

This is a technique I've been using to release fears and negative beliefs. It's powerful and something you can do each day.

It's been called the Peace Process, or the Letting Go Process, or the Living the Questions Process and even has its roots in Vipassana meditation that Buddha used. I like to think of it as the "What's Happening In Your Body Right Now?" Process.....

Here's How You Do This:

Step 1: Think of something that brings up angst for you. It can be somebody that irritates you or some thing that causes your buttons to be pushed. Thinking of someone that upsets you or some situation that upsets you.

Step 2: Then Find the Feeling. "What's happening in your body right now?"

All feelings show up in some part of your body. So when you think about the person or situation

that's causing angst in you, notice where in your body the feeling is located.

It can be anywhere and many times it's in the neck, or chest or belly or back but it can be anywhere.

Step 3: Keep Your Attention On The Feeling.

Instead of trying to get away from the feeling or make it go away or try to fix it, just be with the feeling. Allow it to be or do whatever it's doing. Just keep your attention on what it is actually doing. What's happening in your body right now?

Step 4: Focus on the most intense part of the feeling.

Keep your attention on the most intense part of the most intense part. The feeling may move and if it does move your attention to where it is. The feeling may get more intense or less intense or change. Either way is good. Just keep your

attention on What's happening in your body right now.

It might become more intense, or less intense. It might move to different parts of your body.

Stay with it and just keep your attention on whatever is happening in your body.

We never know how long this Peace Process will take. Sometimes it takes seconds and others times it takes minutes to clear.

And sometimes it takes a few sessions to clear.

Eventually you'll come to a place where you don't feel any angst in your body.

When it's done, it's done and you may notice a feeling of peace or neutrality. You can think of the issue that was causing you angst and not have the inner angst sensation or feeling in your body anymore.

This is your cue that it's completely cleared. Now you can notice how different things are for you. This issue is cleared and you'll be able to see what other issues are also cleared.

You might even feel a sense of Joy or Bliss.

So that's this Peace Process or Vipassana or Letting Go process. Many names for a very powerful technique.... Really a way of life.

You can use this as a daily meditation process. It's the fastest way I've found to clear stuff that's been slowing you down or standing in your way or stopping you from true healing and happiness.

Let me know how it goes for you!

Much love,

Ralph