

Peer-to-Peer Pre-Releasing Procedure

Result

To support you in being fully present and performing at your best while supporting others in using The Sedona Method.

Logic

Having an open, relaxed, and natural state of mind when beginning to work with a releasing partner is highly supportive of great success for both of you. These simple steps will help you to do your best and be open, available, and sensitive to your partner's needs. They will give you the critical advantage you need to handle even the most difficult situations or participants. You can do this procedure in the beginning of your work day or an abridged version before any particular session.

Take as much time by yourself as you need to get quiet inside.

1. Release any reactivity.

Look for any inner disturbance and release.
Release any wants relative to the session.
Let go of wanting approval from your partner.
Let go of wanting to control your partner.
Let go of wanting security or survival in relation to your partner.
Let go of wanting to be separate from your partner.

(Use your after-clean-up procedure if needed)

2. Center yourself and bring yourself fully present.

Get as quiet and centered as you can by allowing yourself to be fully present, here and now. You can also allow your unlimited potential to fully support you and your partner.

3. Allow yourself to remember or rediscover that you are not an individual, that what you are is limitless. You can use any of The 5th Way tools to accomplish this or by simply sitting quietly and being what you are.

4. Repeat to yourself a phrase that invokes for you a sense of being unlimited. It is important to note, you can pick something that is aligned with your own spiritual background. You can use one of your favorite adages. This is not meant to impose any particular spiritual dogma for you or your partners.

An example might be:

I open myself to my full potential.

or

I allow myself to be fully present.

or

I allow my Beingness to be.

or

I am I.

or

I am the Infinite Beingness of the universe... the totality of it... omniscient... omnipotent... omnipresent... all perfect... So be it. It is not in my ego sense, but is in Beingness... I AM.

or

I am effortless, choice-less, pure awareness, expressing as bliss... the vast changeless background that surrounds and interpenetrates all that exists.

or

I am the all, I am the all in all, I am the one in all, the all in one, I am the many and I am nothing at all.

Summary

The more you let go and accept the unlimited potential of what you are at beginning the releasing session, the better you will support your partner and the easier you will find it to let go on the spot during the session. Plus, the more you will get out of the session personally including when you are asking the questions of your partner.