

Integrating The Sedona Method® With Energy Healing

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Table of Contents

Introduction	1
The Sedona Method® Explained	2
Benefits Of Doing The Sedona Method®	2
History of The Sedona Method	2
Owning our Emotions VS Releasing Them	3
Our Problems	4
Ways of Letting Go	5
Method 1	5
Method 2	6
Method 3	6
Method 4	6
Aspects of the Process	7
How Long Does It Take To Let Go?	7
The Chart of Emotions	7
Letting Go Of Our Desire To Change	8
Stop Reinforcing Your Problems	8
Letting Go of Doubt	9
Resistance When Doing The Sedona Method®	9
Visualization And The Sedona Method®	10
The Sedona Method® With Energy Healing	11
Characterology and The Sedona Method®	14
Conclusion	15
Appendix A – The Exercises	16
Exercise for Method 1	16
Exercise for Method 2	17

Exercise for Letting Go of Lower Emotions	17
Apathy	17
Grief	18
Fear	18
Lust	18
Anger	19
Pride	19
Courageousness	20
Acceptance	20
Peace	21
Exercise for Letting Go of Your Desire to Change	21
Exercise to Stop Reinforcing Your Problems	22
Exercise for Letting Go of Doubt	23
Exercise for Letting Go of Resistance	23
Exercise with Visualization	24
Appendix B — Write-ups	26
The Sedona Method® Sessions	26
Karen	26
Carolyn	28
Katie	31
Mridu	33
Shadia	34
Energy Healing and The Sedona Method® Sessions	36
Ruth I	36
Ruth II	38
Anita	39
Adam	42
Shelly	43
Tamara	46
Maryna	48
Kim	51
Danette	53
Veruschka	55
Naomi	59
Bibliography	63

Introduction

Tanzan and Ekido were once traveling together down a muddy road. A heavy rain was still falling. Coming around a bend, they met a lovely girl in a silk kimono and sash, unable to cross at the intersection.

“Come on, girl,” said Tanzan at once. Lifting her in his arms, he carried her over the mud.

Ekido did not speak again until that night when they reached a lodging temple. Then he no longer could restrain himself. “We monks don’t go near females,” he told Tanzan, “especially not young and lovely ones. It is dangerous. Why did you do that?”

“I left the girl there,” said Tanzan. “Are you still carrying her?” (Reps, 33)

The Sedona Method® is a simple technique that shows us how to tap our natural ability to let go of any uncomfortable or unwanted emotions in the moment. This works for longstanding feelings we have had as well as for petty annoyances that pop up in each day. Not only do the feelings dissolve through the use of this method, but often the ‘problem’ associated with the feelings also gets resolved.

The Sedona Method® is a process. It’s something to be used throughout one’s day and in the moment to essentially shift one from being in the mind, or from being ‘in our story’ as Byron Katie would say, to truly experiencing the now as it is. It can be seen as a tool for dealing with our emotions in a healthier way; however, I see it as a powerful tool of personal transformation. It seems to me that this method, if used consistently, has the power to lessen the hold of the ego, or our false sense of self, and to allow our true essence to be experienced more fully.

My goal in wanting to explore The Sedona Method® was two-fold. First, I came across this technique in 2007 and used it very briefly. Although I didn’t keep it up, I recognized at that time, that this method could have powerful results; therefore, I wanted to re-learn it and put it back in my own tool kit for personal transformation. For me, The Sedona Method® is a spiritual practice as much as anything else.

Second, I wanted to explore the The Sedona Method® as a process for my energy healing practice. I practiced sessions using the method on it’s own, as well as sessions where I used the technique within an energy healing session.

The Sedona Method® Explained

Benefits Of Doing The Sedona Method®

All of these feelings have correlates to energy in the second level of the field, and the more you can just let them flow out of you, the more the field can clear. Part of the healing process is to simply let them flow out because they have been blocked for so long. (Brennan, 139)

Some of the changes people experience through using this technique:

- a greater ease, effectiveness and joy in daily activities;
- physical ailments go away;
- pain reduces or goes away;
- an increase in positive feelings and a decrease in negative ones;
- finding more love towards yourself and everyone around you;
- positive changes in behaviours and attitudes happening naturally;
- communicating more directly and being more open when communicating because of knowing you can let go of any emotional response that may arise as a result of reactions of other people;
- communications become more balanced—over-communicators spend more time being present with others and under communicators express themselves more authentically;
- ability to solve problems increases.

History of The Sedona Method

If you let go a little, you will have a little happiness. If you let go a lot, you will have a lot of happiness. And if you let go completely, you will be free.
—Achaan Chah, Thai meditation master

The Sedona Method® was created by Lester Levenson, a physicist engineer. In 1952, at age 42, he was sent home from a second coronary and given a few weeks to live. He was a type-A personality and he simply didn't want to give up. He also had a whole host of other physical ailments—perforated ulcers, migraine headaches, diverticulitis, jaundice, etc. It occurred to him that he hadn't looked for the answers to his problems internally, thus he began a process of self-inquiry.

The first thing that he discovered, was about love. He used to think that happiness came from being loved, but he realized that he was most happy in his life when he was *loving*. He spent about a month working on reviewing his life and when he came across a time when he was seeking love he worked to release the feeling of needing love.

The next thing he realized was that the cause of his ulcers was his desire to change many things in his life. He spent another month letting go of wanting to change the way things were.

He then realized, that he had been running from death all his life. He faced his fear of death and worked on letting it go. After this, he experienced profound bliss. He worked on letting go of 'Lester' as being a separate identity.

He discovered that we are all unlimited in essence, that we limit ourselves through our concepts. These concepts manifest consciously as our thoughts and feelings. He discovered that we all have a natural ability to let go of these limiting concepts, thoughts and feelings.

Lester believes that all of our thoughts and feelings are part of our survival programming; however, without them we experience that we are the totality of the universe—whole and perfect—always have been and always will be.

In three months that Lester experimented, he went from being on death's doorstep and unable to cope emotionally, to a state of profound peacefulness. He lived another 42 years spent showing people his discoveries which eventually became known as *The Sedona Method*®.

Owning our Emotions VS Releasing Them

"You're enrolled in Spirituality 101. the objective is to develop compassion. Enter your most contentious emotions: fear, loneliness, alienation. If you stay open, you will feel them. " (Orloff, 130)

There are two things we tend to do with our emotions—we either express them or suppress them, both of which means we are owning them.

When something 'bad' happens in our life, uncomfortable emotions arise that, at times, we don't want to feel. Instead of expressing them we suppress them by watching TV, going to a concert, having a drink, doing drugs, exercising, having sex or any other activity to distract us from these feelings.

Even things that we think we've dealt with could be party to our suppression. Hale Dwoskin, CEO of Sedona Training Associates, doesn't believe that 'time heals all things.' He believes that, "Given enough time anything can be suppressed." In other words, as you do this work, things may come up that you thought you had handled in order for you to truly let them go.

Expressing our emotions can be an important part of good communication and healthy relationships; it can even feel good to do. The problem is that it isn't always appropriate to express them and expressing them isn't actually letting go of the emotion—it's owning it.

What we usually say when we feel sad is, "I *am* sad." And when we feel angry we say, "I *am* angry." We think we are the emotion. In reality, our emotions are not attached to us, we are attached to the emotions we experience.

Hold a pen in your hand and let it represent your negative feelings, your stress, tension, anger, grief, apathy, sadness, fear or any other unwanted emotions you may have. Your hand represents your gut or awareness. Now grip the pen tightly. If you do this long enough, it's going to start to feel really uncomfortable and then, familiar. This is what we do with our emotions. Now stop gripping and roll the pen around in your hand.

We can come up with convincing arguments about why we are experiencing these negative emotions. We have all kinds of justifications about why we are in a particular situation, or don't have something in our life that we want, or are experiencing such suffering, but the truth is that our emotions are as attached to us as this pen in your hand right now.

The Sedona Method® shows us a third option which lies somewhere between the two extremes. Rather than suppress or express an emotion, The Sedona Method® shows us we can release these uncomfortable feelings often dissolving the inner cause of the emotion. It teaches us how we can experience our emotions and let them naturally drop away instead of owning them, attaching 'story' to them, labelling them, resisting them, and so on. It's very simple to do, there's no analysis of why you feel the way you do and there's no journaling.

Our Problems

"When we think that we have conflicts and hindrances, most of the time we can never actually find out where these conflicts and hindrances are. That's because they are only found lingering in our consciousness [mind]. Our consciousness [mind] is like a factory where we create all kinds of imaginary problems" (Thubten).

We have learned from people who have been able to let go of their 'stories' (negative emotions, problems, pain, beliefs, etc.) and from ancient sages and seers, that at our essence, there is already knowingness. The state of this knowingness is pure, whole, and perfect. This state is usually obstructed by the mind. Our mind tells us we have problems, and we believe our mind. That leads us to wanting to figure out our problems and solve them; we may even begin to defend our problems. We may beat ourselves up because we have these 'problems.' All this reinforces the illusion that these problems are real and keeps us from experiencing our true nature. This method asks us to challenge the loop that we go through. The solution is to let go of wanting to figure out or defend our problems and of rejecting ourselves for having them.

Hold the pen in your hand again and close your hand lightly it again. Turn your hand upside down and just drop it. The Sedona Method® teaches us that that's how easy it can be to let go of any unwanted feeling.

Our identity often is tied up in our problems and their seeming causes. We are very attached to them and the resulting emotions. After we work through our emotions and let something go, we may be uncomfortable and recreate the problem again in an attempt to establish a (false) identity.

When we *are* able to let go, we begin to unveil our underlying whole, loving, perfect self—we are better able to create our lives in alignment with our true nature. If you stay with the process, letting go will become easier. Over time, things you’ve released may show up again. There are simply more layers that need to be released. It’s coming up again so you can be rid of it completely. Just work again on releasing it.

Ways of Letting Go

Now is the opportunity to get them out. Accept them as they are. They are just feelings to let flow out and cleanse you. (Brennan, 139)

There are four main ways that The Sedona Method® teaches us to let go. I explored the first and forth methods for this project.

I will provide you with an explanation of the purpose of the methods with a description of their processes; however, an intellectual understanding of this method is not going to help drop your attachments to things. Only by actually going through the steps, will you be able to transcend negative attachments. It’s the difference between reading about doing something and doing it. For that reason, I have included an Appendix in this paper in which I lead the reader through the processes. This will give you the experiential understanding of what’s going on here.

The Sedona Method® is a process. In the beginning, it may feel very unnatural and you may struggle with it; however, people who have done it for a long time report that it eventually becomes very natural and even spontaneous.

Method 1—Just Let It Go

The first method is to decide to let go of our emotions. It’s a simple exercise of experiencing and questioning:

- The first step is to become aware of what you’re feeling—you need to acknowledge that there is some discomfort.
- The second step is to allow that feeling to be with you without judgement. You need to stop fighting it long enough to do this work and let it go.
- Now, could you let it go? (Are you capable of it?)
- Would you let it go? (Are you willing to? If you get a “No,” here, ask yourself, “Would I rather have this problem, would I rather suffer in this way or would I rather be free?)
- When? (An invitation to decide to do it now.)

It’s just about making a decision. When answering these questions, it’s best to try to lead with your heart instead of getting involved in an internal, intellectual dialogue. Be honest, ‘Yes’ and ‘No’ are both acceptable answers. Sometimes, when we are honest enough to say, “No, I can’t let go right now,” we end up actually being able to. Sometimes, when you give yourself permission to hold onto something in the moment, you end up willing to let go in the end.

I welcome you to explore this exercise on page 16 in Appendix A.

Method 2—Welcoming

The second method is called *welcoming*, or *allowing*. It's about welcoming 'what is'.

Normally, we don't just let our emotions pass through our awareness like clouds passing over the sky. Instead we judge them resisting the ones we deem bad and trying to cling to the ones we deem good. In reality, the things we try to cling to usually slip away and the things we resist, persist.

