



Effective Releasing

Good therapy is generally based on helping us get in touch and express our emotions. We typically escape our emotions by watching television, going to movies, reading books, drinking, using prescription and non prescription drugs, exercising and a whole host of other activities designed to help us take our attention off our emotional pain long enough so we can push it back down.

Excessive escape is so prevalent in our culture that it has spawned many thriving industries.

Suppression, however, is just one side of the pendulum swing of what we are usually doing with our emotions. The other side of that pendulum swing is expression.

The balancing point and natural alternative to inappropriate suppression and expression is releasing, or letting go. It is the equivalent of turning down the heat and safely beginning to empty the contents of your inner pressure cooker. Releasing is merely a momentary stopping of the internal action of holding these feelings so you can allow them to leave. You must be in charge of "suppress or express", or let go (releasing).

Here's a situation. You've lost your car keys. You are late. Running around you finally find them. You are RELIEVED. Aahhhh...as your tension and anxiety melt away. This is an example of releasing.

There are three ways to approach the process of releasing, and they all lead to the same result: liberating your natural ability to let go of any unwanted emotion on the spot and allowing some of the suppressed energy in your subconscious to dissipate.

1. Choose to let go of the unwanted feeling
2. Welcome the feeling and allow the emotion just to be.
3. Dive into the very CORE of the emotion

What is my NOW feeling?
How is this working out for me?
Could I welcome or allow it?
Could I let it go?
Would I let it go?
When?

Search what is happening in the NOW. Ask yourself how it feels and how it is working out? Your goal is to stop feeling helpless when negative feelings arise. Done rightly, you can quickly draw up associations, memories and revelations that have been deeply submerged and suppressed simply by drawing attention to them, and releasing them.



This is very simple and very powerful. Don't try to figure it out.

Hold a pen in your hand and drop it. That's how specific the "release" must be. **You are getting rid of NOTHING more than a feeling.** No feeling is inherently real.

This is a form of self psycho-therapy. It quickly draws up associations, memories and revelations that may have been deeply submerged.

Put a dot on a piece of paper.

This dot will represent all of your problems, suffering, and all of our limiting thoughts and feelings. The white paper that surrounds the dot and allows us to see the dot represents our true unlimited nature and our present awareness. It often feels like our problems are huge and the space or presence that we are is very small, almost imperceptible.

To understand why it feels this way, take the white paper with the dot and press your face into the paper over the dot, and then carefully try and move around the room.

Difficult to do, isn't it? This is why our problems seem so insurmountable.

The more you stick to the process of the release, the more you will realize that the things that bother you are of your own making.

This is what releasing is.

Focus on an issue you want to feel better about, whatever is happening in the NOW or that you are thinking of. Allow yourself to feel whatever you are feeling in this moment.

Then, ask yourself the following three questions:

1. Could I let this feeling go?
2. Could I allow this feeling to be here?
3. Could I welcome this feeling?

Then, with each question ask yourself: **WOULD I?**

(You are asking yourself if you are willing to keep this feeling, or can choose to let it go)

And lastly, ask yourself the simple question: **When?**

Learn your Method of sensing.

If you are *VISUAL*, picture a lid on a pressure cooker that you open and allow "steam" to escape.

If you are *TOUCH*, hold your hands together on your stomach, face down. As you release tilt your hands up and create an imaginary space through which it can pass up and out. Or, make a FIST with one hand, and hold it to your stomach, and open it when releasing. (Some "touch" personalities often use an object, such as a watch or a "worry



stone” as the “trigger” for release.)

If you are *AUDITORY*, simply ask and answer the questions internally, with SIMPLE one or two word answers.

Why is NOT a good question.©

Would you rather understand your problems, or just be free of them?
Stop trying to figure them out.

The goal is to develop the habit of looking for the opposite. Do not LOOK for problems or limitations as you learn to release; we are experts at the quest for limitation because of our habit of looking for our problems when they are not here.

The freedom that we inherently are is always closer than our next thought. Quit jumping from thought to thought, asking why, finding your situation “special”....ask the simple releasing questions and just “let it go”.

When we release we uncover intuition. Intuition is 100% right all the time. It’s learning what is truly “intuition” and not “desire” that is critical, and following what are your real “gut” instincts. The more you release the more intuitive you will be. Letting go will build your intuition.

Emotions are just emotions. They are NOT you, they are NOT facts, and you can let them go.

When you find yourself lost in identification with an emotion, ask yourself “AM I this feeling”, or “AM I just having this feeling?”.

Rather than allowing the flow of life to carry us where we want to go, most of us spend a lot of time swimming upstream. We assume that we have to struggle to get what we want and push against the current. We are constantly in turmoil.

What we experience when we “work against the flow” is resistance. Resistance prevents us from moving ahead in all areas of our life, but martial artists prove it best...when opponents attack them, by NOT resisting, the energy can be turned against the opponent. The same is true every time you let go of the feeling of resistance.

