freedom Techniques). This has worked well. He was also intrigued to try out the 28 day process. His desire was to feel more positive about himself. As we chatted and focused on the issue with meditative inquiry we discovered a memory that filled him with "gladness". It had taken place in a home where he had felt very safe; we used the location as the "key phrase". This process worked so well for him that although he still gets down, as he said he no longer experiences the debilitation of depression.

Another example is client S, she wants to be healthy and active. She has arthritic pain in her joints and is saddened that she finds it difficult to play with her grandchildren. After meditative inquiry, she uncovered the phrase, "flexible healthy fun" this was the key for her to relax and allow a shift in her consciousness. What was interesting was that through the process she came to terms with lack of fun in her own childhood and was able to heal her unhealthy childhood experiences. The result of using this process for 4 weeks was that S still has arthritis but she doesn't feel restricted by it now.

Once you have a clear sense of what you require for your journey, what you need to reclaim, you then need to express it as a succinct and engaging phrase. Write it in the blank spaces in statements below. For help with this, or to know more about *LiberatingTouch®* you may wish to book a session with us. You are now ready for the process. This process has 4 steps.

1. OPENING
2. RELEASING
3. LIBERATING
4. SURRENDER (GRATITUDE)

When practising these steps visualise, imagine or think that your consciousness inhabits a dwelling, a structure, a building, this is a metaphor for your body-mind. The dwelling can be anything and can change with time.

Here are suggestions and directions for the 4 steps:



1. OPENING

Imagine, visualise, sense or think that you are opening the doors to the structure that represents your consciousness as wide as you can, allowing the energy and experience you desire to enter and fill your body, mind and heart. During this step stimulate the tender areas on the chest gently and then touch all the Energy Balancing Locations (refer to the illustration) on your body while focussing on the energy/ experience you are opening to.

Stimulate the tender areas on the chest gently repeat the entire phrase 3 times and then touch all the Energy Balancing Locations while repeating the "key phrase":

Opening this body mind and Heart consciousness to the experience, energy of key phrase

2. RELEASING

Imagine, visualise, sense or think that you are exhaling the resistance, impurities and negativity from your body mind and life, with your breath. Place your fingers of one hand in the centre of the other hand's palm and focus on your exhalation (count 3 to 9 exhalations) while saying the statement below. This frees you for the next step.

Place your fingers of either hand in the centre of the other hand's palm and focus on your exhalation (count 3 to 9 exhalations) while saying,

Releasing all Resistance, Confusion, Conflict, Limitations to key phrase with each exhalation

3. LIBERATING

Imagine, visualise, sense or think that you are now opening all the windows in your consciousness dwelling/ structure, letting light in and freeing whatever has been trapped and stored out, so everything that represents fear and attachment is being set free from your consciousness and is leaving, rushing out into the light. Once outside they are transformed into light. Hold each finger while repeating the statement that comes along with this step.

Hold each finger while repeating the statement,

Liberating myself from any (all) fear and attachment connected to this key phrase

4. SURRENDER & GRATITUDE

Imagine, visualise, sense or think that you are now in the centre of this structure, this dwelling of consciousness, peaceful and still. The new energies that you are drawing in are swirling all around you filling all the spaces in your body mind and life, and the old energy is dissolving into light. See yourself as giving thanks to the omniscient, omnipresent and omnipotent power that is making all the changes for

you while you wait and witness the new energies take shape and manifest. Rest your hands on any part of the front of your body that helps you feel centred during this step, for many it is the heart area, you choose.

Rest one hand on the heart area and the other hand on the solar plexus or belly area while saying,

Surrendering to the expansive and infinite possibilities of LOVE & TRUTH, Thank you, so IT IS (repeat the key phrase silently within yourself), IT IS so

(If you have difficulty with the concept of surrendering, you can say instead: *Allowing myself to be open to the infinite possibilities of Love and Truth.* LOVE & TRUTH is also interchangeable with Presence, God, Source, Creator, Grace, Divine Intelligence and so forth).

Here are the 4 steps and phrases, simply fill in the blank and play with them every day for 4 weeks

1. Rub your upper chest gently while repeating the phrase below 3 times and then touch all the Energy Balancing Locations while focussing on _____

Opening this body-mind and Heart Consciousness to the energy and experience of

2. Repeat the phrase below while placing your fingers of either hand in the centre of the other hand's palm and focus on your exhalation (count 3 to 9 exhalations)

Releasing all Resistance, Confusion, Conflict, Limitations to _____ with each exhalation

3. Hold each finger while repeating the phrase below:

Liberating myself from all fear and attachment related to this _____

4. Rest your hands on the heart and / or solar plexus area while saying:

Surrendering to the expansive and infinite possibilities of LOVE & TRUTH, Thank you, so IT IS (_____), IT IS so.

In brief, The 4 steps of this process is to verbalise the 4 statements, Imagine, visualise, sense or think the corresponding visuals and use the breath and the hands with awareness to create liberating shifts in consciousness and so in life.

Eckhart Tolle writes in *A New Earth*, p. 21-22 "What is arising now is not a new belief system, a new religion, spiritual ideology, or mythology. We are coming to the end not only of mythologies but also of ideologies and belief systems. The change goes deeper than the content of your mind, deeper than your thoughts. In fact, at the heart of the new consciousness lies the transcendence of thought, a newfound ability of rising above thought, of realizing a dimension within yourself that is infinitely more vast than thought."

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

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