The Sedona Method® teaches us that if we allow ourselves to open and to experience our emotions as they come to us then they don't stick—they simply pass through awareness and drop away. It's a great way to 'let go' in action when we don't have a chance to ask ourselves questions or do a technique.

It seems to me that this 'method' is the ultimate goal of what happens to our emotions when they arise.

Method 3—Dissecting A Problem

A third method to help us let go is to examine our emotions closely and then discover that there isn't even anything there—our emotions aren't actually a 'thing'. When you delve down deep into the very core of them, they simply dissolve.

Method 4—The Holistic Releasing Technique

A fourth method of letting go is called *The Holistic Releasing Technique* and is based on the premise of duality—we can only experience happiness because there is sadness, for example. In this process we work on bringing polarities together such as happiness and sadness, pain and pleasure, anger and peace and when they meet they just dissolve each other.

This technique works well for getting rid of pain or tension in the body. When using this method, make sure you don't create anything that isn't there. It isn't for prevention. It's only for things that you are actually experiencing in the moment:

- Focus into your body and find a spot that feels tense, contracted, in pain, or uncomfortable. If you don't feel any discomfort per se, just allow your body to feel as contracted as it does feel.
- Now, could you allow yourself to feel the emptiness, the space, the 'is-ness', that surrounds and interpenetrates whatever sensation in that area that you're experiencing in this moment. Just do that as best you can.

Go back and forth between these two steps like this until the discomfort is gone.

I welcome you to explore this exercise on page 16 in Appendix A.

Aspects of the Process

When we let go, we actually become free to live in peace. Rather than fighting or trying to escape from the world, we can start to recognize and open to it. We can carry our opinions, our relationships, our dreams and our problems with a lighter touch. —Ed Halliwell

How Long Does It Take To Let Go?

We may have had some of our problems for years; however, they may not need long to dissolve. Even though you may have been slowly picking away at the layers to heal some deep issues, be open to the possibility that they can be resolved 'just like that.' Some people have gotten rid of chronic long-time problems, pain, illnesses, fears, emotions, etc. in just one releasing session. Problems can become resolved so rapidly that people become uncomfortable because they're not used to feeling so good which causes them to stop the process—they miss their comfortable, dependable problems. If you find this is the case, use that as the next thing to release. On the other hand, there are other problems which, in order to finally let go of them, may take many releasing sessions. Just be open to how long things take.

Be aware that other gains may happen first before you get to the issue you were trying to release. For example, you may be doing The Sedona Method® in order to lose weight, but before that happens, your relationship improves, giving you more energy which makes you feel more alive.

Anam Thubten shared this on his Facebook profile page, "Sometimes, those internal habits are so ingrained they won't go away overnight. It's not helpful to be discouraged or feel bad by seeing their magnitude. It is helpful to find humour in them and laugh at them in a loving manner." As I went through the questions, I often found my clients laughing out loud about how their attachments were causing their own suffering.

The Chart of Emotions

This chart created by Lester shows that our problems are made up of the emotions of apathy, fear, grief, lust, anger, pride, and courageousness. These lower emotions are listed from the least level of energy (or consciousness, as Hawkins describes them) to the highest (76). To get from the lower emotions (that do not support life) to the higher emotions (which do support life) what is needed is *acceptance*. After acceptance, a quantum leap up in energy levels gets us to *peace*.

The concept is that each one of us resides at a certain frequency— we are at a particular level of consciousness. This frequency correlates with a specific emotion; the truth is that we actually have all, or some, of the other emotions. We can go through the letting go process for each of

these lower emotions by first tuning in to the energy of that emotion as well as feelings, images and words associated with it. The process used to let go of each emotion is Method 1.

I welcome you to explore this exercise on page 16 in Appendix A.

Letting Go Of Our Desire To Change

Here's a technique to use when you feel stuck doing something in a way that you don't like, even though you may know better. Anytime we keep in mind what we don't want, what we don't like—we get more of it. That's how the power of attraction works. What we have in mind, is what we get.

Barbara Ann Brennan says that, “Many of us just haven't realized how blocking the feelings blocks our creative force and actively makes what we fear more possible. On the other hand, facing the feelings and going through them releases us to create what we want in life” (139).

If you are able to let go of wanting to change how you are, how your spouse is, how your job is, how your life is, then one of three things can happen: you'll let go and accept things and people for how they are, change will just occur, and/or, after you let go, you'll be able to do something about it, you'll be available to act and change will occur.

The premise for how this works is that we only believe we have a problem. Our problems, in fact, are just memories. We actually have to think about them and go into the past to find our perceived problems. The Sedona Method® teaches that in the now, there are no problems, there is no pain, there are no sensations. This process can even help us let go of things that feel present and chronic to us.

“So, now the question is, how are we supposed to deal with outer conditions, the external aspects of every day life? The answer is, *acceptance*. We have to learn how to accept *what is*. This is the number one goal. Learning how to accept *what is* is the number one goal for spiritual seekers...When we are not ready to accept, we are completely under the jurisdiction of ego” (Thubten).

The process is basically to tune into something we want to change in our life and to use Method 1 to let go of the desire to want to change it.

I welcome you to explore this exercise on page 21 in Appendix A.

Stop Reinforcing Your Problems

Allow yourself to focus inside and think of a problem you used to think you had. Now, 'used to' could be from a fraction of a second ago. Often times, we just assume that we still have a problem even if there is no evidence of it in this moment. If we are able to treat our problems as just memories, it will help us break the cycle of reinforcing them.

As I said earlier, there is no analysis needed as to why you have a particular problem or why a particular issue exists in the world. In fact, this desire to know why will keep the problem close to you. Hale says that the only reason you want to know why you have a particular problem is because you plan on having it again. He says that if you have an explanation for why you have a problem and you still have that problem—that's not it (you haven't figured out the cause). All these explanations really are, are your excuses to hold onto the problem. You need to release the desire to know why a particular issue exists. It's okay to have insights into your problems and for things to become aware to you, just stop looking for them.

When you give up trying to figure out your problems and give up trying to figure out this releasing work and how it could get rid of your problems, the answers come.

The process is basically to tune in to your desire to understand a problem and to use Method 1 to let go of wanting to figure out or defend it and to let go of rejecting yourself for having it.

I welcome you to explore this exercise on page 22 in Appendix A.

Letting Go of Doubt

Sometimes, the thing that can actually be holding you back from letting go, is the doubt that the process can actually work for you. This can be true for anything you learn and want to implement in your life. The doubt you have about its efficacy then, can be released using the same method. It's even possible for the whole problem to disappear once you get rid of the doubt.

The process is to tune in to any doubt that may arise when going through the process to let something go and to use Method 1 to let go of the doubt.

I welcome you to explore this exercise on page 23 in Appendix A.

Resistance When Doing The Sedona Method®

You may find going through these exercises that a lot of resistance comes up. Either your mind wants to take you somewhere else or you are just plain struggling to get through the exercise. Resistance often comes up when we try something new or are learning something new. Resistance becomes especially strong when there is pressure on us to do something. Often, this pressure is put there by ourselves because we think we 'should' or 'shouldn't' be doing a particular thing. Our bodies and minds often react with an impulse to the very opposite. The way these processes are set up there are no demands being placed on us. It's all about asking.

The process is to tune in to any resistance that may arise when going through the process to let something go and to use Method 1 to let go of the resistance.

I welcome you to explore this exercise on page 23 in Appendix A.

Visualization And The Sedona Method®

Hale has found that using positive affirmations works with very few people. He says that when you try to force these happy or positive thoughts on yourself, you're just living in opposition to the negative ones; you're just putting a layer on top of them and suppressing them. By affirming the positive thoughts, you are not changing the underlying issue. Hale has gotten powerful results using visualization combined with The Sedona Method®.

- This process begins with experiencing all the sensory information available in the moment;
- then the client is asked to welcome the emptiness or the space, that allows for these sensations to be experienced;
- the client is led back and forth between those two experiences;
- after this, the client is led several times through the process of letting of of the desire to change what is;
- this is followed by using various senses to experience the clients desired outcome in their life;
- the client is then asked to see this outcome as already being a reality;
- the client is asked if there is something preventing them from seeing their visualization as already being theirs;
- then they are asked if they would like to change that fact;
- if so, they are led through the process of letting go of wanting to change the fact that something is preventing them from accepting their ultimate desire as already being theirs;
- then the client is asked to go back to the visualization of their dreams step and is again led through the steps that followed;
- the final steps involve the client being asked several times to experience their dream using all their senses and are asked to experience that their dream is now;
- finally, they are asked, "Knowing that all is unfolding perfectly as it should for the manifestation of your dreams, could you simply let go?"

I welcome you to explore this exercise on page 24 in Appendix A.

The Sedona Method® With Energy Healing

Devotee: "The Upanishads say that the Paramatman (the Supreme Being) is far away, and at the same time, very near. [...] Amma, could you explain this?"

Ammachi: [...] The Paramatman, the Supreme Consciousness, is very close. But because of our wrong identification with pain, pleasure, sorrow, anger and other emotions, which are caused by our wrong understanding that we are the body, rather than consciousness, we experience a distance. This identification is ignorance. Once you transcend that ignorance and are no longer identified with the body, you will not experience that you are in pain, or that you are the pain -- but only that you are aware of the pain. You become a witness, simply watching the pain or whatever sensation it may be. Your consciousness stays detached from what is happening to the body. When this realization takes place, the Paramatman will be nearer than the nearest. But until then, it appears to be farther than the farthest (Amritanandamayi).

Through the sessions I've done, I've experienced everything from people releasing almost completely after the first go around of the method, to spending an hour or so with the process with little apparent progress. In that latter case, however, the client always seemed to recognize that they were the ones responsible for not letting go; they could sense how they were holding on and just weren't ready. As we know through our work as energy healers, whenever our attention or consciousness is brought to a block, there is a healing effect initiated.

The reason it can be so difficult for some people is because we are using the ego to let go of the ego. In the beginning, it can be quite frightening for people to 'let go'. Essentially, with each question, you are guiding them to let go of a small part of what they thought was themselves. But what are they if not their thoughts and emotions? What's on the other side of this so called 'false self? Thubten describes the fear the ego experiences in *No Self, No Problem: Awakening to Our True Nature* and also offers a glimpse of what lies beyond it:

The ego always wants to hold and protect what it knows already. For the ego, the unknown is always a nightmare. Surrendering to the unknown is like walking in a jungle at night. In the process of opening our mind, we lose our tight grip on the conceptual foundation of our being, which is simply mistaken identity. This false identity is a conglomeration of concepts, impulses, memories and fantasies. From that combination, we derive a sense of who we are and a sense of certainty about how to navigate in the world. When we open our mind, our illusion of self will shatter and much of our familiar

reality will shatter along with it [...] Nirvana, or whatever you want to call it, means the complete deconstruction of all of our rigid mental patterns and habits as well as the deconstruction of all of our limiting beliefs. This deconstruction creates a space for true inquiry. When we open our hearts and minds completely, we are in a place where we can experience something new, a new truth, a new reality, a miracle that we haven't experienced in the past. We can see things differently and they present new, expanded opportunities, new horizons. Therefore, an open mind is required. This is true not only in relationship to the truth, but in relationship to everyday life as well. (Thubten)

It can also be difficult for some people to experience their emotions and to keep going back to experience them again and again as they work through the releasing process.

As Barbara Ann Brennan states, "Allowing yourself to feel your feelings is perhaps one of the hardest things to do in helping yourself, if you haven't practiced it" (138).

For those who were experiencing deep, painful emotions, I found it helpful to hold the space for them to experience them without feeling rushed. Once they were fully in the emotion, it was then necessary to ask the next question.

I found that The Sedona Method®, much like The McKay Method® of energy healing, is a dance between being and doing. As the client responds to the questions I ask, I am in the Being state. I then respond according to the information I received and 'do' something (either I ask a question or explain something.)

