

Vibrant Health

Change Your Habits, Change Your Life!

HABIT 14

EMOTIONAL RELEASE (TOOLS)



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

Devised by
**Stephen Kirkbride
& David Orrey**

www.VibrantHealth.me.uk

Quick Guide

Habit 14 is entitled ~ **Emotional Release (Tools).**

Simple tools for complete emotional freedom!

Working closely in conjunction with habit 13, these very simple, yet very powerful tools (you'll master them in minutes), will help you remain calm, relaxed and in control, no matter what life throws at you.

They will help you remove any anxiety & stress from your life within seconds!

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 14 ~ Emotional Release (Tools)

“Some simple, yet game-changing tools to help you release negative emotions and free your mind!”



11 Advanced Habits Jigsaw ~ so far...

12 - You're taking complete responsibility for everything in life.

13 - You're starting to let go of all the mental baggage that serves no purpose.

Emotional Release (Tools)

Here are some wonderful transformational tools!

Following on from habit 13, this habit continues the theme of emotional freedom by giving you 3 very effective tools to release and transmute negative energy, as this is so important to your mental and emotional wellbeing.

Important – these tools are for everyday use. Habits 13 and 14 are designed to help you clear out any suppressed emotions and emotional baggage you currently have **and** just as important, to help you clear any future negative emotions as they occur.

Use them every day (as required) as part of your daily routine.

They are all very simple and easy to do, and very powerful indeed. We'll add the links at the end of each section so you can use and experiment with the techniques straightaway, plus do any further research you feel necessary.

All 3 tools have benefitted huge numbers of people as you'll see.

Tool 1 ~ Emotional Freedom Technique (EFT)

This is a very simple, yet brilliant tool!

EFT, often referred to as **tapping**, is a powerful stress relief technique combining the principles of ancient Chinese acupuncture and modern psychology.

It's referred to as tapping, as all you do is lightly tap on specific meridian points with your fingertips.



It helps to release the suppressed emotional energy that impairs the flow of life force energy through the body's acupuncture meridians.

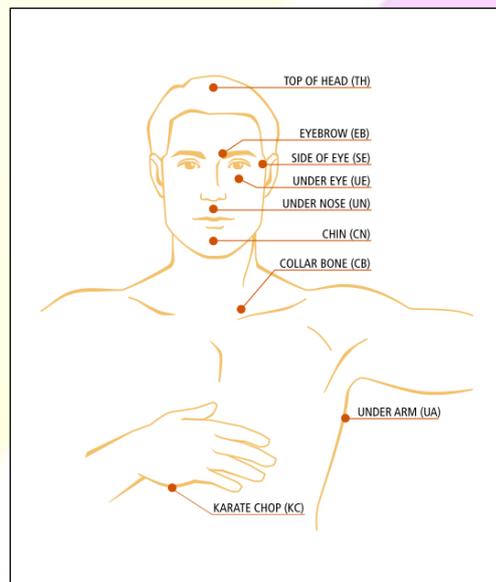
It's a scientifically proven technique that works to **rewire the brain by sending calming signals to the amygdala**, the stress centre of the brain, allowing both the body and brain to release limitations from negative experiences, emotions, thoughts and much more that hold us back from creating the life we want.

How it works

The basic tapping technique requires you to focus on a negative emotion you wish to clear. This can be a fear, a worry, or any unresolved problem. While maintaining your mental focus on this issue, you use your fingertips to gently tap 5-7 times on 9 specific meridian points (as shown on the image) of the body.

Tapping on the meridian points (the same as used in acupressure) sends a calming signal to the brain, letting your brain know it's safe to relax.

Tapping regulates the nervous system and boosts the immune system by putting the body back into the parasympathetic nervous system response (a rest and restoration state).



This allows the immune system, digestive system, reproductive system, and endocrine system to function as it should.

It has the power to change how you feel in minutes, **brilliant healing tool!**

EFT Resources

Gary Craig, the founder of EFT has written a book called **'The Unseen Therapist - One Ultimate Therapy for Everything'** you can download a free copy as an eBook [here](#)

This [4-minute video](#) with Jessica Ortner will demonstrate exactly how to use the technique.

