

Emotional Detoxification Technique

Make a fist....

This easy to use process can help you detoxify and neutralize negative memories, thoughts, feelings or sensations. Practice as often as you like or need.

1) Close your eyes and relax, imagine yourself in a safe healing place of your own design and choosing. Next, let yourself be with whatever feelings, sensations or images arise as you focus on what has been upsetting you.

2) As you connect with the negativity, make a tight fist with your left hand for a few moments. Relax your fist, open and then close your eyes. Breathe in and out deeply.

3) Next, connect with a happy memory where maybe you felt loved, smart, secure or happy. As you reconnect with those pleasant images, make a fist with your right hand for a few moments. Release the fist, open and then close your eyes. Breathe in and out deeply.

4) Now draw in a deep breath and make a fist with both hands at the same for a ten count. Exhale, relax the fists.

5) Open your eyes and think again about the negative thought, feeling, image, memory or sensation and notice how much of a shift has occurred. Does it seem less upsetting now? Practice frequently to neutralize negative thoughts and feelings.