It's also a dance between the questions. It may seem straightforward; however, the client may be navigating a roller coaster of emotions. Each new emotion needs to be worked on as it comes up. One can go from working to release the emotion of vulnerability to working on anger, then on to doubt, followed by guilt and then fear!

When I did the energy healing sessions with The Sedona Method®, I would begin by explaining the purpose of the process and then I would give a description of it. The client was then asked to pick something they wanted to work on—a physical issue, a limiting belief, a place they felt stuck, strong emotions, etc. I asked them where in their body they felt the emotions that came up once they 'got into' their issue.

If after a few rounds of the method they weren't releasing, I would spend a bit more time working the method from different angles (i.e. working on releasing doubt, on stopping to reinforce their problems, on their desire to change, etc.) If there wasn't a shift or a release, I would do the method again from within the healing session while I was either sensing into *or* while I was doing a technique in the area they said they felt the emotions. Sometimes, I would

also sense in to other areas where there were imbalances or blocks, perhaps do a technique and then do the method while working or sensing into that area.

After practicing many energy healing sessions in combination with The Sedona Method®, I feel the best approach is to do the method in the beginning of the session i.e. before the energy healing work, only until they have an understanding of the questions and how the process works. From what I experienced, The Sedona Method® has it's greatest effect when being supported by the energy healing work.

I found this method to be most effective for people who had already been doing personal transformation in their lives. The part that a healer needs to watch for is the client's tendency to analyze or become philosophical as they go through the process. Whenever that happened, I would gently bring them back to the idea that this method is not about figuring anything out or about having an accurate intellectual understanding of what is happening. I would ask them to give the process a chance and to just notice their experience as they go through the questions.

On the contrary, I would sometimes purposely switch from going through the process *to* an intellectual discussion. If they seemed stuck on a question, I found that giving them some distance from the questions or giving them a new perspective could support them to release. In those moments, I would discuss things like the nature of our emotions, healing and the ego.

I found that clients would often get stuck on the question which followed the welcoming of their emotions, "Could you let go of it (them)?" If that happened, I would explain that this question is not asking them to let go now nor is it asking them to tune into whether or not they are actually going to be able to let go at any point. It's more a theoretical question. Does the faculty to let emotions go lie within you? If they still weren't sure, I would talk about how children are able to let go of emotions quite easily after expressing them. I would tell them that they had this ability as children and then they started holding on to their emotions as they got older. Following that, I would ask, "Could you let go of those emotions? Just *could you?*" with strong emphasis on the 'just could you'. It becomes a question of recognizing that innate ability to let go of emotions.

For similar reasons as I just outlined, some clients also got stuck on the question that follows, "Could you let go..." which is, "Would you let go..." Again, I would explain that they are not trying to let go of anything *yet*. They are just examining their attachment to their emotions and making a decision about what they would like to do with those attachments. I would often say, "If you *could* let them go, would you? If your emotions were like a pen you were holding in your hand and you could drop them, would you?"

A useful tool whenever a client seemed really unable to let go i.e. they answered, "No" or "Not now," was utilizing the question, "Would you rather have this problem and feel this way (like you're stuck, angry, fearful, stressed out, going to suffer from 'X' forever, like you aren't good enough, like you've been wronged, and so on) or would you rather be free? In some sessions, I would ask this question again and again and it seemed to really be enlightening for people to say, "I'd rather be free."

Characterology and The Sedona Method®

*Through the gateway of feeling your weakness lies your strength;
through the gateway of feeling your pain lies your pleasure and joy;
through the gateway of feeling your fear lies your security and safety;
through the gateway of feeling your loneliness lies your capacity to have fulfillment, love and
companionship;
through the gateway of feeling your hate lies your capacity to love;
through the gateway of feeling your hopelessness lies true and justified hope;
through the gateway of accepting the lacks of your childhood lies your fulfillment now.
—Eva Broch Pierrakos*

For most of my sessions with clients, even though I didn't see most of them in person nor do intakes, I was often able to get information about which characterology types they were by the problems they wanted help with, by listening to the language they used to describe their emotions and by listening to their answers to my questions.

Here are some of the ways I believe this method can specifically help the individual characterology types:

Royals— The Sedona Method® can help Royals release their suppressed emotions. Through questioning, the practitioner can help Royals to discover the feelings they've hidden away by providing them with the space to safely acknowledge and explore them.

Gardeners—Gardeners too can be helped with their suppressed emotions. This method gives them permission to feel their feelings and to release them in a safe, non-toxic way, thereby, also helping them with their potential problem of expressing emotions inappropriately.

Warriors—Warriors can also be helped with their problem of expressing their emotions inappropriately. It gives them a tool to experience the feeling of the emotions and to release them in the moment, without reacting (without owning the emotions.)

Priests—I found that this method was good for helping Priests to integrate with their bodies more fully because instead of becoming ungrounded when emotions arise, they are asked to stay in the experience in their body and feel their emotions fully before releasing them.

Lovers—For Lovers I found that this method was good for getting them off of their emotional train of victimization. This method asks them to take responsibility for how they feel and to let go of the 'story' of their situation.

Conclusion

“When the world presents difficulties and obstacles to us it means that, fortunately, now we have the opportunity to pass through all of our reactions, all of our habits, all of our thought patterns, all of our karmic behaviours; we can rise above all of these illusory conditions and maintain the mind of the Buddha—blissful awareness” (Thubten).

Humans have a couple of built-in letting go techniques. One is laughter. Another is when life backs us into a corner and it appears we have no way out, so we simply let go. And we experienced a third when we were children. Children are masters at letting go. They can be distraught in one moment and in the next moment they are playing.

The Sedona Method® is yet another technique which can help us let go of what is not the Self; it works to breakdown that which holds ourselves separate from our essence and is, essentially a powerful spiritual tool and practice. I would like to point out that we can use this method for both our negative and positive emotions since they are really just two sides of the same coin. They both provide us with attachment to an illusory world.

This method bears some resemblance to The Work®, by Byron Katie. They both use a series of prescribed questions to let go of something undesirable. The difference is just a matter of approach. The Work’s method is about analyzing our thoughts and working to break them down through the questions, whereas The Sedona Method® is about experiencing our emotions and letting them go. Both methods aim to dissolve our ‘problems’ through this letting go process.

My ability to navigate the questions improved the more I practiced. Often times, it was textbook and the client would easily let go and feel lighter and freer after the session. Other times, they were quite stuck and were unable (unwilling) to let go. In the latter instances, once they were being supported by the energy work, I often found that major shifts were possible. In other words, when used within an energy healing session, the results can be even more transformative than using The Sedona Method® on its own. I believe The Sedona Method® has a place in the energy healer’s tool kit as a tool that can help clients move beyond concepts of limitations that they hold in mind which work to block them from living a healthful life in alignment with their true joyful nature.

Appendix A

The Exercises

For each issue being resolved, it's good to do the process over and over again to get the feel for the process and because releasing is often done in layers. Most people have only subtle shifts in the beginning because we've had a lifetime of suppressing and expressing our emotions. For those reasons, I recommend you take advantage of all the exercises in this appendix and do each process conscientiously.

Repeat the steps in each exercise until you felt relaxed, or there is a feeling of completeness, or you've released as much as you want to. If you were doing this on your own, you would say to yourself, "Could I..." or "Would I..."

Any time you notice you don't want to let go; for example, you answer, "No, I wouldn't," or "Not now," ask yourself this question, "Would I rather continue to have this problem and to feel like this, or would I rather be free?"

Exercise for Method 1:

Focus inside yourself, with eyes open or closed.

- Think of any issue in your life that you'd like to feel freer about.
- In this moment can you allow yourself to feel whatever you're feeling? Does it feel strong? Does it feel weak? Could you just allow the feeling to be here as best you can?
- As you're welcoming this emotion... Could you let it go? Just *could you*.
- Would you?
- When?

So, again, focus on the situation you want to let go of and notice how you feel. You may notice you feel a bit lighter or you may not notice any change yet and that's okay. What are your thoughts? What images do you see?

- Could you allow the feeling to just be here?
- And just for now, could you let it go? Just *could you*.
- Would you?
- When?

As you think about that same problem, notice how you feel. If the issue you had been working on feels okay now, then pick another one.

- Could you welcome that feeling and let it be with you as best you can?
- In this moment, could you simply let it go? Just *could you*.
- Would you?
- When?

Exercise for Method 4:

- Focus into your body and find a spot that feels tense, contracted, in pain, or uncomfortable. Make sure you aren't creating anything. If you don't feel any discomfort per se, just allow your body to feel as contracted as it does feel.
- Now, could you allow yourself to feel the emptiness, the space, the 'is-ness', that surrounds and interpenetrates whatever sensation in that area that you're experiencing in this moment. Just do that as best you can.

And again...

- Could you allow yourself to focus on whatever sensations you're experiencing in this moment. Could you welcome them as best you can?
- Could you also welcome the emptiness, the space, the 'is-ness', the being-ness, that surrounds and interpenetrates every sensation?

Once again...

- Could you welcome whatever sensation you're feeling in this moment? Just let it be here.
- And again, could you also welcome the emptiness, the space, the 'is-ness', the being-ness, that surrounds and interpenetrates every emotion and every sensation.

Exercise for Letting Go of Lower Emotions:

Below is a brief description of each emotion followed by some of the words associated with it to help you tune in to its energy of it. After that, the process is laid out for you to experience.

Apathy—In apathy we feel like we are victims, we feel like giving up because, 'we can't' or 'we don't know how.' Bored. Cold. Depressed. Despair. Discouraged. Futile. Hopeless. Indecisive. Lazy. Lost. Powerless.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion apathy, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Grief—We can't do it, but maybe someone else can. Abandoned. Anguished. Cheated. Disappointed. Guilty. Heart broken. Inconsolable. Loss. Melancholy. Nostalgia. Regret.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion grief, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Fear—We feel threatened so we want to strike out, but we don't because we are afraid of the consequences. Anxious. Apprehensive. Cowardice. Defensive. Distrust. Hesitant. Insecure. Irrational. Nervous. Panic. Paranoid. Skeptical. Suspicious. Threatened. Trapped.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion fear, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Lust—We want something, but we feel like we can't because it's not right to have. Abandon. Compulsive. Demanding. Envy. Fixated. Holding. Impatient. Manipulative. Obsessed. Possessive. Predatory. Craving.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion lust, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Anger—We blame others and want them to pay. At this level, we tend to push people around in life. Abrasive. Aggressive. Argumentative. Demanding. Defiant. Fierce. Furious. Hatred. Hostility. Impatience. Jealous. Merciless.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion anger, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Pride—We may feel better than everyone else, but we aren't sure we are going to keep being successful. Above reproach, aloof, arrogant, bored, clever, conceited, critical, disdain, false humility, judgemental, never wrong, opinionated, patronizing, prejudiced.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion pride, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

The next 3 emotions are on the positive side of the threshold of that which supports life vs that which does not. One of the reasons we don't want to cling to these emotions is that even though they are on the positive side, they still aren't reality. Another reason is that anything we try to cling to, often evades us. If you find yourself uncomfortable with letting go of these emotions, you may simply do the exercises like this:

- "Could you fully welcome the emotion (Courageousness, Acceptance, Pain) along with any sensations, images, sounds, etc. that may appear? Could you fully open up to it?"
- "Would you?"
- "When?"

Courageousness—We partly feel like we can and partly feel like we can't do something. Adventurous, assured, aware, centred, clarity, compassion, competent, daring, decisive, focused, honourable, independent, integrity.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion Courageousness, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Acceptance—Everything is beautiful as it is. Acceptance is the emotion that can get us over the lower emotions and bring us toward peace. Abundance, appreciative, belonging, delight, embracing, empathy, everything's okay, friendly, gentle, gracious, harmony, joyful, loving, open.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion acceptance, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Peace— The last layer before pure awareness. Ageless, awareness, being, boundless, calm, complete, eternal, free, fulfilled, right, perfection, pure, quiet, serenity, still, tranquility, whole.

Just for now, could you allow yourself to experience any sounds, pictures, or feelings that come up based on that emotion? Could you just let them be here?

