



Effortless Emotional Journey Pre-frame

The Gentle Welcome

(Keep reading until a strong emotion is experienced. Once a strong emotion is felt, let the script fall away and go straight into The Effortless Emotional Journey)

(Processor reads:)

“Sometimes we all have a little difficulty feeling our emotions. It’s natural. So let’s take a few moments to turn within, to open and experience what is here.”

“So you can gently close your eyes, take a few deep breaths in...and out... and just let your body soften, open and relax. Softening your face... relaxing the corners of the mouth... relaxing the jaw... softening the throat... relaxing the shoulders... softening the chest... opening the door to your own heart and relax and soften your belly... your pelvic region... your thighs, legs... just let your whole body relax and open.”

“Then let your awareness become spacious, letting your heart be as wide as the world – let it become vast in front of you... boundless behind... infinite to all sides... and just rest as an open sky of all acceptance.”

“Into this vast sky of acceptance welcome all of your emotions... all the feelings you have ever felt... even your ancestors’ emotions... your love is this vast.”

“Now turn your awareness *inside* the body. Your body, your being, is like a container, a vessel *full* of all kinds of emotions, all kinds of feelings and our feelings, they are like little kids – some are loud and attention seeking, some quiet and shy, still others have hidden themselves away beneath lids or behind closed doors. They may not trust you anymore as they have been rejected so many times... so you might like to apologize to your feelings and let them know, that for once you are going to be open, you are going to listen, be present and *feel* whatever is arising.”

“Now find an area of your body that might be a little tense, contracted or held in some way, and just breathe into that area, flooding it with your own love, your own acceptance, letting it soften and open...”



and if there were an emotion there, I wonder what it might be?... Some of our feelings are very subtle, so just welcome whatever is here.”

“Or perhaps there isn’t a feeling, but rather a picture arising. If that’s the case, then how does the picture make you feel?... Or if this area could speak and had words, what might it be saying?... How does that make you feel?... Just welcome whatever is here and also whatever is *not* here.” *(let them name an emotion and then say)*

“Where in the body does that feeling grab you most strongly?... *(write down emotion and where it grabs most strongly)*... Just allow this emotion to become even fuller...” *(once they feel it fully say)*

“Now let yourself come to neutral and find another area where there might be a little tension, stress, holding or hiding going on. Once again flood it with your own love, your own acceptance and if there were a feeling beginning to arise right now, what might that feeling be?... *(give time to answer)*... Or if there were words, what might it be saying?... How do those words make you feel?... *(give time)*... Or if there was a picture, how does this picture make you feel?... Or perhaps there is a lid or a door. If there is a lid, just feel yourself peeling the lid back and asking what am I covering, what am I hiding from and just open into what has shown up... How does it make you feel?... *(give time to answer, write down)*... Where is it arising most strongly?... *(write down)* And just allow it to be even fuller... *(once it’s fuller say)*... Thank you... And now come to neutral...”

“And now find a third area where there might be some tension, contraction or holding going on. Breathe into that area... Let it be suffused with your own acceptance. If an emotion were arising, what might it be?... Or if it had words, what might it say?... Or if there is a picture, then how does it make you feel?... Just welcome whatever is here and whatever is not here. Perhaps there might even be a door there. If so just open the door. What’s hiding behind there... and how does it make you feel?... *(let answer and write down)*... Where do you feel it most strongly?... *(write down)*... You can even allow it to become even fuller now.

Now of all these three emotions, which is strongest for you? *(Let them name the emotion and from here you can begin to take them right down through the layers in the Effortless Emotional Journey)*



The Effortless Emotional Journey Process

Down through the layers

Processor: *(Read the two 'Down Through the Layers into Source' paragraphs below to your partner and repeat the second paragraph over and over again until they are resting in Source. If they uncover an unknown zone or lid, read those instructions and they will take your partner into Source. So begin by asking:)*

*"What feeling is arising?" (let them name the emotion...then say) "Just allow all of the feeling to come flooding... it can be allowed to come even more fully... now surround the feeling with your own love, your own acceptance and then feel yourself softly opening, right into the very core of it as you ask yourself "What's in the core of it, the very center of it, or what's beneath it... or rising up into it...? and just stay there... So what's here?"...(let them name the new feeling, write it down, then ask) Where do you feel it most strongly?... (write down where in the body, remember to give time... once they name the new feeling and where it is) Say, "Great!". "If there are any people or pictures showing up, just let me know, otherwise just stay with the feeling". (if a person or picture shows up put a star * next to that level, you have just established the level of the campfire. Keep asking at each level until someone/something shows up, then stop asking)*

"Now just allow all of this feeling to come flooding... really welcome it. As it becomes fuller ask, "What's in the core of it... or what's beneath it?" and then surround it with your own love, your own acceptance and feel yourself opening right into the very center of it and just stay there... So what's here?... What's rising up into it?... What's deeper than this?... (let them name the next feeling, write it down and say)... "Great" (and then ask.)... "Where in your body do you feel it most strongly?"... (write down then ask.)... "Are any people or pictures showing up?"... (write down and continue repeating down through the layers until they open either into the 'Unknown Zone' or Source)



