

# The Game of Life Masterclass

## The Sedona Method® of Release

The Sedona Method® of Release is an incredibly simple and extremely powerful process that releases negative thought patterns/beliefs, feelings and emotions and is shared with permission of Sedona Training Associates.

Make yourself comfortable; ask your guides and angels to surround you with God's Divine White Light. Breathe slowly and deeply to help you focus within.

Step 1: Focus on one of the negative beliefs or thought patterns you have about. Allow yourself to experience and *FULLY Feel* the negative-ness of the belief or thought pattern. Embrace the negative feelings of the belief or thought pattern to your heart. Welcome the negativity into your body freely and completely.

NOTE: It sounds counterproductive to “embrace” something that you are trying to “re-lease,” but it isn't. When you face energy, it reacts differently than when you ignore it or push it away. When you fearlessly embrace the negative beliefs and thought patterns you pull the darkness into the light – and the darkness cannot exist in the light.

Step 2: Ask yourself: *Could I let this feeling go?* Answer the question honestly with the first answer that comes to you – “yes” or “no.” No matter what the answer, try again to embrace the feeling to you – can you find the feeling? Embrace it to you. Go on to Step 3 no matter how you answered the question.

Step 3: Ask yourself: *Would I let this feeling go?* Answer the question honestly with the first answer that comes to you – “yes” or “no.” No matter what the answer, try again to embrace the feeling to you – can you still find the feeling within you? If so, embrace it to you. Go on to Step 4 no matter how you answered the question.

Step 4: Ask yourself: *When will I let this feeling go?* Answer the question honestly. This question gives you the opportunity to completely dissipate the feeling NOW.

Step 5: Repeat this procedure as often as necessary to be completely free of the negative belief, feeling/emotion.