- As best you can, could you let them go? Just *could you*.
- Would you?
- When?

Again, could you just let any feelings, images or sounds be with you now that are associated with that emotion?

- Could you let those feelings, images and sounds go?
- Would you?
- When?

And once more, could you just allow any sensations you are experiencing as you explore the emotion acceptance, to just be here with you now?

- Could you let those sensations go?
- Would you?
- When?

Exercise for Letting Go of Your Desire to Change:

Think of something that you want to change in your life, something that you wish were different.

- Could you let go of wanting to change it—just for now?
- Would you?
- When?

Focus on that same thing and see if there's still a feeling of wishing it were different, of wanting to change 'what is'.

- And just for now, could you let go of wanting to change it?
- Would you?
- When?

Focus on that same thing one last time.

- Could you let go of wanting to change it?
- Would you?
- When?

Exercise to Stop Reinforcing Your Problems:

Allow yourself to think of a problem you used to think you had. Check to see if there's any feeling of wanting to understand why you have that problem, of wanting to figure it out.

- Just feel what it feels like to want to understand it, to want to figure it out.
- Just for now, could you let go of wanting to figure it out?
- Would you?
- When?

Check to see if there's any feeling of wanting to defend or justify that problem.

- If so, could you let go of wanting to defend or justify that problem?
- Check also to see if there's any rejection of yourself or the problem.
- If so, could let go of rejecting yourself and the problem and could you, just for now, accept yourself and embrace yourself and the problem as it is?
- Just for now, could you let go of wanting to make this problem real again?
- Would you?
- When?

Again, focus on that same problem (or a different problem) that you used to believe that you had.

- See if there's any desire to understand or figure out your problem.
- If so, could you let go of wanting to understand or try to figure out your problem?
- Would you?
- When?

Check now to see if you're rejecting yourself or the problem.

- And if so, just for now, could you let go of rejecting yourself or the problem?
- And, as best you can, could you accept yourself and the problem?
- Would you?
- When?

Now, check to see if you're wanting to defend or justify that problem you used to think you had.

- If so, could you let go of wanting to defend or justify that problem.
- Would you?
- When?

- And, in this moment, could you let go of wanting to make the problem real again?
- Would you?
- When?

If you're having trouble letting it go, ask yourself, "Would I rather know why I have this problem or would I rather not have this problem?" If you'd rather not have the problem, could you simply let go of wanting to know *why*?

Exercise for Letting Go of Doubt:

Still thinking of the problem or condition you were just working on, see if there's any doubt in you at all regarding whether or not these techniques can actually affect change on your problem or condition.

- Focus on that feeling of doubt. Could you just welcome that feeling of doubt?
- Could you let it go?—Just *could you*.
- Would you?
- When?

Think about your problem again that you would like to see changed. Do think that this technique you've been practicing can actually get rid of it or change it? If you have any doubt left, just bring it into your awareness and feel it.

- Could you let it go?
- Would you?
- When?

Exercise for Letting Go of Resistance:

Think of something that you've been telling yourself you have to stop doing—or perhaps someone else has been telling you there's something you must start doing. Notice how that stirs up resistance inside.

- Could you simply welcome that feeling of resistance knowing it's not important?
- Could you let it go?
- Would you?
- When?

Focus on that same thing either you have been telling yourself or someone else has been telling you, that you should be or should not be doing. Notice how that brings up resistance in you and makes you want to say, "No, I'm not doing that," or "Whatever, I'm going to keep on doing that."

- Could you welcome that feeling of resistance knowing it's not meaningful?
- Could you let it go of that feeling of resistance?
- Would you?
- When?

And one more time focus on that thing that you keep telling yourself you need to do, or someone else has been telling you that you need to stop doing. Notice how this brings up resistance to doing or not doing that thing.

- And could you just welcome that feeling of resistance knowing it's not real and it's not you?
- Could you let it go?
- Would you?
- When?

Exercise with Visualization:

Allow yourself to be...

...and be...

...and be...

- Could you allow yourself to hear whatever is being heard in this moment? Listen. What are all the different sounds you can hear in your room? In the next room? Outside. Listen also to the sounds in your own mind...and your own breathing... And also listen to the silence that surrounds and interpenetrates every sound—the silence without which, no sound could be perceived.
- Could you also welcome whatever is being seen in this moment. If your eyes are closed you may see patterns on the backs of your eye lids. Maybe you're also seeing mental pictures. Whatever you are seeing, in your room, in your mind, could you simply let it be? Could you welcome it?
- Could you also welcome the emptiness or the space, that allows for seeing?
- Could you allow your sense of welcoming to expand even further to include whatever sensations you're experiencing in this moment? For example, the sensations of your feet against the floor—your back and legs against the chair—your hands and whatever they're touching—your clothing against your skin—the rise and fall of your chest and your stomach as you breath—and also, whatever emotions you're experiencing in the moment. Emotions are really just a series of sensations that you've made up a story about—can you welcome those as well?
- Could you also welcome the emptiness, the space, the 'is-ness', that allows all sensations to be?

Could you allow yourself to remember the memory called your life—everything that's happened up to this point. Check and see if there's anything that's happened up until this moment that you wished were different.

- And just for now, could you let go of wanting to change it?
- Would you?
- When?

Focus on that again or something else from the memory called life that you wish were different—something you'd like to change.

- And just for now, could you let go of wanting to change it?
- Would you?
- When?

Now, allow yourself, as best you can, to picture your vision—whatever it is you're wanting to create in life. Create this picture using visuals, or sounds or sensations or any combination of them. What does your perfect life look, sound and/or feel like?

- As best you can, can you allow yourself to see it as already done?
- Check and see inside of you whether or not there is something preventing you from seeing it clearly or accepting it as a possibility. If so, see if you'd like to change that. Could you let go of wanting to change the fact that you're not accepting it as a possibility.
- Would you?
- When?

Allow yourself, as best you can, to see yourself having, being and doing everything your heart desires. If you find you're telling yourself that it's not real, it's not meaningful, it's not special, or whatever you may be considering about why this is not your 'now' could you simply welcome that feeling?

- Could you let it go—just *could you*?
- Would you?
- When?

Focus on that again. Is there something that's preventing you from simply accepting that you have your vision now? Check to see if you'd like to change that?

- And if so, could you let go of wanting to change that?
- Would you?
- When?

Again, could you allow yourself to see, feel and/or hear yourself having it all and accepting the abundance and the beauty? Could you sink right into that scene you've created and surrender to the perfection *that you are*.

- Knowing that it is now and knowing that all is unfolding perfectly as it should for the manifestation of your dreams, could you simply let go?

And let's do that again.

- Knowing that it is now and knowing that all is unfolding perfectly as it should be, could you simply let go?

And one more time while (at least) accepting the possibility that all is unfolding perfectly as it should be, could you simply let go and rest as that which is already whole already complete and already perfect? Could you just rest?

- While allowing yourself to remain at rest, gradually allow your awareness to expand to include that which you think is external to you, knowing that in order to do that, there is no need to reject the internal—they are already one. If your eyes are closed allow awareness to expand to embrace the external and open those eyelids.

Appendix B

Write-ups

The Sedona Method® Sessions

In this section of Appendix B, I share the write-ups I did using The Sedona Method® with clients on its own i.e. I did not do any energy healing in these sessions.

Karen

Karen has been experiencing limiting beliefs about her business such as, “Am I good enough?” She wants to see her business make more money on the one hand, but on the other, she has a fear of it being successful and working out.

Me: Think about your business the way it is right now—how you wish you were more successful—how you feel you might not be good enough to be doing what you’re doing, and so on—and could you just notice what emotions come up as a result of that? Could you just welcome those feelings and allow them to be with you now?

Karen: I’m worried that if I don’t push forward with my ideas, I’ll experience regret. I’m feeling uncertainty surrounding my business.

Me: Okay, could you just allow those feelings of worry and uncertainty to be with you now?

Karen: Yes

Me: Could you let them go? Just *could you*.

Karen: Ya, I think I could. It would be very nice.

Me: Would you?

Karen: Yes, absolutely!

Me: When

Karen: Why not right now?

I decided to do the ‘Desire to Change’ line of questioning at this point and I explained that when we are able to release our desire to change ‘what is’ we will be in a place of just accepting ‘what

is.' When that happens we stop thinking about what we don't want, and consequently stop resonating with that energy field, and we free up space for something else to come. I explained how often times real change can occur at that point.

Me: Think about what it is that you would like to be different regarding your business, and just for now, could you let go of wanting to change anything in your business?

Karen: Yes, but I wonder if there is such a thing as 'good desire' whereby we have a healthy amount of motivation as opposed to acting like Eyore from Winnie the Poo.

Me: That's interesting...let's just, for the purpose of this exercise, lump all your desires together here. So again, think about what it is that you'd like to see changed about your business. And could you just let go of wanting to change anything?

Karen: Yes

Me: Would you?

Karen: Yes.

Me: When?

Karen: Now.

Me: Great! Let's do this again. Think about what you'd like to be different in you business. And could you let go of the desire to change it?

Karen: Yes

Me: Would you?

Karen: Yes. I think I could be more relaxed about things now and enjoy the process of what I'm doing.

Me: When would you let go of the desire to change your business?

Karen: Now.

Me: Let's go back now to thinking about your business as it is now. And sense into any feelings that may arise as a result of those thoughts.

Karen: I don't feel any of those original thoughts. All I feel now is potential.

We wrapped up the session and I described how this is a process and that it is possible for feelings to arise again to be released.

Carolyn

Carolyn has been dealing with a lack of clients in her business; she too is an energy healer.

Me: Think about this lack of clients you are experiencing in your business. Notice what emotions are coming up as you think those thoughts. And could you just experience these emotions without fighting them? And could you just let them go?

Carolyn: I don't know how to answer that.

I went into an explanation about how our emotions are not attached to us—we are attached to them. I described how, when she was child, this ability to let go of emotions was second nature and how as we get older we begin to hold onto our emotions more and more. We talked about how good children are at 'letting go.'

Me: Think again about your business and how you wish you were busier—about how you feel you have a lack of clients. Could you allow those feelings be with him now? Could you just welcome those emotions? And could you just let those feelings go?

Carolyn: Yes.

Me: Would you?

Carolyn: Yes.

Me: When?

Carolyn: *(reluctantly)* Now.

She noticed that this time, she hadn't had much of an emotional response until I said the word 'lack.' Then, when I asked her if she could welcome the feelings, she really didn't want to.

I decided to work on her desire to change 'what is.' I did the explanation about why we do this process.

Me: Think about what it is that you would like to be different in your business. And, just for now, could you let go of wanting things to change?

Carolyn: No. That's a hard one.

Me: Would you rather keep thinking that your business isn't doing well and have all the emotions that go along with those thoughts, or would you rather be free of all that?

Carolyn: I'd rather be free.

Me: So could you let go of your desire to change the amount of clients you are seeing?

Carolyn: *(long pause)* I want to say yes...

Me: Would you rather be stuck with these feelings that things aren't as they should be and all the negative emotions that go along with those thoughts, or would you rather be free?

Carolyn: I'd rather be free.

Me: So could you, just for now, and as best you can, let go of your desire to change how your business currently is running?

Carolyn: Yes.

Me: Would you?

Carolyn: Ya.

Me: Every third second. *(laughter)* Carolyn described how she kept having moments of being able to release and then the feelings would come back. I suggested that it wasn't necessarily that they were coming back and that it was more likely that some more limiting beliefs and their resultant emotions were coming up for releasing. I explained how releasing (healing) usually happens in layers, like peeling back the layers of an onion.

I decided to go back to the original line of questioning.

Me: Go back to thinking about the lack of clients in your business. Could you welcome whatever feelings are arising due to those thoughts?

Carolyn: It's weird, the emotions feel like they are trying to go through my body sideways from the inside out.

Me: Could you welcome those feelings as best you can?

Carolyn: Yes.

Me: Could you let go of them, just for now?

