



DROP THROUGH TECHNIQUES

Pick any from the following and stay out of formula!

- **Effortless Drop Through:** Surround with you own love, open and go into the core of it, stay still, whatever's next can just emerge. What's rising up?
- **Classic Drop Through:**
- Devour technique
- **Pulling the lid back** – what's that a cover for? Energetically pull that away.
- Word Association.
- Worst/Best.
- Open & Deepen – energetically
- Softening (Body, Mind, Consciousness)
- What's here?
- Hand on body, breath
- Belief drop through