

(Form #CW5-3)

Facilitate your client through the following process

Step 1

On a sheet of paper write your biological parents as Mum & Dad, then brothers and sisters and if adopted or brought up by other caretakers write their names. Also the names of anyone with whom you feel incomplete i.e. husbands, wives, school friends, business partners, teachers, Doctor & staff, or whoever delivered you, etc.

Step 1a

Make a collage of photos of:

- Your parents at the time you were born – wedding photos are great. Remember your parents were young and beautiful then.
- Yourself as a baby, child, teenager and adult. School photos as well.
- Brothers, sisters, lovers, husbands.

If you can't get photos do drawings.

Put the list on the collage and pin up in the place where you intend to do the Take Notice of Everything Relationships Meditation.

This meditation is best done sitting at a table using a comfortable, straight backed chair. If you feel overwhelmed or sad, fold your arms on the table and rest your head in your arms.

Step 2

With non dominant hand (the one you don't usually write with) start with the parent of choice and write:

Mummy/Daddy the biggest thing I feel(write an emotion) about is
..... (write an event, situation or an overview from your childhood).

Step 3

Then close your eyes and immediately focus on your body.

Take notice of any feelings, sensations or physical pain, even the desire to move, or other irritation, mental or physical - in fact anything.

Take notice of anything that grabs your attention on any level. It all means something.

Now focus your attention on the part of your physical body where the sensation is strongest. Rest your attention (consciousness) like a butterfly on the skin above where this body sensation is. Imagine, visualize, feel, see, think, hear (whatever works best for you) your skin is permeable to air (will let air through) and breathe right into the sensation. Relax into this.

Close eyes; breathe right into the sensation. Connect your breath as in 20 Connected Breaths. Breathe right into the sensation. Breathe connectedly, gently into the sensation. This sensation is the physical component of suppressed emotional tension brought to your attention by your willingness to focus on your feelings/emotions.

Continue to breathe connectedly into the sensation until it dissolves. If the sensation moves to the other part of your body – move your attention (consciousness) with it. Because you have stimulated feelings you may (this does not have to happen for it to work) have an emotional reaction. When this happens – lie down and do the Connected Breathing keeping

your attention on the strongest sensation. Keep breathing gently until you feel completely relaxed, calm and at peace.

Do this process to completion. Swapping to another parent/caretaker parent is usually not as effective.

Do this meditation in a private, comfortable room. If possible, have no phone or other distractions.

Do one complete set. (Steps 1, 2 & 3). If you have enough time, do one more set.

Always leave plenty of time for integration, and only leave the room when you are completely relaxed.

Save all the sheets of paper and when you feel there is no more to write about with that particular parent continue on.

Step 4

Write a letter to that parent including everything you wrote about in Take Notice of Everything Relationships Meditation. Let your feelings flow as you write. Stop, close your eyes, and breathe connectedly whenever feelings come up as in the Take Notice of Everything Meditation.

Step 5

Read the letter to your Rebirther.

Step 6

When you are satisfied that you are complete with the person to whom you wrote the letter, you may choose to post it to them or conduct a ceremonial completion without involving them, or if the person is deceased or unavailable, others who have undergone this process have reported that burning the letter brings a sense of satisfaction and completion. Some have chosen to burn the letter regardless of whether the person is living or deceased.

During this crucial time of change Take Notice of Everything, especially people who come back into your life, how relationships are influenced and how you feel. Unravelling your family patterns and opening up your energy flow can be very rewarding.

Remember it is not what you know about your childhood that keeps you a prisoner of the past. It is what you do not know. Every new discovery on your journey releases some past negative energy, enabling you to create a better future.