Carolyn: Yes.

Me: Would you?

Carolyn: Yes.

Me: When?

Carolyn: *(pause)* Now.

Carolyn described how she could sense resistance to welcoming emotions. I asked her if she was okay with going through the process some more.

Me: So I'd like you to think again about your business and how you feel you have a lack of clients. Notice what emotions are coming up. Could you welcome these emotions and just let

them be with you? And now I'd like you to notice what resistance is coming up with regards to welcoming your emotions. Could you welcome the resistance?

Carolyn: Yes

Me: Would you?

Carolyn: Yes.

Me: When?

Carolyn: Now. Whenever you ask me, 'would I' I get a strong charge of the emotion.

Me: Okay, let's try it again. Think about your business and the lack of clients you are experiencing. Could you welcome those emotions as best you can? And could you just let them go?

Carolyn: Yes.

Me: Would you?

Carolyn: Yes.

Me: Notice the stronger feelings that may be there as a result of the last question, "Would You." And, as best you can, can you welcome them and allow them to be here with you?

Carolyn: Sure.

Me: Would you?

Carolyn: Sure.

Me: When?

Carolyn: Now.

Me: Now think back how you feel like you don't have enough clients in your business. How do the emotions that arise as a result of those thoughts feel compared to how they did when we began this process?

Carolyn: They are still there, but they are lighter now. I feel now like 'it's okay.'

Me: Could you let go of wanting to change the number of clients you have—Just for now—As best you can.

Carolyn: I don't know if I want to let go of it. I mean I could, but I don't know if I want to.

Me: Would you rather feel the way you do regarding the way things are or would you rather feel free?

Carolyn: Oh, that question! I'd rather be free. Okay, I can let go of it.

Me: Would you ?

Carolyn: Ya.

Me: When?

Carolyn: Okay, I'll let go of it....for right now.

At this point I felt as though we had done enough. There is still much releasing that could be done here. My regret was that I wasn't doing this session in conjunction with energy healing just to see if the energy work could have support more of a releasing breakthrough. I'm still confident that Carolyn was able to release some attachment to the emotions she had been experiencing, nevertheless.

Katie

Prior to the session I gave Katie an outline of The Sedona Method® to read. Katie began the session by telling me that the idea of letting go of one's story really resonated with her. Katie's father left her when she was a little girl. It was something that weighed heavy on her even though they had a great relationship. One day, though, she realized that she could let go of the story she kept telling herself about what happened and this alleviated much of her pain surrounding it.

Since she had already done so much work on that issue already, she decided that she wanted to work on something that was currently up for her and that had to do with her relationship with time management.

She outlined main limiting belief as it pertained to this issue—There's never enough time for everything.

Me: Think about all the things that you want to get done and how you are never satisfied with what you accomplish. Notice the emotions that are being expressed. Could you just let them be with you without judging them? And could you let them go?

Katie: Yes, but I feel like they'll come back...and I don't think they are useless, I think they provide us with information.

Me: Would you let them go if you could?

Katie: Yes, I'd like.

Me: When?

Katie: Right now.

I asked her to think about the idea that there's never enough time for everything she wants to accomplish. Then I asked her to tune into the emotions she was experiencing. She went on about how she felt frustrated, confused, jumbled—like she can't win. She described how everything always takes 2 to 10 times longer than she expected or planned for. She also told me that part of the problem is that she's a perfectionist.

Me: Okay, now, as best you can welcome all those feelings right now. And could you let them go?

Katie: I feel like I can.

Me: Would you?

Katie: Okay.

Me: When?

Katie: I can let them go now.

I then explained the purpose of the next process we were going to do which was 'the desire to change' method.

Me: Think about how you are unable to get all the things done that you want to get done in a day.

Katie: ...a week, a month a year...*(laughs.)*

Me: Right. And could you, just for now, let go of wanting to change that.

Katie: Change what?

Me: Change the fact that you can't get all the things done that you want within a specified amount of time. Could you let go of wanting to change that?

Katie: Yes.

Me: Would you?

Katie: Yes.

Me: When?

Katie: I would like to say right now...NOW! I'll do it now.

Katie then went on a philosophical tangent and was really in her head about trying to figure it out. I brought her back to what this method was about and invited her to keep trying the process without trying to figure it out. She understood and was game.

Me: Now, one last time, tune into the idea that there isn't enough time for you to get all the stuff done that you want to do. Notice any emotions that are coming up. Have they changed?

Katie: They are much less.

Me: As best you can, welcome those feelings. Could you let them go?

Katie: Yes.

Me: When?

Katie: Soon.

Me: Like tomorrow?

Katie: Ya.

The idea with my last question wasn't to reinforce the notion that she should wait until tomorrow. I was using that question merely to highlight the fact that she was still just holding on of her own accord and that tomorrow is no different than right now.

Mridu

Mridu has been struggling with productivity and moving forward with an idea she has for her business. She's been procrastinating and, therefore, can't seem to get things moving. She feels stuck. She also has self-doubt, fear, and wonders if she's good enough to be doing this work.

I started right away with 'desire to change' after explaining the purpose of that line of questioning. Three times I asked her if she could let go of her desire to change how things were right now in relation to the issue at hand, would she let that desire go, and 'when.' She answered, "Yes", "Yes", and "Now" respectively. During the first set of questions she laughed at how simple the method was and at the obviousness of how she was holding on. By the last time, she said it felt even easier to let go of the desire to change, and in fact, she was feeling positive emotions.

I then decided to do the regular Sedona Method questioning. I asked her to think about how things aren't getting going in her business and how she feels stuck. When I asked her to notice the emotions that were coming up she said she felt overwhelmed, lost, useless, frustrated and like beating herself up.

I went through the method three times with her and again she answered the questions, 'could you let go...', 'would you let go...' and 'when,' with "Yes," "Yes," and "Now," respectively. By the last time, Mridu said that she had a stronger belief that she could do it (succeed with her business) and felt more open to possibility.

I went back to the 'desire to change' method and went through it twice. Again, she answered the questions, "Yes", "Yes", and "Now." She said that this time, resistance came up. She wondered, "Why do I want to let this go?"

So, I worked on the resistance. I went back through the above method one more time, but this time, after I asked her if she would let go (to which she answered, "Yes") I asked her to notice any resistance that came up.

Me: Could you welcome this resistance? And could you let it go?

Mridu: Yes.

Me: Would you?

Mridu: Yes.

Me: When?

Mridu: Now. I feel so empty...so free!

Shadia

Shadia had two things that she was dealing with. The first was relationship blocks. She was divorced and wondered if she would ever meet someone that she will be in love with and who will be in love with her? She knows that this mindset has been affecting the way she deals with her partners in her relationships.

The second issue is her negative body image.

Me: Think about your relationship status and how you wonders if you'll ever find true love. Welcome whatever emotions are arising as best you can. Could let go of those emotions.

Shadia: *(tearily)* Yes.

Me: Would you?

Shadia: Yes.

Me: When?

Shadia: Now.

We went through the process a second time with the same answers. When I asked her if there had been a change this time, she told me that this time she was smiling.

We went through it a third time, with the same answers. This time she said she felt liberated.

I then switched to the 'desire to change' method.

Me: Think about your relationship status and about what it is you would like to be different. Could let go of the desire to change anything about your relationship status?

Shadia: Yes.

Me: Would you?

Shadia: Yes. I think.

Me: When?

Shadia: Now. (*she sounded doubtful.*)

I went through the original method again with the same positive answers as the first time. Afterwards, she said she felt quite contented.

So, we moved on to the body image issue.

Me: Think about your body right now and how you feel it's not good enough. Notice what emotions are coming up. Could you welcome these feelings without resistance? Could you let them go?

Shadia: Yes.

Me: Would you?

Shadia: Yes.

Me: When?

Shadia: Yesterday (*laughs*)

I decided to do the 'desire to change' method.

Me: Think about what it is you'd like to change about your body right now Could you let go of wanting to change anything about your body?

Shadia: Yes.

Me: Would you?

Shadia: Yes.

Me: When?

Shadia: I don't know. It feels stuck.

I explained about the purpose of this exercise and did it two more times. Both times she answered, “Yes,” “Yes,” and “Now.” Afterwards, she said she felt exhilarated and that her focus had changed.

Energy Healing and The Sedona Method® Sessions

The following contains all the write-ups I did using The Sedona Method® with clients during an energy healing sessions i.e. I used energy healing techniques to support The Sedona Method®.

Ruth

Presenting complaints: Chronic bladder infections for the past (maybe) 30 years. She had been hospitalized in early December because she had a severe blood infection (sepsis) that affected her kidneys too. She was delirious and couldn't move her body for several days. Her other complaint was her right knee which had been injured in a fall about 10 years ago. It was swollen and tender.

Soul dialogue: Ruth was happily running in a field and was a young girl of about 10 years. She seemed at her prime, running fast and carefree.

Foot chakras: barely perceptible.

Lines of light: I did the left side first and it had very little energy. Then I did her right side and it too had very little energy. Then I did them together and the left side appeared angelic with lots of white light coming off of it and the right side appeared brown/black and desiccated—almost like they were polar opposites.

Worked on Ruth's right knee I ran energy through joint, did blocks and ins and blue goo pack.

1st chakra: low

2a) low

2b) closed

3a) pretty good

3b) a bit low

Worked on balancing 2 aspects.

4a) good

4b) a bit low, but not bad

Worked on balancing 2 aspects.

5a) pretty good

5b) a bit low

6a) good
6b) good

7th chakra: good

Did occipital release

Ruth's liver seemed large, dark and *very* dense. It was hard to even sense into. It was also hard to penetrate with matrix. I did gentle wavy fingers and created oxygen and that seemed to loosen things up a lot. Matrix was more successful then.

Her heart had a lot of energy and seemed to be forming most of the connection between the heart and liver in the alliance. During the alliance the liver seemed heavy and hopeless.

I released some blockages doing the diaphragm release.

I sensed into her kidneys and they seemed grey and depleted—almost like two deflated balloons laying at the back of her body. I plumped them up and they responded easily and became full of different colours. I just sat with them for awhile and then followed the ureters to the bladder.

I sensed into Ruth's bladder and could feel some of the bacteria in it. I high zapped it then smoothed the tissues and blue gooded them.

I tried The Sedona Method®'s holistic releasing technique with Ruth after giving her a very brief summary of what the the Sedona Method was about. So, I had her tune into the sensations of her bladder and any sensations associated with her bladder problems that she was experiencing in that moment and asked her to welcome them. After a brief moment, I asked her if she could also welcome the emptiness, the space, the 'is-ness', the being-ness, that surrounds and interpenetrates every emotion and every sensation. After a moment, I went back to the first step of experiencing the sensations in that moment and then went on to the last step where she was to welcome the emptiness. We went back and forth about 5 times between the two steps.

Each time that I asked her to welcome the emptiness, etc. I dropped into the being state during the moment of pause.

When I checked in after the third time it seemed she was doing okay with the exercise. Perhaps she was a bit hung up on trying to visualize everything exactly, but I think she was doing pretty well so, I went on to do it a couple more times.

When checking in at the end and I asked her if she noticed anything, all she mentioned was how still she felt and how loud the 'electricity' in her ears was.

I then tried method 1 of the Sedona Method® which is just about letting go. So I asked Ruth, to think about this problem with her bladder of which she would like to be free.

- I asked her if, in that moment, she could allow herself to feel whatever she was feeling both physically and emotionally. I asked her if she could you just allow those feelings to be there as best she could.

- I asked if, while she was welcoming those emotions, she could let them go? Just *could she*.
- Then I asked her if she would.
- Then I asked her when.

I did this process with her three times. When I asked her how she felt afterwards she said something about the fact that she was going to let it go.

I checked in again with her soul and there was young Ruth running in the field again, but this time old Ruth joined her and the two of them were running happily and freely together.

I wrapped her up twice. The first time was quite slow and the second was a bit quicker.