Unknown Zone Instructions:

Processor: (If they arrive in nothingness, blackness, emptiness, a haze or fog, read the following)

“Great! You are in the Unknown Zone, and you know what your job is – just to relax and welcome it. It’s just another layer... So tell me, what’s it like?” *(let them describe it and be encouraging)*... “Are there any edges or boundaries anywhere, or does it just go on and on?”... *(encourage them to check it out and describe it and then ask)*... “What’s coming into this vast field of nothingness, this emptiness?...What’s seeping in now?...What’s coming through the cracks, the pinholes?...What’s beginning to suffuse this blackness?” *(let them speak out loud – usually it’s light, love, peace, calm, some Source-like word. Then say)*

“Just feel yourself opening and expanding right into the very heart of it... So what’s here?”... *(give time for them to identify what’s here, then say)*... “Great! So as you feel yourself expanding just ask yourself what’s in the heart of this?”... *(let them answer and then say)*... “Just feel yourself opening and expanding in this”...

(Keep repeating the above paragraph until they are resting in Source, which is a presence that is omnipresent)

Lid or Stuckness Instructions

(If there is a lid just have them peel the lid back and ask.)... “What might it be covering or protecting you from feeling? ... What’s beneath it and feel yourself opening into it.”

(Then continue with the Unknown Zone instructions until they open into Source)



Source

(Once they arrive in Source, in a presence that is omnipresent, inside, outside, everywhere. At this point take them two layers deeper by repeating the paragraph below)

“What’s in the heart of this, the very core of this?... Just feel yourself opening and expanding into this... So what’s here?... *(let answer and repeat)*

“Just rest in this infinite vast expanse that is your own essence.” *(let them rest in Source for a few moments and then start taking them back up through the layers by repeating the following at every layer, right through the campfire layer, and then go to the campfire)*

“Knowing yourself as this vast boundlessness, this infinite presence, this pure love. If _____ *(their name for Source)* had something to say to _____ *(the next layer up)*, what might it say?... *(let them reply)*... And now just allow _____ *(Source)* to wash through that layer letting it be bathed in and dissolve into the infinite presence of _____ *(Source)*

(Once you get to the layer with the asterisk ‘wash’ through it and go to the campfire).*



Campfire

(Processor says:)

“Now imagine a campfire, the nature of which is unconditional love, pure acceptance. To this fire, welcome a younger you – it can be any age range from zero right up to now. Then welcome to this campfire the present day you. Also at this fire is a mentor whose wisdom you trust. It can be a saint, a sage, an enlightened master – someone in whose divine presence you feel safe and whose wisdom you trust.”

“Now welcome to the fire specific people who may have somehow played a part in all the painful emotions you first started this process with. You can invite as many as you like but for the sake of today's process you will likely only get a chance to speak with one of these people... So who's here? *(let them answer)* Does anyone else need to be here?” *(let answer)*

Dialogue and Empty Out

(Processor says:)

“Sitting in the presence of this protective fire of unconditional love with your mentor, I'd like to speak to the younger you. This younger you has gone through a lot of painful emotions *(you can even name them)*, and its time to give the younger you a voice; a chance to really empty out all of these strong feelings that you may previously not have felt safe to express... feelings that you may not have had a chance to speak out before... and let the other people at the campfire open and listen. Let the younger you or the mentor choose which person sitting at the fire you wish to speak to.”

“So if the younger you could speak from the heart, really open up and let come up and out what needs to be said... to get it all off their chest and out of their cells... what might the younger you say? Let the younger you empty it all out.” *(make sure they speak out loud. Give plenty of time to*



answer, be encouraging and ask them to speak in the voice of the younger them, in the first person and, once completely emptied then say)

“Knowing that _____ (the person spoken to) was probably doing the best they could with the emotional resources they had at that time, what might they respond if you could give them a voice? Let them speak *not* from the ego or personality, but from some deeper place... (be encouraging, let the other respond)

“If the younger you could respond, what might you say?” (let them empty out)

“If the other person could respond, what might they say?” (let them respond)

*(keep dialoguing and continuing to empty out until both parties are **completely** empty)*

“Now ask if the mentor has anything that needs to be said? If the mentor had some advice, some insight, some words of wisdom, what might the mentor say?” (let answer)

“Now it’s time to go to the present day you, and if the present day you could really open up, get it all off your chest, out of your cells, what might the present day you say to this other person?... (let answer)

“And if they could respond, what might they say?... (let answer)
(keep dialoguing until all are empty... then ask)

“If the mentor had anything more to offer, what might the mentor say?” (let answer then say)

“Is there anything else that needs to be said by anyone in order to feel complete? Then let them speak that now.” (let them empty out more if needed).



