



FOUR STEPS TO RELEASE AN EMOTION

These four steps can be used to release any emotion that has come into your present moment and you want to clear
e.g. worry, fear, anxiety, stress and helplessness.

STEP ONE - IDENTIFY

WHAT AM I FEELING?
WHY AM I FEELING IT?
WHAT IS THE STORY BEHIND IT?

STEP TWO - OBSERVE

NOTICE YOUR PHYSICAL RESPONSE.
RISE ABOVE THE EMOTION - MENTALLY AND EMOTIONALLY.
OBSERVE IT. REASSESS IT.
CHECK BACK IN WITH YOUR PHYSICAL BODY.

STEP THREE - RELEASE

THE SIMPLEST WAY TO SHIFT ANY EMOTION IS
THROUGH THE POWER OF YOUR BREATH SO
BREATHE

STEP FOUR - SHIFT

SHIFT FROM "I HAVE AN EMOTION" TO
"I EXPERIENCED AN EMOTION."