

Happiness Hack #2

Quickly Release Negative Feeling with The Sedona Method

- 1. What is your NOW feeling?**
- 2. Could you welcome / allow this feeling?**
- 3. Could you let it go?**
- 4. Would you let it go?**
- 5. When would you let it go?**

Repeat the above steps until the feeling dissolves

My Spiritual Butterfly 

When I came across the book 'The Sedona Method' by Hale Dwoskin I absolutely loved this process because it was simple and worked so quickly. When we understand that we are not our feelings and we become *observers* of our feelings, we open up space to let the feeling go - permanently.

As soon as you notice a negative feeling be it worry, self-pity, frustration, jealousy or rejection, go through the above steps, feel the feeling and it's sensations, images etc then answer 'Yes' or 'No' without overthinking it. Even if your answer is 'No' go through all questions. Repeat the steps until the feeling disappears. You will literally struggle to find it.

As doing this nips negative feelings in the bud, I found that I was feeling happy and positive for the majority of my day. The negative feelings had no time to take hold and grow which left more space for the positive feelings.

I would recommend you write down the steps so you can refer to them until you know them by heart. Do the process throughout the day as soon as a negative feeling starts brewing.

This really is a miraculous process. If you try it I'd love to hear your experiences!