Tool 2 ~ Ho'oponopono

The unusual name Ho'oponopono is of Hawaiian origin and effectively means creating order and balance to heal a situation.

It is a very simple and powerful transformational tool for healing thoughts and memories (and the underlying emotional energy) that are holding you back.



I'm going to give you an overview of where it came from and its incredible power. It also reveals some important spiritual truths and links very closely with habit 12 (100% responsibility).

Before that, there's something very important to understand...

How you create your reality

On a quantum mechanics level, there is only one consciousness that we are all part of. Yes, we consciously experience ourselves individually, but at the quantum level, we are all energetically connected to this one consciousness which is divine creation (source).

Going back to the mind, body, spirit connection chart in the prologue, we discussed how your subconscious mind is effectively a powerful magnet (storing endless programmes/data) bringing your reality into existence.

This means that everything you're experiencing in your life, **you are creating it from within**. On a quantum level, as discussed in the prologue, there isn't actually an out there, as what you are experiencing is from within you, projected outwards into your reality.

To recap, everything you are experiencing is merely electrical impulses in your neural pathways that the brain interprets as your reality.

I know that is heavy stuff 😊!

However, once you understand and fully accept this, you realise that everything that shows up in your life, **you have created it**.

As Dr Hew Len (whom I'm about to introduce you to) says "have you ever noticed that when you have a problem, you are always there? 😊"

Now that is funny on one level but actually quite profound...

Because when you take 100% responsibility (habit 12) for everything in your life that you don't like, you have the opportunity through Ho'oponopono to clear it and heal it from your life.... and it is a very simple process.

This is an incredibly powerful tool for your day-to-day life!

What is Ho'oponopono

It is a self-transformation technique that originated from Hawaii and was originally taught by a lady called Mornah Nalamaku Simeona.

You could actually say; the miracle self-healing and self-improvement powers of Ho'oponopono.

When you read the story in a moment of Dr. Ihaleakala Hew Len and what he did in a mental institute using the powers of Ho'oponopono, you may think of it as a true miracle.



The Dr Hew Len Story

Dr Hew Len was the most avid student of Mornah Simeona and the first person who got documented and confirmed proof of the healing miracles of the Ho'oponopono process.

Dr Hew Len observed Ho'oponopono healing powers himself when Mornah Simeona healed his daughter from painful bleeding shingles (skin disease) that she suffered from for more than a decade without anyone or anything helping.

With complete conviction in the process after experiencing the transformational healing of his daughter, Dr Hew Len paid the utmost attention to her teaching and simplified the Ho'oponopono process even further with amazing results.

From 1984 ~ 1987 he worked as a staff psychologist for Hawaii State Hospital overseeing the high security unit housing male criminally insane patients. We're talking the worst of the worst – you don't turn your back on these guys!

They committed murders, rapes, assaults and due to their degree of "insanity" were locked into a psychiatric high security facility. Violence against each other and staff members was prominent.

Fast forward to 1987 (3 years later), restraints were no longer used in this facility. Violence almost ceased to exist, only involving mostly new patients. New off-site activities were introduced to former very violent patients.

The spirit and energy in the unit was greatly improved and eventually the whole unit was closed because there was no need for it. People were healed and released or moved into other non-violent wards.

This was all documented, described by multiple witnesses and personnel. So how did such miraculous change take place in this hospital?

PAY CLOSE ATTENTION!

According to Dr Hew Len:

- He did not do any therapy or counselling with patients (no direct contact)!
- He did not attend any staff conferences on patients!

He simply practised the Ho'oponopono process on a daily basis that included accepting 100% of responsibility for everything being experienced by him.

He understood that **part of him** (the data deep within his subconscious mind) had created this experience into his reality and he had the tools to resolve and heal it.

So, Dr Hew Len practised the Ho'oponopono process every day for around 3 months, and it created the most miraculous transformation within the most challenging environment.

Let's go deeper, so you understand how it works...



When asked how exactly he managed to heal these violent patients without actually seeing each of them in person, his answer was:

'I didn't heal them. I healed the part of myself that created them'.

The above phrase is the revelation and also explains the transformational power of Ho'oponopono!

When you fully understand and accept that you create everything that shows up in your life as you are energetically connected to the problem (via the divine consciousness), you can resolve it by working on the part of **you** that created it.

