

The Release Process

This process allows you to reconnect with your true self. By allowing yourself to feel your emotions and get in touch with your body, the Release Process helps you release old energies and old emotions that no longer serve you.

And after you release these old emotions and energies, you gain access to your higher wisdom. In other words, your true self, your higher self, advanced intelligence,

So, let's begin...

Begin by closing your eyes, and allow yourself to relax, and get in touch with your body and your breath. Breathing as you relax, relaxing as you breathe. With every breath, you become more centered, more calm, more serene.

Now, tune in, and ask yourself, how do I feel?

Take a couple slow, deep breaths. Relaxing breaths, and allow yourself to feel your feelings. Whatever is happening on the inside of you, just allow it. Just feel it. Place your hand on your heart, and just breathe into those feelings. Or into that feeling.

Taking all the time you need.

As you begin to get in touch with how you feel, you reconnect with your body and your emotions. And the more you allow yourself to feel, the more in touch and the more present you become.

If any stressful emotions appear, Or that you might feel. Allow yourself to breathe into the center of that emotion.

Breathe into the center of it. Just allow yourself to connect and let your intent just go into the center. Even if it's kind of a strange or an uncomfortable feeling.

Take all the time you need. You can pause this recording if you choose. Allowing yourself to get in touch and fully feel that emotion or those emotions within you.

Going all the way into the center of it. Your hand on your heart. So your heart is your guide. Not your mind, but your heart. Your heart is what feels.

Now, feel your connection to God, Spirit, Creator, the Presence,

and breathe in the love and the light of that Presence into these feelings, knowing that whatever is shown the light becomes the light,

taking all the time you need to feel this divine love within you. This is your core. This is your essence.

You'll know you're at the center of these emotions because instead of feeling stress, You'll feel a sense of peace.

There's one more step. After you've felt that center of those emotions, let yourself just kind of start expanding now. Imagine emanating further outside of that center, outside of the boundaries of your body, outside the boundaries of this room that you're in, continuing outside the boundaries of the town and the city and the state and now even the planet.

Keep extending, expanding further out in all directions.

Letting yourself just feel that essence, whatever that essence might feel to you. And again, taking all the time you need in this state.

Now, it may take you a few times to get through those last couple of steps, where you're feeling the emotion into the center, and when you're allowing yourself to expand to the outer boundaries of not just your own physical self. But something that is the unlimited you, the multidimensional you. I didn't get this all at first, when this came to me.

So, I had to practice a few times, but then I started feeling it. So, give yourself the love and the patience as you practice these steps, these processes. And you will reward yourself with some pretty cool, pretty amazing insights and experiences. So that was the Serenity Process.