Ruth's Second Session

Presenting complaints: Chronic bladder infections for the past (maybe) 30 years. She had been hospitalized in early December because she had a severe blood infection (sepsis) that affected her kidneys too. She was delirious and couldn't move her body for several days. Her other complaint was her right knee which had been injured in a fall about 10 years ago. It was swollen and tender.

Soul dialogue: Ruth still seemed to be happily running in a field as a young girl.

Foot chakras: were more perceptible today.

Lines of light: Both sides seemed to be low in energy. Ruth's left seemed to have slightly less than her right.

Worked on Ruth's right knee I ran energy through joint, did blocks and ins and blue goo pack. I tried doing The Sedona Method® during soul dialogue with Ruth. While I sensed in with my hand I asked Ruth on the soul level, to think about her knee and how it was making her feel both physically and emotionally. I asked her if in this moment she could allow herself to feel whatever she was feeling. I asked her if she could just allow the feeling to be here as best she could? Then, I asked her if she could let it go? Just *could she*.

Then I asked her, "Would you?" And finally, "When?" It seemed like she 'got it' and let it go on the first try so, I didn't repeat the process.

1st chakra: low. I followed the vortices up to root.

2a) low

2b) closed

I worked on Ruth's bladder. I sensed in and then high zapped the bacteria there. Instead of following the debris out through urethra, this time I transmuted it to white light. I did The Sedona Method® during soul dialogue with Ruth again. While I sensed in to her bladder with my hand I asked Ruth on the soul level, to think about her bladder and how it was making her feel both physically and emotionally. I asked her if in this moment she could allow herself to feel whatever she was feeling. I asked her if she could just allow the feeling to be here as best she could?

Then, I asked her if she could let it go? Just *could she*. Then I asked her, “Would you?” And finally, “When?” Once again, it seemed like she got it right away and let it go so, I didn’t repeat the process. Her soul seemed quite willing and eager to do this work.

3a) pretty good

3b) a bit low

Worked on balancing 2 aspects.

4a) good

4b) a bit low, but not bad

Worked on balancing 2 aspects.

5a) pretty good

5b) a bit low

6a) good

6b) good

7th chakra: good

Did occipital release

Ruth’s liver seemed still seemed large, dark and heavy, but it was a bit softer this time. I did matrix.

Once again, most of the connection between the heart and liver during the alliance was coming from the heart. It didn’t seem to build any more as I held it.

I sensed into Ruth’s adrenals and there were strong strong connections between both adrenals and her thyroid. Ruth had a total hysterectomy many years ago; however, it seemed as though there were connections between her adrenals and a right ‘phantom’ ovary. It also appeared orange-ish, somewhat like a heat detector camera.

I wrapped her up twice.

Anita

Anita wanted guidance regarding her health and wondered what might be up for her next in life. I used Angel Oracle Cards for the guidance. What came up was that an issue surrounding forgiveness was blocking her from the flow of her true nature and peace and I felt this was really affecting her health.

She said that forgiveness has been a problem for her. She also said that there was an incident in particular that she felt the card was about.

Anita had the appearance of a Gardener and it seemed to me that she was carrying this ‘unforgiveness’ around with her and it was really creating an imbalance in her energy system.

I asked her if she would like to try a method of questioning that could help her to alleviate the emotional connection to the 'unforgiveness' she was experiencing and she said yes.

Me: Imagine the person whom you are not forgiving and notice any feelings that you have in your body. Are they strong? Are they light?

Now, could you just allow those feelings associated with whatever it was you thought this person should, or shouldn't have done, to just be with you?

Anita: *head nodded*

Me: Could you let go of these feelings? Just *could you*.

Anita: I don't think so, it's too tight (*she motioned with a fist at her heart.*) Maybe I could try.

Me: Would you?

Anita: I think I would.

Me: When?

Anita: I don't know.

I explained how this method of questioning is a process whereby our attachment to our emotions can be diminished over time with practice.

Me: Let's go back to those feelings you have regarding the person you are not forgiving for what you thought they should have or should not have done. Could you just let those feelings be with you now without judgement, without fighting them?

Anita: *head nodded*

Me: Could you let those feelings go? Just *could you*.

Anita: I don't know, I could try.

Me: If you could just let them go, would you?

Anita: I don't know, I don't think I can.

We talked about the layers of healing that sometimes occur and how deep issues can take a concerted effort to get over them.

Me: Let those feelings be here with you once more. Where do you feel them?

Anita: Right here. (*motioning to heart area*)

Me: Could you let those feelings go?

Anita: I don't think so, it's too hard.

Me: If you could, would you?

Anita: *(long pause, sighing, internal struggle apparent)*

Me: If you were holding these emotions like a feather in the wind and the wind were blowing, would you let go of the feather and let it be taken away from you?

Anita: *(after much contemplation she said this in a resigned way)* Yes.

I then got her on the table.

During the soul dialogue Anita was very upset. She said to me, "It's so easy for you, you have all this support and I have nothing; I have to do it all myself." I explained to her that she did in fact have lots of support available to her. I also explained that the key ingredients to this support are asking for support and then allowing for support to come to her and finally receiving it. I told her that, in addition to what is available to her in a physical way, there is also universal love and support for her to call upon.

I then worked up a quick chelation.

I sensed into her liver and did matrix. There seemed to be a lot of releasing. Then I sensed into her heart which seemed tight. I held heart liver matrix for some time and while I was still holding it, I went through the questions again with Anita. This time her answers came much quicker and much more easily.

Me: Let's go back to those feelings you experience as a result of the 'unforgiveness.' Could you just let those feelings be here?

Anita: Yes

Me: Could you let those feelings go? Just could you?

Anita: Yes

Me: Would you?

Anita: Yes

When: Now...I'll try

At the end, I tuned into soul dialogue again and she said thank you. She said that she had been holding onto all that for so long.

I asked Anita if she felt any differently. She said that the tightness in her chest/heart area felt lighter.

I instructed her to keep working the questions anytime she felt those feelings come back to her.

Adam

Adam was extremely tired and was suffering from seasonal allergies. He was looking for relief from his symptoms.

We began the session with The Sedona Method®. I asked him to go into the experience of his seasonal allergies and their symptoms. I asked him to notice how this made him feel. He said, “Frustrated and fatigued.” I asked him where in his body he could feel them and he said in his chest and shoulders.

I asked him if he could just let those feelings be with him now.

Me: Could you just let those feelings go?

Adam: Yes.

Me: Would you?

Adam: Yes.

Me: When?

Adam: Now.

We went through the process 3 more times like that and he answered the way and with ease.

During soul dialogue, Adam was extremely frustrated and seemed annoyed. He said that he never gets to do the things he wants. He was gesturing at all that was outside of himself that we wasn’t experiencing (gesturing at the outdoors—at the ocean and mountains.) I tried to assure him that he was complete and that all he wanted to experience him was already inside him—that if he could tap into the source within, he would have everything he wanted. He decided to check it out and sat down and meditated.

He was presenting as a Royal as all of his chakras looked open and in good shape.

He held a lot of tension in his head so, I did occipital release.

His sinuses were quite raw and tender. I scooped out the goo and then ‘blue gooded’ the tissue.

His eyes were very itchy and when I sensed in, I noticed how irritated they were so I ‘blue gooded’ them too.

Because he felt the emotions in his chest, I wanted to sense into his heart and do the heart liver alliance.

First, I sensed into his liver which had a lot of fortitude. I ran some matrix.

Then, I sensed into his heart and it had a weak energy. I spent some time just being with the heart.

I did the alliance and there was a strong connection going from the liver to the heart. While I held the alliance, I did The Sedona Method® again with Adam. I had to wake him up from a pretty sound sleep so, he was still a bit unconscious when we did it (it was his bedtime.) When I asked him the questions *could you release the emotions, would you, and when* he answered, “Yes,” sleepily to the first two questions and, “Now,” to the last one.

I know Adam has a healthy dose of scepticism towards things like this so, I wanted to do the process again, but this time working towards releasing any doubt he may have in the process. So, I asked him, “Thinking your allergies and the emotions you were just working on releasing, is there any doubt in you at all regarding whether or not these techniques can actually affect change on your attachment to your emotions surrounding your allergies or your allergies themselves.

He answered, “No.”

I went through the original process one more time and, again, he answered “Yes,” sleepily to the first two questions and, “Now,” to the last one.

I did soul dialogue at the end and Adam said to me, “You got me!” I understood that he meant that I was right about the fact that what he was looking for was inside himself. He realized he didn’t need to go outside of himself to feel complete.

I wrapped him up in the end.

Then, Adam stumbled to bed; therefore, I didn’t get any feedback.

I don’t think it was the best circumstances under which to do a session because Adam wasn’t fully engaged on a conscious level. He was however, quite engaged on a soul level so, hopefully there was some releasing going on.

Shelly

Shelly is a soul searching woman. She is trying to figure out how to come out of career closet. She wants to “clear the muck” as she put it. She’s multi-passionate and isn’t quite sure what to do. She’s a network marketer, clairvoyant and energy healer.

Her husband had a degenerative eye disorder and went blind about two years ago. She now spends about 40 hours a week driving her kids, husband and herself around everywhere. (They live in a bit of a remote area and are not close to anything e.g. son’s baseball is 45 mins. by car.) She’s becoming a bit resentful about her situation.

She is searching about how to come out of 'career closet.' She's a network marketer, clairvoyant and energy healer. She isn't sure exactly how it's all going to work together/come together.

She feels these issues in her 4th and 5th chakras.

Me: Think about your career and how you feel it's a mucky, unclear situation and how you aren't sure what you should be doing exactly. And notice what feelings are arising. Could you just welcome these feelings as an experience without resisting them. And could you let them go?

Shelly: Yes.

Me: Would you?

Shelly: Yes.

Me: When?

Shelly: Now.

I explained how The Sedona Method® is a process and how releasing is usually done in layers.

Me: Tune in once more to the feelings that arise as a result of thinking about where your career is and consequently, is not, and could you just allow those feelings to be with you now? Could you let them go?

Shelly: Yes.

Me: Would you?

Shelly: Yes.

Me: When?

Shelly: Right now.

Me: Let's switch not to the fact that you're a chauffeur for your family and how this prevents you from pursuing your career to the degree that you'd like and notice what feelings are arising. Could you just let those feelings be with you now without labelling them? And could you let them go? Just *could you*.

Shelly: Yes.

Me: Would you?

Shelly: Yes.

Me: When?

Shelly: I would like to now.

Me: Let's tune back into those feelings again that may arise as a result of thinking about having to drive everyone around all the time. And, as best you can, just allow the feelings to be with you. And could you let them go?

Shelly: Yes.

Me: Would you?

Shelly: Yes.

Me: When?

Shelly: Now.

It seemed as though Shelly was doing some deep releasing and I switched to the energy healing.

1st chakra) not bad

2nd) low

3) very low

4) dished

5) not bad

While moving energy between 4th and 5th chakras I did The Sedona Method® for both issues. Both times she was able to answer 'yes' and 'now' for all the questions. She told me that it felt like a big block had been removed from her 4th.

6a) a bit small

6b) good

7th) good

There was a great deal of tension in her occipital region so, I worked to release it.

Next I did heart liver alliance until a nice connection was established.

I aligned her hara and expanded out her soul centre.

During should dialogue I did the method one last time and she did some releasing. Coherence started on it's own at this point.

At the end of the session, Shelly told me that she felt as though something had been pulled out of her 4th chakra.

Tamara

For the last few years, Tamara has been creating a business selling a line of clothing that corresponds to the different chakras. It hasn't been working out very well for her. She feels that things are working against her business and that's why it isn't working. She has also tried some other projects and nothing is getting going.

She feels as though things should just be flowing for her because she's trying to create something with good intentions. She feels stuck.

She described feeling the 'stuckness' in her 'high heart' which she described as the area between her heart and throat (thymus area.) She said that at other times she could feel it in her solar plexus.

I started with The Sedona Method® using the 'Desire to Change' line of questioning.

