

Releasing Energy

Long Release: I like using this at the end of the day. It cleans up my energy from the day's events. I go through my day, looking at where my energy went. Was I angry at someone (partner, kids, store clerks, drivers)? Did I feel stress/attachments, fears/worries? Was I caught up in judging myself or others?

1. First clean up your energy with a Chakra Balance
2. Visualize or think of the other person, notice/think of cords of energy from your body to theirs, they can be small cords like string, telephone cords or thick cords like branches
3. Pull out the cords out by the root
4. Watch the cords dry up and shrivel away
5. Say 'I Release You and Me From ALL Past, Present, and Future Contracts'
6. Bring in healing light, fill your body from top of your head to tips of your toes - pay special attention to where roots were removed
7. Send Metta (loving thoughts), for example "May You Have a Full, Happy, Healthy Life"
8. If that's too much, send, "May you have a good day"

Quick Release: BREATHE

1. 'I release you and me from all past present and future contracts'
2. Send Metta (loving thoughts), for example "May You Have a Full, Happy, Healthy Life"
3. If that's too much, send, "May you have a good day"

Example: Someone cuts me off on the highway. I notice my anger arising. Instead of focusing on the anger I say:

"I release you and me from all past present and future contracts."

And then I send Metta: "May you arrive safely before me."