

NEUROYOUTH™ RELEASE PROCESS

- Sit quietly, feet flat on the floor.
- Place your hands on your heart center, bend your head forward, and gently breathe and smile into your heart.
- Breathe from your heart. Use long deep breaths, 5 seconds to breathe in, and 5 seconds to exhale.
- Now imagine the “something” that has been troubling you. See it as the remnant of the sensation (describe what it is) from the BodyWisdom process or as a picture or a film reel of events that you wish had never happened.
- Don’t go for the big stuff in the beginning. On a scale of 0-10, how bad is it?

- Use your imagination to see yourself in that situation, see your surroundings, other people that are part of the memory. Let the feelings come up...
Or focus on the sensation you have found in your body.

- How could you get rid of that “thing”? Who (in your imagination anything goes!) could help you? What can you and your helpers do?
Develop a method and see it get completed in your imagination. Remember what’s left or what has come in to replace the unwanted sensation. Keep that vision in mind...

- Think of the method you came up with and the vision of the resolution and begin tapping on your forehead. Then start brushing with one hand from the forehead down over your ear, along the neck, down the other arm and over the hand (back and palm), then out over the fingertips into the air/the universe/the Earth.
- Alternately brush down your left, then your right arm until you have brushed yourself off 6 times total (3 each alternating)
- Say to yourself:
”The incident that had a negative impact is in the past. It cannot touch me now. I have learned enough from that memory; I am here *now* and I can release it now”.
- You may choose a frame from that film reel, like a photograph, or even the whole reel, and see it burn into ashes...let those ashes blow away in the wind, taking all the negative energy with them.
Or you can focus on the vision of the issue resolved...

- What you are left with is the knowledge that you can choose to change the impact a memory has. You can stop feeling pain; you can free yourself from guilt. You don’t need this anymore. You can accept your history without regret, start fresh, and anchor that knowledge in your brain, heart, mind, and body.
- Feel into your heart again. Are traces of the memory left? Do you care? Does it still hurt? On a scale of 0-10, how much is left?
- If so, brush again, gently, 2 more times each side

- Optimally, you can release everything and get to a zero.
- If after 4 tap- brushings you are still having remnants, trust that your brain can take care of them on its own. Many times that happens just before you wake up...
- Now shake out your hands three times, and then place them again over your heart center.
- See your whole body, from the crown of the head all the way down to your feet, be washed with positive energy...washing away all negativity, leaving you only with pure, healing light and a clean slate.
- Feel the stillness, feel YOU. This is Presence. This is LOVE...the most powerful remover of fears, anxieties, worry, or anything that diminishes you.
- Give yourself permission to appreciate YOU.
- Speak out loud: "I am free and full of joy, I can start fresh with a clean slate"
- Know that you can use this technique any time you need to.
- Love YOURSELF NOW FULLY AND UNCONDITIONALLY. You deserve it.