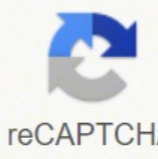


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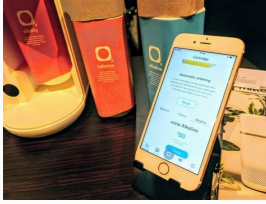
To release emotional attachment to issues

The Sedona Method

by **Hale Dwoskin**

<http://www.sedona.com/html/sample-of-process.aspx>

*Slides advance automatically



Sedona
Training Associates

THE INSIDER'S GUIDE TO THE SEDONA METHOD

Letting Go to Achieve Emotional Health and Mastery

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Sedona method emotion chart pdf. Sedona method emotion chart.

"Yes" or "no" are both acceptable answers. 4. Ask this simple question: "Would I?" In other words: "Am I willing to let go?" If the answer is "no", or if you are not sure, ask yourself: "Would I rather have this feeling, or would I rather be free?" 5. Basically it is extremely simple, just a mantra of three questions. Also, make a comment, I'm curious to know what you think about this. Further Readings: You should start a blog or a website too. If you keep repeating these 3 questions to yourself each time an emotions pop up, your life will change Click To Tweet. This is one of the most effective self-help methods and all you gotta do is replying to those 3 questions and let go. Once you start getting better in answering these question on emotions that appear in the present moment. You can then start writing down emotions that are daunting you all your life and try to reply to the same questions for these emotions. Scientific Proofs That The Sedona Method Works If you are going to get the course you will soon see that the videos are very old. Back in the days, the internet was not so popular and thousands of people were actually participating at seminars and retreats to learn these skills. You can participate in Sedona method seminars even now. But probably it will make more sense to follow along on the internet so that you can save some money. You can also interact with people trying to apply this method with the Sedona method forum. I recently started to use forums as well and I love it. Start to become aware of your basineature of unbounded freedom: Stop the habit of looking for your problems when they are not there. Easily allow yourself to become aware of your SENSORY PERCEPTIONS beginning with your sense of HEARING. When? Does the feeling come from a fear of losing / wanting security? (Security is about survival, safety, getting vengeance, self-protection, protecting others, attacking, defending, wanting to kill.) Could you welcome the fear of losing / wanting security? Could you allow yourself to just welcome whatever thoughts are coming into your mind in this moment? 8/12/2019 The Sedona Method Free PDF 5/2/7 Then, while allowing yourself to continue to focus on your thoughts, could you allow yourself to welcome the silence and the space that surrounds and interpenetrates whatever is being thought? Switch back and forth between focusing on your thoughts, and the silence and the space in your awareness between the thoughts. Allow yourself to focus on what is being SEEN. These questions are merely asking you if it is possible to take this action. By the end of that period his body became totally healthy again. Furthermore, he entered a state of profound peace that never left him through to the day that he died 42 years later. The Sedona Method written by Levenson's pupil Hale Dwoskin, explains the system that he discovered. What he found was the ultimate tool for personal growth - a way of letting go of all inner limitations. Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. 2. Ask yourself one of the following three questions: Could I let this feeling go? The sub-title of the book is "How to get rid of your emotional baggage and live the life you want". The Sedona Method was developed by Lester Levenson after he was given three months to live. Ask yourself this simple question: "When?" This is an invitation to just let it go now. You may find yourself easily letting go. Share it with your friends and spread some rumors about it. Could you let go of the fear of losing / wanting control? When? Does the feeling come from fear of losing / wanting separation? (To be separate from others / love / goodness / God means superiority / inferiority, i.e. specialness, and thus arrogance, being different, standing out, being alone, disconnecting, getting away, not fitting in, loneliness, self-pity.) Ask yourself the same questions as above. 8/12/2019 The Sedona Method Free PDF 8/2/78/12/2019 The Sedona Method Free PDF 9/2/77 The system recommends doing this for good feelings as well as for bad feelings. Levenson believes that inherent in us are nine emotional states: Apathy, Grief, Fear, Lust, Anger, The Sedona Method is a unique technique that will help you manage your emotions and live life in the present moment. This is a powerful tool created by Lester Levenson that will help you manage the emotions and take control of your life. This method will help you reach your goals based on the assumption that you can start figuring out the emotion that you are experiencing and counteract it. Could I allow this feeling to be here? Lester was a man who loved challenges. The ultimate goal is impermutability. Any kind of emotion can be a hurdle if not managed correctly, even good emotions! Click To Tweet Sedona tells us that emotions are mainly positive or negative emotions. Would you let go of the fear of losing / wanting approval? It is the experience of the method's founder, Lester Levenson, that all or nearly all of the mansuffering emotions (AGFLAP - Apathy, Grief, Fear, Lust, Anger, Pride) have behind them a "want!". 