You don't have to try and fix the other person or the situation, all you have to do is clear the part of you that created/attracted it on some energetic level, subconsciously.

The good news is that, when you clear the part of you responsible for the problem, it also clears the other person of it as you're energetically connected (aka entangled) to it via the divine consciousness.

This is how he could heal patients that he never consulted or spent time with. He would read their medical files and use the Ho'oponopono process to heal the energetic connection (between him and the patients) that caused their behaviour.

It is referred to as a clearing or cleaning process as you are clearing/cleaning the negative subconscious data/programme that brought the problem into your reality.

Here's how you perform Ho'oponopono

1. Decide what issue/problem you want to resolve.
2. As you feel the negative energy come up as you think about the issue/problem, focus on your subconscious mind (as that's where its stored).
3. Now continually repeat the following 4 phrases:

**'I'm sorry'
'Please forgive me'
'I Love You'
'Thank you'**

Notes;

You are petitioning divine creation (as this is where you are energetically connected with the problem) whilst focusing on the problem stored in your subconscious mind.

You repeat the 4 phrases continually as a mantra (very easy to do) until the problem is resolved. Do it as often as you can, multiple times a day (it becomes almost autopilot after a while) for as long as it takes.

Saying the 4 phrases with feeling, automatically puts you into a healing vibration and starts to heal the problem.



Uses

You can use Ho'oponopono to clear unwanted life situations, places, relationships, financial situations.

If you have a person in your life whose behaviour is causing you problems, **rather than trying to change them, work on yourself** using Ho'oponopono instead!

Always take 100% responsibility for all the circumstances in your life as you created them and start clearing the circumstances/things you don't like and let divinity do the rest.

To reemphasise this simple and wonderful transformational tool, let's leave the final word to Dr Hew Len...

"I didn't heal them; I healed the part of myself that created them"

Ho'oponopono resources

Interview ~ with Dr Hew Len, its over 9 short videos, click [here](#)

Guided video ~ this beautiful guided [Ho'oponopono video](#) is accompanied by soothing music and written words, to guide you and also help you understand the process.

Ho'oponopono course ~ If you want to study it and learn directly from Dr Hew Len, you can do an online video course (around \$40) click [here](#) for details.

Tool 3 ~ EcoMeditation

This is simply the combination of EFT and Meditation.

As you know, we highly recommend the practise of meditation as a habit (No 9) and of course EFT, as a tool for emotional freedom.

This EcoMeditation is a tool developed by a guy named Dawson Church. It is a guided meditation by Dawson that simply uses EFT to help you relax into a deep meditative state.

The studies show fantastic benefits from significant reductions in stress, anxiety, and cortisol levels to increases in happiness, immunity, and gamma brain waves (elevated states).

We highly recommend you give it a try and its free 😊 click [here](#) to access it.

Web resource

[Abraham Hicks](#) Beautiful wisdom from high dimensional beings to help you to understand the bigger picture and get more from your life.



Book recommendations

Book: '[At Zero ~ The Quest for Miracles Through Ho'oponopono](#)' Joe Vitale

Book: '[Mind to Matter ~ The Astonishing Science of How Your Brain Creates Material Reality](#)' Dawson Church

Final words

We can all make 'mountains out of molehills' in our minds and create stress and anxiety that is not conducive with health and wellbeing.

Being able to continually let go of all the mental clutter and detach from outcomes is a highly recommended practise. It holds the key to mental liberation and inner peace.

Recommended habit action steps

- ✓ Try all 3 tools to familiarise yourself with each process.
- ✓ Experiment with the different techniques to find out what works best for you.
- ✓ As you notice any emotional tension or negative energy rising up as you go about your day, acknowledge it, and release it.
- ✓ Take some time at the end of each day to reflect on your day and release any negative energy from the day. Make it a daily ritual.
- ✓ Use these tools every day to... **Release, Release, Release!**