Me: Think of what it is that you want to change in your life—that you wish were different. Just for now, could you let go of wanting to change it?

Tamara: Yes.

Me: Would you?

Tamara: Not sure.

I took this opportunity to explain the purpose of this particular exercise. This one basically has to do with the law of attraction. In other words, what you focus on (and in this case it's how she doesn't like the way her business is working out) is what you get more of. When you let go of wanting to change something, you stop drawing more negativity towards you because instead you are just accepting what is. This frees up the energetic space for something else to come in. This frees up your own energy that you can use to create real change. She had an 'Aha!' moment with that explanation.

The second time as we were working on the same line of questioning, when I asked her, "Could you let go of wanting to change your life?" she said, "There's resistance."

So, I switched over to the 'Resistance' line of questioning.

Me: Go back to when I asked you if you could let go of wanting to change your life. Could you just allow that feeling of resistance to be with you? And could you just let it go?

Tamara: Not sure.

Me: Would you rather be stuck, or would you rather be free?

Tamara: *Pause.* I would rather be free.

Me: Once again, go back to the idea of letting go of wanting to change your life. Could you welcome any feeling of resistance that may come up. And could you let it go? Just *could you*.

Tamara: Not sure.

I decided to begin the energy healing work.

In the soul dialogue, Tamara seemed quite flaky and ungrounded. I explained to her that she would better be able to do what she came into this incarnation to do if she could more fully integrate into the body. She was able to come into her body more with only slight uneasiness.

1st chakra: open but narrow

2a) also open but narrow

2b) low

3a) open

3b) closed. I was in the being state at the root and then it opened a bit

While balancing the front and rear aspects of the 3rd I did the 'Desire to Change' line of questioning.

Me: Think of what it is that you want to change in your life—that you wish were different. Just for now, could you let go of wanting to change it?

Tamara: Yes.

Me: Would you?

Tamara: Yes.

Me: When?

Tamara: Now!

This was a real break through and Tamara acknowledge the shift that occurred in her.

4a) open

4b) low

5a) lowish

5b) lowish

While holding my hands over her 4th and 5th chakras and moving the energy between the two I did The Sedona Method®.

Me: Think about your business and how it's not where you'd like it to be. In this moment, can you allow yourself to feel whatever you're feeling? Could you just allow the feeling to be with you as best you can?

Tamara: Yes.

Me: Could you let it go? Just *could you*.

Tamara: Yes

Me: Would you?

Tamara: Yes

Me: When?

Tamara: Not sure.

Me: Would you rather continue to be stuck, or would you rather be free?

Tamara: I'd rather be free. I think I just let go, Tracey!

Me: Sense into those feelings again surrounding your business and how it's not where you'd like it to be and see what's coming up.

Tamara: I just feel acceptance. I feel as though everything is going to be okay. Those other emotions are just gone!

Tamara shared with me that she an experience of energy in her body and that energetically she whirled herself around.

6a) low

6b) open

7th open

When I tuned into her soul she was experiencing freedom. She what whirling around and dancing. Now I can spend my time exploring and experiencing all there is to experience.

Me: Yes, but remember to do it while integrated into your body so that you are better able to manifest what it is you are here to do.

"Oh yes!" her soul said as it jumped into her body eagerly. She was excited like Scrooge when he woke up on Christmas morning.

The wrap was super quick and effortless. She seemed ready to be fully integrated and to get to work!

Maryna

Marina said she didn't have a specific issue she wanted to work with. She said that it was just an overall uneasiness in her core that she wanted some help with. Her core feelings were, vulnerability, instability, confusion, lost, frustrated. She could feel it in her chest and stomach.

She said that there were a couple things she thinks contributed to this. One is that she lost 2 people in her life, one of which was to a romantic betrayal. The thing was financial instability. She wants to feel grounded and to have stability, relief and comfort.

Me: Tune into your core feelings of vulnerability, confusion, instability, and so on. Could you just welcome them and let them be with you? And could you let them go?

Maryna: No.

Here I talked to Maryna about how our emotions are not attached to us, but we are in fact, attached to them.

Me: If your emotions were in the form of something you could hold in your hand, like a pen, and you could just turn your hand over, open it up and let it go, would you?

Maryna: Yes.

Me: When?

Maryna: Now.

Me: So, let's go back to experiencing those core feelings of yours. And could you just let them be with you without judgement and without fighting them? And could you just let them go? Just *could you*.

Maryna: Yes, I think I can—at least temporarily in my mind.

Me: Would you?

Maryna: Yes.

Me: When?

Maryna: Now.

Me: Now, go back to those core feelings of being lost, frustrated, vulnerable and could you just welcome them? Could you let them go?

Maryna: Yes.

Me: Would you?

Maryna: Yes.

Me: When?

Maryna: Now.

I decided to do the energy healing with her now and go through the method again when I tuned into her 3rd and 4th chakras.

1st chakra -good

2a) lowish

2b) normal

3a) over active

3b) low

4a) very dished and low, almost collapsed. Did some structural work and aligned it to her 3rd level of her field. Ran figure 8

4b) closed

I sensed into the root and understood that her heart was 'broken.' I verbalized this to her and she began to cry and told me that it was true. While I was holding the structural work that I had done, I went through The Sedona Method®

Me: Tune into those core feelings of being lost, frustrated, vulnerable, confused and could you just welcome them? Could you let them go?

Maryna: Yes.

Me: Would you?

Maryna: Yes.

Me: When?

Maryna: Now.

I then did expansion on her stomach and did a stomach pull down. While moving energy from her 3rd to 4th a second time I did the Sedona Method®.

Me: Go back to your core feelings of being lost, not stable, vulnerable, confused and could you just welcome them? Could you let them go?

Maryna: Yes.

Me: Would you?

Maryna: Yes.

Me: When?

Maryna: Now.

She told me that she couldn't find her original core feelings that time going through the process.

5a) good
5b) closed

6a) open
6b) large

7th -open

At the end of the session, Maryna told me that she felt an energy shift in her back and head.

Kim

The date of this session was also the date of her wedding with her ex-husband. It was her 3rd ex-wedding anniversary to endure since they separated and the 1st since their divorce and since her ex-husband remarried. She was having some difficulty with the emotions she was experiencing.

Because this was our first session in a year I went over the original intake to see where things stood with her now in respect to health, emotional, etc. issues.

She's still with her 'boyfriend' Sean. She still avoids using the word 'boyfriend' because he doesn't like labels nor the parameters which come with such title. They did break up once in the past year because Kim wanted to be free to find someone with more of an ability to commit.

They got back together again because they missed each other and enjoy being with one another. She says that their relationship has been sweeter and more intimate this time around. They are more engaged with one another. They even had a conversation about getting married one night. He said something like he didn't want to talk about it again for a couple months.

She's been off her depression meds. since last July. Now the symptoms seem to be PMDD (pre-menstrual) related.

She now only drinks 1 coffee a day, smokes 1 or 2 times a week and rarely drinks beer (and not much alcohol otherwise.)

Everything else that was an issue last year seems to no longer be an issue. Her calf problem has *maybe* healed, her foot is good and the itching in her legs is better.

Her son is happy and awesome.

Currently, she is doing a cleanse to reset her blood sugar which she got from a book called, "Woman Code."

She's been getting enough sleep recently.

She has switched from being a Virtual Assistant to doing copywriting for people which she also does virtually. She's also designing her own program to help people write their story.

I asked her if she could think about today being her 'ex-wedding anniversary' and to explore her thoughts about her divorce. I asked her to notice the emotions that were arising. She began to cry and said that she felt sad.

I went through The Sedona Method® with Kim three times working to welcome and then release her feeling of sadness at not being still married to her ex. She cried each time I asked her to explore the emotion.

All three times, to the 'could you let go...' and the 'would you let go...' questions, Kim answered, "Yes." And all three times, to the 'when' questions, she answered, "Now."

When she tuned into her emotions the second time, she noticed that there was a bit less charge to them. After going through the method the second time, she felt a happiness with the fact that she was with Sean.

After going through it the 3rd time I asked her to tune in to see if the emotion had changed she was still crying and said that she wished she were still married to her ex.

I then did two rounds of using the 'desire to change' method of questioning after first explaining to her the purpose of that.

So, I asked her to think about what she wish were different in her life. Then, I asked her if she could, just for now, let go of the desire to change anything in her life, 'would she' and 'when.'

Both times, her answers were identical—'yes' for the first two questions and 'now' for the last one.

Before heading into the energy healing, I did one more round of the regular method during which Kim answered that 'yes' she could and would let go of the sadness and 'now.'

1st chakra) good

2a) open

2b) closed

3a) lowish

3b) low

4a)open, slightly dished, energy not flowing well

4b) open

5a) lowish

5b) closed

6a) I forgot to make a not of this chakra, but 'looking' back I think this was very low

6b) same, I forgot to make a note, but I think it was open

7th)

Then, I remembered that Kim had a problem with headaches the last time I worked on her so, I asked her about them. She said it was funny because she hadn't been having any, but she was today because of dealing with this situation. So, I worked on balancing her 6th.

I asked her where she was feeling her sadness in her body. She told me her cheeks. I tuned into them and sensed some heat. Then, I did occipital release.

I looked into the cording between the two of them. There wasn't a whole lot going from her ex to her, but there was a bit from 3rd and 5th. From Kim there was a fair bit going from her, but most of it seemed just like streamers i.e. they weren't connecting to anything. She did have some going from her 4th. I worked to clean up the energy of the cords and I did 'real time' in soul dialogue to them. I didn't want to remove anything since they still have an important relationship in that they are parents to their son.

While I was 'holding' them both after the 'real time', I did the method twice with Kim. She answered the same both each time—'yes' to the 'would you/could you' questions and 'now' to the last ones.

She said that going through it those times there was a lot less charge to her emotions. She didn't even cry.

That was a wrap!

Danette

Something that Danette has been struggling with is a fear of cancer. For starters, her mother died of breast cancer when she was 6 years old. Danette's left breast gets highly sensitive before her period and she can feel energy moving in it.

In addition to that, she has a white spot in her mouth, on her gum, below her front teeth. She's been to the dentist and he's looked at it. It wasn't anything he was overly worried about although the young dentist in training who was also there blurted out, "It could be cancer."

Danette can't help but think, "What if these things are cancer?" She recognizes that these thoughts are capable of creating things. She's done a lot of transformational work, but she's stuck on that one.

Me: Think about the spot in your mouth and feelings you get in your breast. Notice the emotions that come up. As best you can, could you welcome them? Could you experience the feeling without fighting it? And could you let it go?

Danette: Yes.

Me: Would you?

Danette: Yes.

Me: When?

Danette: Now is good.

When I did the second round and asked Danette, "Could you welcome the fear?" she said she felt some resistance. So, I did the method focus on the resistance.

I prompted her again to think about the things that were causing her fear. I asked her again to welcome the fear. Then, I quickly asked her to notice any resistance that may be present. I guided her to welcome the resistance as best she could, knowing that it isn't real. I asked her if she could let it go. I asked her if she would let it go. And finally, I asked her, "When?"

I went through the process twice with this line of questioning. Both times she answered, that she could and would let go of the resistance now. She said that she noticed the resistance drop away.

I then did the original method during which she answered affirmatively and, "Now," to the final question. In that one, she said that she could really sense the fear without resistance.

We did it one more time with the same answers. This time, Danette said that when I asked, "Would you let the fear go?" her stomach flipped like when you're just about to something like get on a stage, or the like.

I asked her how the fear usually manifests as physical sensations in her body and she said that she feels pressure on her chest and it feels like there are hands around her neck choking her. As she sensed in right now she said that the feeling was much less and felt more like a memory.

1st chakra) low, I followed the vortices to root and the energy grew a bit in the chakra.

2a) low

2b) low

While I was moving energy from 1st to 2nd chakra I did the original method three times and focused on the word 'cancer' in my questioning. She was able to 'let go' 'now' all three times. The second time she said the fear diminished. The third time she said there was even less energy to the emotion and instead of it being fear it was more just an irritation.

