

ENERGY ACCELERATOR TECHNIQUE

STEP 1 CLARIFY THE FEELING

Determine the belief, feeling or situation you want to resolve.

STEP 2 LOCATE THE FEELING

Find where in your body you feel the energy the strongest. Place your attention there.

STEP 3 FOCUS YOUR ATTENTION

Be present with the energy. Send it love or even just attention. If you find yourself in a place of resistance, be okay that you are in a place of resistance. Just don't resist the resistance- surrender to it.

Treat the energy like a puppy. If the puppy wants to move, move with the energy. Puppies left alone create havoc. Be present with the sensations and feelings. Stay out of your head and out of the story that got you here. Overtime, the energy will shift and then dissipate.

If you find yourself stuck, send a color into the space, whatever color feels best. Imagine the area as if it was your lungs, just breathe in the color through the area where you feel the most intense energy.

If the energy is still intense over a period of time, place the number 1 in front of the intense area. Then snap your fingers. Continue placing numbers on front of the area and snapping your fingers until the energy dissipates.

STEP 4 PERMANENT EMOTIONAL FREEDOM

Once you feel that the energy has reached a place of neutrality, double check by focusing back on the original emotional charge. Are you re-triggered- do you feel anything other than love, peace or neutrality? If so, what emotion arises? Restart the process continue focusing on the energy and its location until completely resolved. Sometimes we think we are focusing on the emotion that affects us the most only to find that it wasn't the root issue.

Once complete, you may find that you can't remember what the original issue or emotion was. Ultimately, you should feel neutral and at peace at best. This feeling should be permanent and complete. If not, you haven't fully executed the process and need to re-do the steps until complete.