

There is something burning

Anger should not last more than 30 seconds. Anything longer than that is not helpful anymore. It is not helpful to store the stuff inside because that can lead to depression and illness; nor to lash out which can lead to hurt and danger. Learn and practise safe, practical, creative anger release.

- Any repetitive physical action such as chopping wood, punching a speedball, kneading bread, digging, woodcarving, jogging, swimming, drumming, will relieve some of the energy. ...
- Heel crushing. Press and roll the back of naked heel onto tile or rough carpet. To release dense negative stuff in the body.

You don't understand me

Run the Infinity Ribbon to establish understanding between yourself and others. this is used to brush down the feelings/emotions and brush up the action/practicalities. :

Visualise a continuous ribbon running up behind your back, round over your head, down in front of you to below the other person or people, up behind them, over their heads and down between you to below your feet to start the flowpath again.

Run this visualisation a few times and then leave it running.

The job is not done until you have washed your hands.

At the end of a session try to do all of these closing rituals :

- Be grateful and give thanks.
- Earthing and grounding. Touch to neutralise any charge.
- Hand washing ritual. To let go of the session.

Where does stuff go to when I let it go?

...and the Spirit returns to God from whence it came.

-- (*Ecclesiastes 12. 7*)

and..

"Whom you forgive is free, and what you give you share. ... "

-- (*A Course in Miracles, T-19.IV*)

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Emotional Stress Release using simple breathing, visualization, kinesiology etc.

I believe that one cannot heal or be healed while being highly emotional. I prefer less drama and thus more progress towards healing. To promote this I use several methods which primarily help me to be steady while being with someone who is troubled. Often these methods are passed on to the client as self help methods, so that they can carry on easily with their process and integration between sessions. If you are hooked on heavy process then you probably will not like to use these a lot. I prefer a way which is gentler, quicker and quite permanent.

Site establishment.

- Higher Selves, Guards, Guides. Ask them to be present and to be Guarding, Guiding and Gifting you and your client
- Do Self Reiki or any Self cleansing and healing prayer.
- I am here Only To Be Helpful. Say something to setup as a compassionate, empathetic, healing channel.
- Be Centred and Grounded.

Letting Go is a 3 step process.

- **you Say Hullo.** To dreams, thoughts and feelings, emotions, struggles, coincidences, symbols. . .
- **you Say Goodbye.** "I no longer need this." "I don't like feeling like this." "Please remove this."
- **Expect it to go.** Know that it will go soon. Let go, Trust.

Some other means of letting go

- Ecologically Friendly Garbage disposal. You can use the analogy of : having done shopping for veggies, you check before cooking or storing, so you might :
 - Pick up the cabbage, for instance, and notice the outer leaves, sad and torn (you say Hello).
 - Decide to cut off the unwanted bits, and dispose of them on the compost heap (don't need this; you say Goodbye).
 - The compost heap knows how to handle the unwanted stuff safely and in an ecologically friendly and viable way, converting it all to compost to be returned as food for the roses etc. (Trusting the process).
 - You do the first two parts but the last part, which you Hand Over or Forgive, is done for you. You don't have to understand the last part of the process;

the invisible, intricate, complicated, exquisitely timed and controlled; the most valuable part. Just know that the garbage will be transmuted to good for all.

- Give your psychic manure to the trees or plants. They need it and they know how to convert it to good stuff.
- Zap the stuff with light. Allow the rubbish to collect in your cupped hands. Ask for it to be transmuted.
- Be thoughtful and mindful about washing hands and going to toilet. Visualise all your unwanted stuff going down the drain and being transmuted eventually to good for all.
- Golden Gate. (Even very negative thoughts or emotions can become the basis of compassion.)
 - Visualise an open space nearby.
 - In the centre is a gate or doorway opening outwards.
 - Focus on your outbreath.
 - Whatever thoughts, feelings, sensations, arise - breathe them out through the gate with the confidence that they are being transformed into universal compassion in the form of golden light which passes through the gate to all who live.

-- (*Taming the Tiger. A.T. Rinpoche Ex. 4 The Golden Light of Universal Compassion.*)

Do Not try to work on Moving Machinery.

It is impossible to get into a healing frame of mind while there is a physical or emotional disturbance, so to calm down quickly and unobtrusively do any of these calming techniques:

- Do a silent whistle and blow (express) your feelings out.
- Follow your breath. (am I breathing in or am I breathing out?)
- Take a breath and Count to Ten.
- Secret smile. Allow a little smile to be behind your eyes.
- Blinking.
- Change eye focus from near to mid to far distance.
- Tummy rub. Do this on self
- Clench and Relax the buttocks and then do an out-breath.
- Dance a little. Let a rhythm and swing go through your body.

Explanation ...

When we think we are in danger we tend to stare, stop breathing, and tighten major muscle sets (buttocks, lower gut, knees, shoulders, arms or neck). So to relieve this during everyday tense making situations, you do anything, as above, which you would not do if in the face of an actual danger. In fact do anything which stimulates and balances the parasympathetic nervous system.

Some more elaborate but very effective and longer lasting methods:

- Tummy rock. Get someone to do on you.
- Palming the eyes. Cup hands over open or closed eyes.
- Swaying, swinging or twisting slow and gently.
- Emotional Digestion. :
 - Connect thumb to ring finger of each hand together.
 - Place pointer and middle fingers onto frontal eminences.
 - Close your eyes and think about the what is troubling you.
 - Experience it as fully as possible; be aware of your emotions and what and who you see, hear, feel, smell and taste.
 - Keep re-running the scene through your mind; for at least one minute, up to ten minutes.
 - after a while you will actually find it difficult to focus on the troubling situation.
 - As you hold the points you may feel erratic pulsing.
 - As the two pulses synchronise your stress is diffused.
- (*Thorsons Introductory Guide to Kinesiology. Maggie la Tourelle*)
- Counting backwards from 21 with a full breath every third number. e.g. Breath in, count 21, 20, 19, while breathing out, breathe in, count 18, 17,16 while breathign out ...>
- Visualise going up or down stairs or elevator in a building with each floor a different colour of the rainbow .

How does it work? Nice things happen often.

Winding the clock backwards. So that the old script miraculously changes into a new movie now.

Thoughts become fact. This is the Basic Law of the Universe.

a One Second Prayer

Quick, think of a colour (or colours) for the person.

Immediately bring that colour down into your chest area, into your feeling heart area for a brief moment.

Send the colour to the person from your solar plexus area.

Dealing with suckers, sappers and other parasites.

Mentally say "thank you for perceiving me as a sweet, strong source but there is a stronger, sweeter Source. ." Visualise the person plugged onto a hosepipe of milk and honey or whatever is appropriate. You may reinforce this by saying something which will allow dis-engagement. Like:

My brother, peace and joy I offer you,

That I may have God's peace and joy as mine.

-- (*A Course In Miracles W105*)