3a) dished, did structural work and aligned it to the 3rd level of her field, ran a figure 8.

3b) very low, when balancing, it took awhile for the energy to get through from front to rear aspect.

4a) collapsed, did structural work and aligned it to her 5th level of her field. I did the Sedona Method twice while holding the work. She was able to 'let go' 'now.'

4b) closed. I sensed into root and then it opened slightly. I did a small amount of balancing.

I sensed into her left breast and noticed congested energy. I did the method with her while sensing in. Again, she was able to 'let go' 'now.' The congestion lessened.

5a) lowish, the energy was not flowing well from 4th to 5th.

5b) lowish

While moving energy between 4th and 5th I did the method twice and she was able to 'let go' 'now' both times. The flow increased. She said there was no fear remaining.

6a) good

6b) good

7th) good

During soul dialogue, Danette appeared quite curious about everything that was going on here. I did the method with her soul twice and she was able to let go 'now.'

It occurred to me that the 'stop reinforcing your problems' method might be appropriate here so, I asked her if she felt she was wanting to figure out why she kept thinking about things as possibly being cancer, or where the fear was really coming from, etc. She answered, "No" so, I didn't bother.

That was a wrap!

Veruschka

After explaining the method to Veruschka, she told me that she wanted to work on her underlying fear of feeling negative emotions. Veruschka told me that for most of her life she wouldn't go into her negative feelings because she wanted to feel only goodness. She said that about a year ago was the first time that she really allowed her emotions to be expressed and she said that it was a terrifying experience for her because she couldn't stop them from coming —she was crying and crying uncontrollably. She said it was a very painful experience and it took a lot of personal will for her to pull herself out of it again. She now doesn't want to go back there.

When I started to ask her to get into the thoughts of how she was afraid to experience her negative emotions, it occurred to me that it might just be easier to go into an issue of which she was avoiding emotions. I asked her if there was a specific issue that was triggering this fear and she that there were two main things. She said that she strongly felt that she needed to tackle the fear first because she's not willing, more or less, to feel those other negative emotions. She believes that coming out of a negative feeling is difficult and that it 'sucks' to be in those emotions and therefore doesn't want to go there.

Me: Okay, so try to think about when negative emotions start to come to you such as anger, insecurity, sadness and who that makes you feel.

Veruschka: I'm trying to but it's not there right now, but I can remember what it's like, I can access the memory of them.

Me: Just think thoughts about negative emotions coming to you. And are you now able to sense any fear arising?

Veruschka: Yes.

Me: Could you you welcome that fear?

Veruschka: I have to be honest, I'm having a hard time accessing the fear because I just feel really good right now so, I'm just going to try to find it.

Me: I'd like to suggest that one way you could go about this is to go into one of the issues that is causing the fear in order to access the emotion of fear.

Veruschka: Okay. (pause) What I'm feeling now is disappointment as a result of thinking about one of the issues. And fear is coming up as a result of that and I'm realizing that the fear I have is the fear of feeling disappointment and realizing that I'm not in control.

Me: Can you think of this specific issue for a moment and can you feel that disappointment?

Veruschka: I'll try. I can, but not strong.

Me: Do you think it would help if I knew and could ask questions to help bring that experience about a little more?

Veruschka: I'm afraid of going there—I don't want to go there.

Here I explained that what we tend to do with our emotions is one of two things, express them or repress them. I explained how either choice can be unhealthy.

Veruschka went into an emotional explanation about how she never really felt bad in her life before and how a year ago when she began to go deeper in herself she uncovered these negative emotions and when she experienced them it was a terrible time for her and it was hard for her to get out of it. She was crying while telling me this. She said, "I just don't know how to go about this."

Me: Would you rather stay in this place of fear—fear of experiencing the negative emotions which are inside of your? Or would you rather be free of that fear? Would you rather have a tool that allows you to experience your emotions and be free of them?

Veruschka: I guess it translates to me as 'Do I believe the Sedona Method can help me?'

Me: Let's try something with just the belief then, I'd like you to think about whether or not you believe this method can help you get rid of this fear.

Veruschka: I don't know.

Me: Sense into any of the doubt that is there. Could you welcome the doubt that is there and just let it be with you? And could you let it go?

Veruschka: It's such a roller coaster! One second it's, 'Yes,' and the next second it's, 'No' and back and forth like this.

Me: If this doubt were something that you could hold in your hand, like a pen, and you had the ability to just drop it, would you?

Veruschka: Yes.

Me: Okay, so think about whether or not you believe this method can help you get rid of your fear of experiencing negative emotions. Sense in to any doubt that may arise as a result of these emotions. And, could you welcome this feeling of doubt?

Veruschka: Yes.

Me: Could you let go of it? Just *could you*?

Veruschka: No.

I went into an explanation about how we have this innate ability to let go of emotions just like we utilized when we were children. I explained the subtlety of this question. The question isn't asking if in fact she is able to let it go, it's asking does the ability to do so lie within her.

Me: So, let's try that again. Could you let go of it? Just *could you*?

Veruschka: Yes.

Me: Would you?

Veruschka: No.

Me: Do sense some resistance to letting go of any doubt that you may be experiencing?

Veruschka: Yes, I do.

Me: Okay, sense into any doubt you may be sensing regarding whether or not this method can be effective for you. Do you also sense any resistance?

Veruschka: Yes.

Me: Could you welcome that resistance, as best you can?

Veruschka: Yes.

Me: Could you let it go? Just *could you*?

Veruschka: Yes.

Me: When?

Veruschka: I don't know when.

Me: Maybe tomorrow?

Veruschka: Ya, maybe tomorrow.

I decided that was enough of the method for now and got into the energy healing. I asked Veruschka where she felt the resistance in her body she told me her throat and in her breathing.

1st chakra: lowish

2a) low. I did structural work here and aligned to her 3rd level.

2b)

3a) overactive

3b) closed

4a) quite open

4b) open

5a) open (somewhat low)

5b) low

This chakra seemed like it was frozen in time.

The energy did not seem to be flowing well from Veruschka's 4th to her 5th chakra. It seemed like it was being regulated somehow. I got the idea that she was so in her head that she wasn't listening to nor communication from her heart much.

While I was trying to move the energy from her 4th to her 5th chakras I did The Sedona Method® again.

Then i did the method while balancing the energy between 5a) & b) as well as just trying to bring more movement of energy to them.

I did it one last time while again trying to move the energy from her 4th to her 5th chakras.

Unfortunately, I didn't write down her answers to the questions because I was taking a recording; the recording, however, had stopped. I do know, though, that she did answer in such a way as to indicate her willingness to accept her resistance and to work toward releasing it; however, there was still a great deal of struggle with many of the questions. Some times she made conditions that went along with her answers. In the end, the final question was answered with a 'yes.'

She told me about how strong her mind was and that she really trusted her mind. She said that her mind tells her not to go into her emotions again, because they will just make her feel bad again and because they are so hard to get our of.

I asked her if she really believed that suppressing her emotions was healthier than experiencing them and then letting them go. She wasn't sure. I talked about the mind and how tricky it can be because it is essentially the ego which is always looking to validate itself and keep us needing it.

6a)

6b)

7th

In the soul dialogue she was laying in her body in a lot of emotional pain. I could see heavy energy in her upper torso that seemed to be poisoning her. I explained to her soul that those emotions weren't part of her and that we could just move them over to beside her for now. So we did. Then we transmuted them together into a shimmering light. She lay back down in her body full of light and I wrapped her up.

We are going to do another session in a week or two around the time when one of the two issues will be rearing it's head and she'll be experiencing the negative feelings anyway. At that time, I'll work again on her 4th and 5th while doing the method, but I'll also include her 1st chakra when working on releasing the fear.

Naomi

Naomi took a severance recently after 15 years in a job she hated. Now she's in Bali and has been there for 2 months. She's thinking about a coaching business she wants to get going.

She's coming up against self-sabotaging, limiting belief-type blocks. Part of her wants to push forward with this new business and part of her feels like a deer in headlights; she feels stuck. It's a very emotional experience for her. She feels overwhelmed, tired, scared, like she doesn't now what she's doing, and like she's just a little thing in a big ocean.

Namomi said she feels it physically from her chest to her belly button and right in the middle of her torso. It causes her to hand wring.

Me: Think about this situation then, of starting this coaching business. Notice the emotions that are arising and try to just welcome them without resisting or labelling them. And could you let them go?

Naomi: Maybe.

I went into the discussion about how she was able to do this as a child quite naturally. Finally, we established that the question could be thought of as, 'In theory, do you have the faculty of being able to let go of emotions?'

Me: So now think again about this situation of starting your coaching business. Notice the emotions that are arising and see if you can just let them be with you. And could you let them go?

Naomi: I guess so, yes.

Me: Would you?

Naomi: Ya, I think so.

Me: Would you?

Naomi: *(Pause)* What would I feel then?

Me: What emotions do you feel as you ponder letting go of your emotions?

Naomi: I guess its' like a mild fear.

Me: Okay, allow that feeling to be with you fully. And could you let it go?

Naomi: Yep.

Me: Would you?

Naomi: Ya, I think so.

Me: When?

Naomi: When I'm ready. I'm not sure.

I then began the energy healing.

During the soul dialogue Naomi was crying and I could sense her overwhelm. I did the method with her soul.

Me: Could you experience these emotions without labelling them as good or bad? Could you just welcome them? And could you let them go?

Namomi's Soul: Yes.

Me: Would you?

Namomi's Soul: Yes.

Me: When?

Namomi's Soul: Now.

I then calmed down and integrated with her body and I did the wrap.

1st chakra) low. I ran energy down the vortices to the root.

2a) low.

2b) low.

To work on the fear, did The Sedona Method® while running energy from her 1st to her 2nd.

Me: Think about your business again and how you're struggling with getting it going. Notice the emotions that come up as a result. Try, as best you can, to welcome the feelings. And could you let them go?

Naomi: Yes.

Me: Would you let them go?

Naomi: Yes.

Me: Is there any fear that arises as you think about if you would let them go?

Naomi: No. I feel a resignation to just 'jumping off the cliff' into the unknown.

Me: When would you let go of the emotions?

Naomi: When I know how to. Ya, I think I would let them go. I feel a pang of leaving behind a friend.

3a) low

3b) low

4a) very open

4b) closed

I did the method while moving energy between her 3rd and 4th.

Go back now to thinking about your coaching business and how you feel when you think about what is entailed with getting it going. As best you can, welcome the feelings that arise. Could you let them go? Just *could you*.

Naomi: Maybe.

Me: Would you if you could?

Naomi: Yes.

Me: When?

Naomi: In a bit. I would need to work consciously with it for a few days before I'm ready to let it go.

Me: Would you rather continue on in this stuck place of feeling overwhelmed and scared, or would you rather be free of all that?

Naomi: I'd rather be free.

We then worked on the 'desire to change' line of questioning after I explained the purpose of it.

Me: Think about what it is that you'd like to see be different with how your business is getting going. Could you, just for now, let go of wanting it to be any different than it is?

Naomi: Yes.

Me: Would you?

Naomi: Yes.

Me: When?

Naomi: Just for now...I'll try.

5a) good

5b) low

I worked to balance them

6a) low

6b) open

I worked to balance them

7th) open

I asked her one last time to tune into the emotions that arise as a result of thinking about getting her business going to see if the emotions had changed.

Naomi: Now all I feel is exhausted. I feel like someone is pulling down on my eyelids.

Me: Could you welcome that? And could you let it go?

Naomi: I don't think so because I'm just tired. I don't think that's something I could just let go of. I think I just need some rest. I guess the emotion I'm really feeling is just an overall negativity.

Me: Okay, that makes sense. So, could you just welcome that negativity and just let it be with you for now? Could you let it go? Just *could you*.

Naomi: Yes, it's hard, but yes, I could.

Me: Would you?

Naomi: I would be more than happy to.

Me: When?

Naomi: It's very scary, but I want to do it now.

And that was a wrap!

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