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

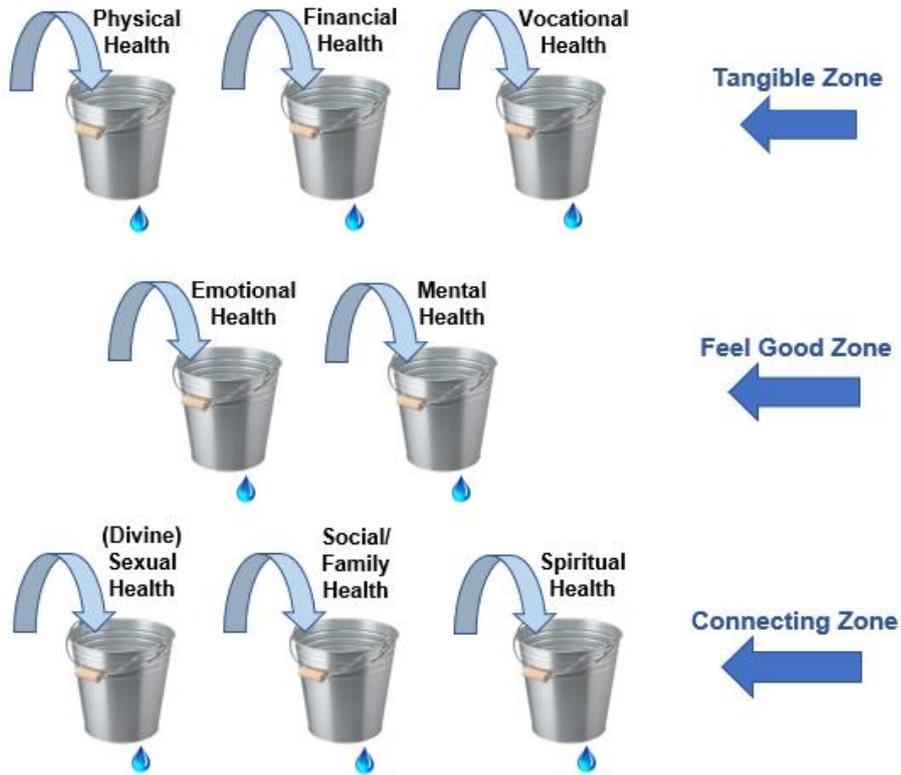
11. You will likely forget all this...but you can remember it whenever you want 😊.



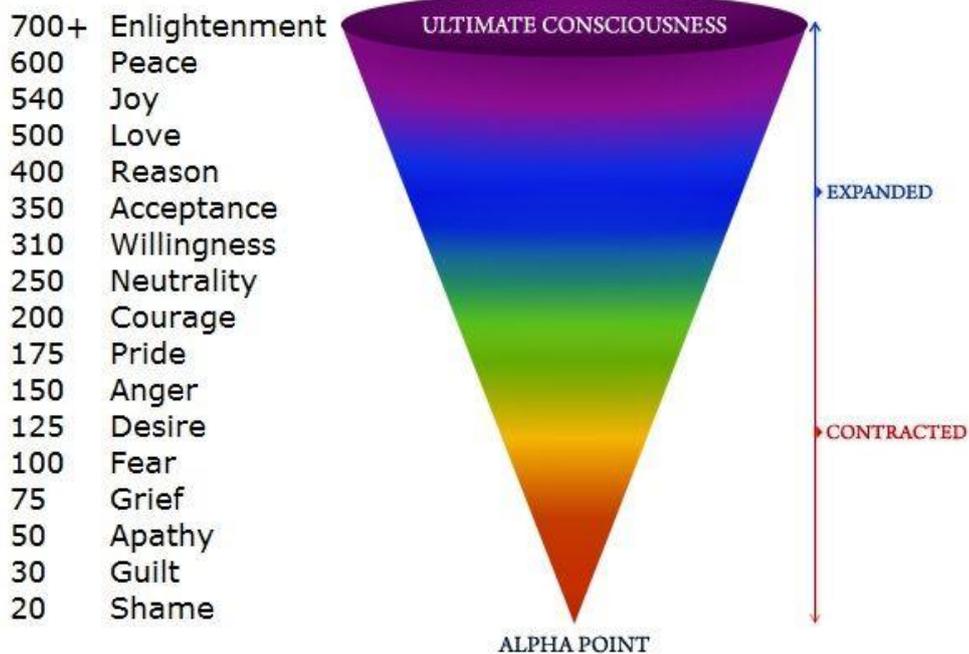
Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