Forgiveness

“Now say to the younger you: “Even though you might not be able to condone the other persons behavior, even if its totally unacceptable by *anyone’s* standards, I’d like to ask you if you’d be willing to completely forgive the *soul* of the other person from the bottom of your heart?” (*let answer*)... then go ahead and forgive them in your own words, out loud, from your whole heart.” (*let them forgive*)

“And then ask the present day you the same: “Even if you in no way condone this other person’s behavior. Even if its not acceptable by *anyone’s* standards, are you willing to completely and utterly forgive the soul of this person with all of your heart?: (*let answer*)... Then go ahead and forgive them in your own words, whole-heartedly, out loud.” (*let them forgive*)

“Now if *you* need to be forgiven for *any* reason, let the younger you open your chest and let the other person forgive you wholeheartedly... And you can let the present day you do the same.”

“Now it’s time to let that person, and any others sitting by the fire, merge now into the light... with a prayer for them that somehow they can find forgiveness for themselves.” (*let your partner speak aloud this prayer in their own way*)

“And now there is just the younger you, the present day you and the mentor here at the campfire, and there is still a short dialogue that needs to happen here.”

“So letting the present day you turn to the younger you and repeat after me: “I am so sorry for all the previous pain you went through... You just didn’t have access to the wisdom that I do now, and I promise you will **never** have to go through that previous pain again, because from now on I will love you and protect you, and you can have access to this wisdom, this love, this forgiveness any time you like. And I forgive you for anything you need to be forgiven.” Now hugging the



younger you, let the younger you merge inside, growing up now in this love, acceptance and forgiveness... right up to the present day.”

“And turning to the mentor and asking if there is any final communication the mentor might like to make before merging into the light. *(let them answer)* Then let the present day you and the mentor merge and dissolve into the boundless presence of love that is your own essence, your own soul – this infinite field of Source. And just allow your own awareness to expand and become spacious vast open and free in front of you. Letting it become boundless, free and endless behind. Spacious to all sides of you and just resting now in the boundless presence that is your own essence.

(Then say) “Knowing yourself as this vast boundlessness, this pure love this _____
(Source)... if _____ *(Source)* had something to say to _____ *(the next level up)* what might it say?... *(let answer)*. And just allow Source to wash right through that layer letting it dissolve in the light and love. *(keep repeating right up through the top layer and then go to the Future Integration)*.



Future Integration and Letter to Self

“Staying wide open in this boundless presence of love, of light that is your own essence, I’d like to ask you to step into the future a day from now... Breathe how you are breathing, feel how you are feeling, and open into the consciousness of what you are feeling right now... It’s you a day from now... How are you feeling?... Check your body... Is that old issue here anymore?... *(let answer)* Great!”

“Now step into the future a week from now. Breathe how you are breathing, feel how you are feeling, and open into the consciousness of you a week from now. How are you feeling... about yourself, about life?... *(let answer)* Great!”

“So now step into the future a month from now. Breathe how you are breathing, feel how you are feeling, and open into the consciousness of you, a month from now. How are you feeling... about yourself, about life?... *(let answer)* Check your body. Is that old issue coming up any more, or is it disappearing altogether?” *(let answer)*

“So now step into the future six month from now. Breathe how you are breathing, feel how you are feeling, and open into the consciousness of you, six months from now. How are you feeling?... *(let answer)* Six months down the line over 70% of your cells have already replicated and healed, so how are you feeling... about your self...your life?... *(let answer)* Check your body. Is that issue arising or is it completely gone?... *(let answer)* Great!”

“So now stepping into the future a full year from now. A year from now there will not be a single molecule in your body that was here today – you are *literally* all new. So breathe how are breathing, feel how you are feeling, and open into the consciousness of you, a year from now you. How are you feeling?... about yourself, about life?... *(let answer)* Check your body. Is that old issue even coming up anymore or is it completely gone?... *(let answer)* Great!”



“And now step into the future five years down the line. Breathe how you are breathing, feel how you are feeling, and open into the consciousness of you five years from now. How are you feeling... about yourself, about life?” ... *(let answer, be encouraging)*

“Now staying wide open in this consciousness of the future you. I’d like to ask the future you if you might be willing to write a letter to the present day you, giving yourself practical advice on how to be, what to do, how to live *from* this consciousness. It is said the fact that you can even conceive of this consciousness means you can start from here, starting now. So if you are willing to write this letter from the future you to the present day you, you’ll find you’ll only be able to open your eyes *only* as soon as all parts of you are fully integrated, and when all parts of you *are* fully integrated and willing to carry on the healing process naturally on its own, you *will* be able to open your eyes and let your own wisdom pour itself onto a page, letting the free wise future you guide you now. So you can open your eyes now when you are ready and let this letter to yourself fall onto a page”

(When they open their eyes, hand them the ‘letter to self page’ so they can write their own letter to themselves. Make sure you thank them, praise them and share what a gift it was to work together in this way. Then if you’d like you can switch.)



Letter to Self;

With soft eyes - open your eyes slowly, staying connected to the consciousness of the future you. Let the future you write a letter to the present you, giving practical advice on how to be ... what to believe ... how to live your life from this expanded awareness. Just let your own wisdom pour itself onto a page, letting the free, wise future you guide you now!

To my dearest self