

Happiness Hack #2

Quickly Release Negative Feelings 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 

The book 'The Sedona Method' by Hale Dwoskin gives us a quick and simple process for releasing our feelings. 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 steps, feel the feeling and its 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. After a few minutes you will literally struggle to find the emotion.

Doing this allows the emotion to complete its journey and not remain trapped in your body. You will feel happy and positive for the majority of my day as the negative feelings have no time to take hold and grow, leaving more space for the positive feelings.