8/12/2019 The Sedona Method Free PDF 1/2/DR SUSAN KRIEGLER HOW TO RELEASE PAINFUL EMOTIONS THE SEDONA METHOD 8/12/2019 The Sedona Method Free PDF 2/2/77 SEE THE PERFECTION IN THE SEEMING IMPERFECTION Release and allow yourself to see the perfection where the seeming imperfection seems to be. What is your key to serenity? It is so simple that it may confound you. Let go of the feeling of wanting to change it. It is being anything in your life within the scope of your personal experience you do not like and want to be different than the way it is including events of the past. If you remain open to the elegance and simplicity of this solution it has the power to set you free. Lester Levenson 8/12/2019 The Sedona Method Free PDF 3/2/77 How to Get Rid of Emotional Baggage One of my favorite prayers is the prayer of St Francis, which ends with: "It is in dying that we are born to eternal life." The conventional interpretation of this is the in order to live life to the full you need to let go of desire. Could you let go of the fear of losing / wanting security? Specifically, the want for approval, control, and security/survival/safety (there is another want, which is an extension of this third want, the want to be separate). In this method the non-suffering feelings are CAP - Courageousness, Acceptance, and Peace. Could you let go of the fear of losing / wanting approval? Could you allow yourself just to hear, listen, or welcome whatever is being heard in this moment? Then, while allowing yourself to continue to focus on hearing: Could you allow yourself to welcome the silence that surrounds and interpenetrates whatever is being heard? Switch back and forth between listening to what is being heard, and not heard. Allow yourself to become aware of your THOUGHTS. He then lived another 42 years. When we feel angry or sad, we don't usually say, "I feel angry," or "I feel sad." We say, "I am angry," or "I am sad." Without realizing it, we are misidentifying that we are the feeling. Would you let the resistance go? However, the 400+ page book describes a further development of the basic approach and gives specific instructions of how to use it in many different contexts. The Sedona Method of releasing painful emotions is similar to the age-old spiritual methods which correctly identifies emotions and not thoughts as the central cause of suffering. He was so excited by his discovery that he used it intensively for a period of three months. On top of that forum, I highly recommend the actualized.org forum. The proofs that this method is working comes from tests that have been done on these people participating in the seminars. They have noticed that people with warped minds, not able to focus and constantly in anger and badly taken from emotions started to feel more relaxed. There are no drugs or hypnosis involved with this method. Only you and your inner self will be involved and the way you progress those 3 questions above will make you a more secure and self-actualized person. Inner peace, limiting feelings and relax will come along in your life if you start to let go of emotions and live the present moment. As humans, we struggle to live the present moment, and we tend to think about the past or to the consequences of the future. Asking questions to yourself is a natural ability and will oblige yourself to give it an answer immediately will make you aware of the present moment we often forget. Conclusions if you are really interested in having this course and you can't afford it, contact me. Would you let go of the fear of losing / wanting control? Could you allow yourself to welcome whatever sensations are being perceived in the moment? Then, could you allow yourself to notice and welcome the space, or the absence of sensation that surrounds every sensation? Easily switch back and forth between the two ways of perceiving. Now, could you allow yourself to focus on a PARTICULAR PROBLEM, and welcome that memory with all the pictures, sounds, sensations, thoughts, and feelings that are associated with it? Could you allow yourself to notice how most of your experience happens apart from this particular problem? And, could you allow yourself to welcome at least the possibility that the problem is not as all-consuming as it has seemed? 8/12/2019 The Sedona Method Free PDF 6/2/77 The Conscious Releasing Process. TAKE A LOOK AT THE OFFICIAL WEBSITE If you start following the Sedona method course you will get a chart that subdivides the positive and negative emotions into these categories: apathy emotions, grief emotions, fear emotions, lust emotions, anger emotions, pride emotions, courage emotions, acceptance emotions, peace emotions. Each time you ask yourself simple questions like "I must do this" you are unconsciously applying resistance to your free will and emotion. What is the Sedona method? This blog is about minimalism and cool thoughts! If you are wondering why I am talking about the Sedona method on a minimalism blog the answer is pretty easy. The key factor idea behind this method is called the "let go" method or the process of releasing. If you are a fan of minimalism you must know that to declutter your house or to live a simple life you need to let go of things. Since I am a very profound and analytic person. It's even in our language. I will find a way to let you have it for free. Could you allow yourself to release the resistance to letting go? When? Does the feeling you wish to release come from wanting / fear of losing control? Control may feel like wanting to understand, to manipulate, to push, to fix, to force, to have it your way, to be on top, to win. Could you welcome the fear of losing / wanting control? Levenson wrote that after living in bliss for sometime continually, he saw that was still "imperfect" and he dissolved that to an even deeper (and more restful) peace - the ultimate Freedom of Imperturbability. 