

Welcome !

Thank you for choosing to sample a “Letting Go/ Emotional Release” applying the Sedona Method Technique founded in Sedona, AZ., USA . It is a simple method that uses a series of easy questions to allow you to “free up” or “release” those unwanted feelings. In this sample, the unwanted feeling of “doubt” is applied.

In this 11min mp3 file you will experience an audio that will allow you to let go of any feeling of “doubt” (or “I cant / I’m not enough” feelings). It will allow you to also notice the opposite feeling of “Doubt” which is “Courage”. You can substitute your own word here , but I have found “courage” to work effectively. You could apply the feeling words of “I can” or “I am enough” instead of “courage” if you wish ... or whatever words resonate with you that come up in the moment, is perfect too.

Usually feelings/emotions arise in pairs. Allowing yourself to notice each side of the emotion which is positive as well as any negative feeling, can allow the negative emotion to dissolve, thereby allowing the deeper, more positive emotion to resurface. It was simply “covered over” by the negative emotion.

Quick Tips for Effective Releasing:

1. Release from the “heart” as best you can, rather than your thinking “head”.
2. A simple “yes” or “no” answer is all that is needed. Refraining from discussion allows for a quicker, effective release.
3. Take the first feeling that comes into mind, you don’t have to converse with it, just allow that feeling to be “present” as best you can.

Please note once again, that I or The Sedona Method do not treat, diagnose, cure or advise on any medical or psychological condition. It is recommended that the appropriate medical or psychological attention be sought for that.

I hope you enjoy the audio.

if you wish to know more on my Coaching or some more free info, you’re welcome to check my website here now:

<http://www.youtransformingyou.weebly.com>

Kind Thanks,

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