



RELEASE A PAST

EVENT VISUALISATION

Release And Let Go Of A Past Event Visualisation

Below is the step by step process on how to release and let go of a past event or memory so it stops playing a role in your story. Follow the steps of the visualisation and allow the event to release.

1. Know the event or memory you are working with.
2. Rate the emotion on a scale of 10-0 (10 being strong emotion and remember this number)
3. Visualise the event out in front of you, see it as an image.
4. Step out of it so you can see yourself in the image.
5. Put a frame around it.
6. Turn any colours to black and white.
7. Shrink the image down make it smaller and smaller until it's the size of a postcard or postage stamp. Make it as small as you can.
8. Blur out the image so you can't see what's in it anymore.
9. Mute any sounds associated with the image.
10. Push the small image as far away as you can, way off into the distance or let it blow away in the wind so it vanishes for good.
11. Now rate the emotion again, compare the number to before and see how it has shifted.

If the number has dropped, awesome, if not you can repeat the process again to help it lessen and lessen.