



## HOW TO RELEASE NEGATIVE THOUGHTS AND SELF-TALK

### INTENTION

The first step is to set an intention for yourself that you'd like to begin to release negative thoughts and negative self-talk.

### THOUGHTS

Notice when you're thinking negatively.

Catch yourself when you're on a roll. Say "STOP"

### FOCUS

Focus your awareness on your physical body only and ask yourself.

Where do I feel this?

### HANDS ON

Place your hands on the area of your body where you've been holding these thoughts. The first place you think of will be correct e.g. your heart, solar plexus, stomach etc.

Sit with your hands on the painful area for a few moments, close your eyes and breathe a little deeper and a little slower than you normally would. Notice the physical feelings and sensations you're experiencing in the body - not your thoughts about them - focus only on the physical sensations in the body and notice or imagine what's in there.

### ASK

What shape is it?

What colour is it?

Is it flat or 3D?

Is it a symbol?

Is it heavy or light?

Is it sharp or soft?

Is it pushing, pulling, digging into me, or sucking my energy?

Does it say anything, or make any kind of sound?

## **ACKNOWLEDGE**

Stay focused on the shape for a while, noticing the feelings it's giving you. This is how we acknowledge all we've been holding in our body relating to the situation, person, or event etc. If we don't release these things, they can eventually manifest as more discomfort, pain, illness, or dis-ease.

## **SEND LOVE**

Send love, compassion, and kindness to the shape and intend to release it to its perfect place. You don't need to know how to do this, just trust and know that it will be released because this is your intention and you have asked.

## **ASK YOURSELF**

What would I like there instead?

## **IMAGINE**

Imagine something comforting in your favourite colour e.g. a shining golden sun, a silver waterfall, soft liquid light, a fluffy white cloud, or a pink love heart etc. Choose the first healing image that comes to you.

## **BREATHE**

Breathe this lovely image into the area of your body where you're feeling pain or upset and enjoy imagining good sensations for a few moments. Smile gently and imagine how good it will feel to replace the old shape with this beautiful new one. Breathe in feelings of freedom and joy and welcome the new shape in.

## **PRACTISE**

Practise this technique each time you notice negative thoughts or negative self-talk. Practise it over and over, and you will get really good at it.

It only takes a couple of minutes to do, and in time it will become a positive habit. After a while you might notice you are having fewer negative thoughts than you used to, and that you're now creating and attracting the life, thoughts, and feelings you really want.

*Rebecca Rivka*