

### How to get the most out of these tools:

- 1) Try to cultivate a meaningful space. This means a place where you can focus on yourself without fear of interruptions or constant distractions. Where you can express yourself properly and fully. Make sure people can't walk in on you. Not too many sounds. You should feel safe and at peace so you can really drop into and engage with yourself, without being disturbed.
- 2) Try to express yourself with either a pen&paper, typing on a keyboard, speaking out loud, or speaking inside your head. It is up to you. You can experiment with all of the above modes of self expression. You could even ask a friend to read the questions to keep you accountable to the answers.
- 3) You might need tissues and also a space where you can cry out loud or release out loud without feeling self conscious. A car can be a good space for this if your living space is full of people.
- 4) As you are listing your responses to the process questions (*i.e - I thank myself for...*), make sure you go into detail as much as possible. And make sure you take your time. Try not to rush this. For example, if someone has cheated on you, you could say... "I resent you for cheating on me". And move along. Or, for the benefit of real healing you could say... "I resent you for that night we were at a club and i saw you kissing someone in front of me." Or. "I resent the day that our best friend told me that you and Alan were getting together". The same applies to all phrases... the more detailed the better. Keep listing and revisiting the questions until the questions feel neutral. Be aware of if you are avoiding questions or judging questions. This is a sign you don't feel safe, and a sign that this is where your healing is.
- 5) Once you have made your list with the "leading questions", it can be good to go back and read over the again (if you used a pen and paper or writing on a computer). Points that make you cry or still stir up emotion... go over them again and again until the emotion loses it's grip on you. You may need to re-read or repeat a few times. **Spend time FEELING THEM.** Points that make you angry, spend time "FEELING THEM". This is where the healing lies. Healing is in the feeling. If you complete this flow with only your head, you will think you are clear, but the real work lies in feeling with the heart. Healing is in the feeling. If you feel nothing. Give yourself a break and read them again later or another day.
- 6) Remember that it is not necessary to have the person you are healing with in front of you or in physical presence. You do not need to even tell them that you are doing this work. You are doing it for both of you, because if you can heal and return to love, it will heal the relationship for the both of you. I have many times completed these processes on my own, and felt the lightness return to a relationship, only then to receive a message or a text from the person i was processing with. It only takes one of you to commit to the heart healing for this to work. Many times, the person i was processing messaged me directly after this process.
- 7) Take your time on the process. Maybe points or steps 1 - 3 are enough for today. Do not try to rush it or make it goal orientated. The heart needs time to heal, where the mind wants instant gratification.

- 8) Treat this process as sacred.
- 9) Ask a higher intelligence of Love to come into this process and guide you through it. This might be your own intuition, or a God you may pray with, The Universe, Angels, beings of love and light, your heart - the more support you get, the better. You are not alone.
- 10) Enjoy the lightness of giving yourself and your heart the time to heal together.
- 11) Well done on creating a more loving world!

Biggest love,  
Dan.