Resistance is often repeating patterns. Self sabotaging behavior, reacting to what you “should do”; we simply do NOT like being told what to do, yet are constantly “**should-ing**” **on ourselves** and then wondering why we are not having fun, and why things are not getting done.

Anytime you feel like you have to, must, or should do anything, you are in resistance. Resistance is opposition to force, real or imagined. It can “fall away” just by identifying it.

To stop this you only need to decide to do something, and do it, or decide not to do it, and don’t do it.



Any time you feel like you have to, must or should do anything there is a feeling of resistance.

Resistance is pushing against the world, which causes a feeling of being pushed back. It is just another limiting belief that we have manufactured to protect the other limiting beliefs. It is NOT having decided whether to do something, doing it anyway, and finding it difficult. To dissolve the resistance all you need to do is decide to it and do it, or decide not to do it and don't do it.

When there is no resistance there is simply "what is," and life flows naturally without obstruction with a natural uncaused feeling of well-being.

Letting Go of Wanting to Change:

What is something you want to change?
Could you welcome the feeling of wanting to change it?
Could you let go of the feeling of wanting to change it?
Could you allow yourself to accept what is as best you can?
When?

You can expel any feelings of need or want, just by "letting it go," or **releasing**.

Could you? Would you? When?

What motivates or drives our feelings?

1. Wanting control
2. Wanting approval
3. Wanting security
4. Wanting to be ONE, or wanting to be separate

Each time you let go of wanting approval, control, security, separation or oneness, you will be letting go of some of your SELF CREATED inner limitations.

Want equates to lack. Anything that you want, at some level, makes you feel like you don't or can't have.

Letting Go of Wants:

1. Allow yourself to feel what you feel
2. Could I allow myself to welcome or allow this feeling?
3. Is this a feeling of wanting approval, wanting to control, wanting security, wanting separation or wanting oneness?
4. Could I let go of wanting approval, control, security, or oneness?
5. Could I welcome this wanting of approval, control, security, or oneness?
6. Would I like to change it?
7. Could I let go of wanting to change it?
8. When?



Our entire sense of limitation stems from identification with the personal "I". We actually start out and never leave the state of unlimited potential, of infinity, that's in the background. Any suffering we appear to go through and all the limitations we appear to be bound by are only an appearance in, or on top of that which we are.

The goal is to uncover the unlimited potential just behind our mind, which is just behind our feelings, which is just beyond our troubles in life. You've probably already noticed that as you become increasingly aware of this unlimited potential, it's more available to you moment to moment.

The deepest want is, wanting to be separate. This comes from the sense of being an individual, apart from the "unlimited potential" of what just "is". You can directly release on this WANT anytime you choose.

The other three wants are a want to survive as a body (wanting security), a want of approval, and a want to control. Wanting security is based on the assumption that we are the limited bodies we inhabit. We have NO idea, really, if our body is "the end", "it", or "all we are". We only have what we are able to perceive.

There may be more to life than the obvious. The body is not all we are. By letting go of your sense of wanting security or survival, you begin to feel safer.

The second deepest program is the sense of wanting to survive. We want to be loved, cared for, and approved of. When you are able to let go of wanting love or approval, you actually feel more loving, approved of and approving.

From here we want CONTROL. Suddenly people are "not nice enough to us", or "do not understand", or "don't compliment enough." You can get the picture.

And we then want to control them...to get their approval in a way that we'd prefer.

All four of the above WANTS culminate in one of nine (9) emotional states:

1. Apathy
2. Grief
3. Fear
4. Lust
5. Anger
6. Pride
- 7. Courageousness**
- 8. Acceptance**
- 9. Peace**

These feelings are what we try to use to get approval, control, security, and oneness. **Only courageousness, acceptance and peace allow you to focus on what you FEEL rather than what you think.**

Positive thoughts just won't cut it. You can't keep it up, as #1 thru #6 above constantly enter your world of thinking, breaking up that "positiveness."



Your thinking naturally moves to positive by RELEASING. You don't have to then effort at "thinking"; you don't have to "try to do something".

RELEASE

Allow yourself to want freedom and peace more than you want approval, control, security and separation.

Decide that you can release and free to achieve your goal

Allow yourself to perceive that your feelings culminate in the four wants:

Approval

Want

Security

Separation or Oneness

Allow yourself to let go of these wants.

Make this constant.

Release wanting approval, control, security and separation.

When you get stuck doing this, let go of wanting to change the" stuckness."

Release again and again.

Whatever experience you are having you are creating.

What you resist you attract.

Your life is a mirror of the dominant thoughts you have.

Releasing is based on a number of core psychological therapy approaches. We utilize the work of Hale Dvoskin of www.sedoamethod.com and Bill Harris of www.centerpointe.com. Interested in private coaching in releasing? Please contact us at info@oexoptions.com.