8/12/2019 The Sedona Method Free PDF 4/2/77 Look for the Freedom that is Here and Now! We hold on to our feelings and forget that we are holding on to them. Even your worst problem isn't always with you in the present moment NOW. Instead of giving up, he decided to go back to the lab within himself and find some answers. I am more interested in the psychological letting go of things in life. Once your mindset improves and you are able to let go bad thoughts, and in general bad things in your brain. It will take not too long to start letting go objects. If you are able to dominate your thoughts and lifestyle and find your inner peace the art of letting go will come along with no efforts. The Sedona method is a course you can follow online developed by a physicist from New Jersey called Lester Levenson. I am not telling you to buy it, you can probably find it for free on the internet. Remember that letting go is a decision you can make at any time you choose. 6. Repeat the preceding steps as often as needed until you feel free of that particular feeling. 8/12/2019 The Sedona Method Free PDF 7/2/7 If You Feel Resistance to Letting Go Allow yourself a few moments to fully feel and welcome the resistance. You can learn these things by yourself like any other thing as well. But if you feel lost, you get drained out by your emotions and you want to start a journey with the art of letting go you might consider to follow this course. How To Do The Sedona Method If you want to progress in life you need to constantly learn and work on personality development. Personal development is the fuel for your mind. A strong body in most of the cases has a strong mind as well. This is not true we are always in control and just don't know it. At the core you are empty, silent, and at peace not in the pain and darkness that most of us would assume. Begin by allowing yourself to notice where your problem is not. Often, we believe a feeling is holding on to us. GET THE COURSE NOW! Am the first one that doesn't pay for things but I am also very good at figuring out problems and learn new things all by myself. If you feel like having some guidance works better for you, consider buying this! Personal development is one of the few aspects you need to cultivate in your life to become superhuman. Don't let the world dominate you but start acting toward your goals. Start training your mind the same way you are training your muscles. If you are looking forward to more content, bookmark this blog, READ HOW IT WORKS The two entities are strictly related. What this method is doing is basically trying to make you aware that your thoughts and the material you sitting on that chair reading this right now are strictly related. While you cannot see spirituality and your mind as a physical entity you can still work on identifying your emotions which are the reflex of your spirituality on the real world. The real world is where we are able to see real things like people, buildings etc. These are the main steps to follow to find your inner peace and to practice the Sedona method. Allow yourself to feel the emotion. Find the most relevant name for it using the table in the course. Look in which category it falls. Take control of your breathing! Ask yourself, "Could I let it go?" Ask yourself, "Would I let it go?" Ask yourself, "When would let it go?" Repeat the steps above until you can't feel the emotion anymore. If you want to know why and how! Read my tutorial that will guide you on how to have a successful blog step by step: How To Start A Successful Blog Step By Step If it happens that you need to have a bank, here is the best bank you can have as a minimalist: Open A Free And Minimalist Bank Account Now Thanks Donate PayPals It Cool? Article Value / Product Value Summary Related Sorry! Something went wrong. Is your network connection unstable or browser outdated? As you master the process of releasing, you will discover that even your deepest feelings are just on the surface. Because of his determination and concentration, he was able to cut through his conscious mind to find what he needed. Could I welcome this feeling? 3. The Sedona Method is about 'releasing' emotions. The basic method can be summed up as: 1) become aware of the feeling, 2) feel the feeling, 3) identify the feeling, 4) relax into the feeling, 5) until the feeling releases. When? Check the Wants - Approval, Control, Security, Separation Does the feeling come from wanting / fear of losing approval? (Approval includes love, to be loved, to mother, to be mothered, acceptance, admiration, caring, attention, understanding, nurturance, popularity, stroking.) Could you welcome the fear of losing / wanting approval? Could you allow yourself to welcome whatever is being seen? Then, could you allow yourself also to notice and welcome the space, or emptiness, that surrounds every picture or object, including the space between the words on this page? Alternate between the two perceptions for a few moments. Next, focus on whatever SENSATIONS are arising in the moment.

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