

'Feeling through the layers into peace, love and freedom'

Go slowly, breathe and feel within yourself, allow mystery and watch as healing unfolds.

DIRECTIONS: Read everything in " ...". * **Remember:** There is **NO** fixing or advice giving.

Begin with 3 minutes of HEART CENTRING MEDITATION

"Which area of your life do you feel stuck, anxious, frustrated or would like more clarity"

.....

"Just take some quiet time now. Turn your attention inside. Close your eyes... connect with your breath"

1. Thinking: *"What are you telling yourself about this situation?"*

.....

"There are layers of awareness. Sometimes what is really going on is not in your consciousness and may take a little sitting with to discover.

"If this is the case a good starting place is to ask yourself": "What is actually happening in your life?".....

"What event or circumstance is actually happening NOW, SOON or RECENTLY?"

.....

FUTURE: "If the thought is about the future: What part of it is actually real in the present, NOW?"

.....

"Just notice the thoughts with a NEUTRAL mindset, ACCEPT them for the moment, do not attempt to CHANGE them."

2. Flowing your awareness to feeling your body sensations

"We are now going to explore your FEELINGS here"

"Move your attention to what you can FEEL in your BODY."

"What PHYSICAL SENSATIONS can you feel in your body?"

"Where are they? What qualities do they have?"

.....

"We are going to FEEL DOWN through to the layer of EMOTIONS"

"Take a deep, gentle breath in down to your belly and up into your heart"

"Feel under the THOUGHTS. The FEELINGS. What is the EMOTION below these thoughts?"

.....

"Now give yourself permission to feel the EMOTION in your body fully"

"Breathing gently in, down to your belly and up to your chest"

"Notice your ATTITUDE to what you are feeling"

'Are you judging, rejecting or invalidating yourself for what you are feeling"

.....

Are there any SHOULD'S OR SHOULDN'TS..?

.....

"Notice your response also...Are you holding, resisting or contracting..?"

.....
"THIS LEADS TO PAIN & DISCOMFORT", "See if you can WITNESS YOUR FEELINGS with curiosity and openness." "Take a gentle breath into your belly and up to your chest"

CYCLE 1

- ACCEPT** *"For better or worse this **IS** the way you **ARE**, right now at least"*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, then LET GO"*
- ALLOW** *"Allow what you are FEELING to be **FULLY HERE**."*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, and LET GO"*
- WELCOME** *"Welcome the **FEELINGS IN**."*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, and LET GO"*
- RECALL** *"Let the feeling take you back in time... Notice if there is a previous time when you felt this feeling. What was happening?"*

.....
.....
GROUNDING *If it is a childhood memory: "You are now an adult, safe and you no longer need to react or repeat this childhood pattern"*

- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, and LET GO."*
- WELCOME** *"Welcome the **FEELINGS IN**."*
- PRESENT** *"Come back into the present moment, focus on the sensations in your body and keep your breath flowing. Feel under this emotion.
Is there another emotion present now?"*
- IF 'NO' →** *"Stay with your feelings until they dissolve into peacefulness, calmness, or ease" ... **Go to the 'LOVING' section on page 4***
- IF 'YES' →** ***Process the next emotion using Cycle 2***

CYCLE 2

- ACCEPT** *"For better or worse this **IS** the way you **ARE**, right now at least"*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, then LET GO"*
- ALLOW** *"Allow what you are FEELING to be **FULLY HERE**."*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, and LET GO"*
- WELCOME** *"Welcome the **FEELINGS IN**."*
- BREATHE** *"Focus on your breath. Draw the breath gently and deeply, and LET GO"*
- WELCOME** *"Welcome the **FEELINGS IN**."*
- PRESENT** *"Come back into the present moment, focus on the sensations in your body and keep your breath flowing. Feel under this emotion.
Is there another emotion present now?"*
- IF 'NO' →** *"Stay with your feelings until they dissolve into peacefulness, calmness, or ease" ... **Go to the 'LOVING' section on page 4***
- IF 'YES' →** ***Process the next emotion using Cycle 2 again***

3. "We are now moving to LOVING"

"Shift your attention to feeling the flow of **ENERGY** in and around your body, like a soft humming"

"Breathe into your belly and up into your heart"

"Your heart is intelligent and you can ask it for guidance. Take a breath into your heart."

"Ask your heart in this moment: The heart **QUALITY** I am being called to develop here is

.....

"It could be something like.... **Ease, Happiness, Peace, Love, Connection, Gentleness, Grace Spaciousness, Wealth, Courage, Enthusiasm or Gratitude**

"Cultivate the heart quality of..... by focusing on it and breathing belly to chest"

"Remember a previous time when you felt this feeling of"

Feel the feeling in your **HEART** for as long as it feels right for you" [about 3 minutes]

"Set your **INTENTION** as:

"**I CONSENT TO LIVING IN THE PRESENCE OF.....** (Heart quality above)
AND PRACTICING..... (From Heart Practices below)

The FACILITATOR CHOOSE CORRESPONDING PRACTICE FROM HEART PRACTICE LIST:

HEART QUALITY and PRACTICE LIST

Heart Quality	Heart Practice	Heart Quality	Heart Practice
EASE	Surrender	GRACE	Trust
HAPPINESS	Enjoying the moment	SPACIOUSNESS	Mystery
PEACE	Acceptance	WEALTH	Generosity
LOVE	Compassion	COURAGE	Welcoming life in
CONNECTION	Openness	ENTHUSIASM	Follow my Heart
GENTLENESS	Mercy, Forgiveness	GRATITUDE	Appreciation

***ASK CLIENT TO REPEAT THE ABOVE INTENTION 3X'S OUT LOUD AFTER YOU OR SILENTLY WITHIN THEN GET THEM TO TAKE 3 CONSCIOUS BREATHS TO COME IN TO THE PRESENT MOMENT AND

Looking at this situation again through the eyes of [Heart Quality]
I now see this as an opportunity to...

.....
.....

The very next action step to take from my hearts wisdom is to

.....
.....

...you can open your eyes now...



Important things to remember as a practitioner...

1. The Process is ALWAYS done sitting upright.

2. The breath is through the nose (not the mouth as in Breathwork)

3. There is NO advice giving – allowing the person to come to their own awareness is always more powerful for their personal shifts.

4. This isn't a breathwork session - there is no deep processing during this process. It is a flowing movement from head to heart, layer by layer.