



ADVANCED PROGRAMME

HABIT 13

Emotional Freedom



...powerful habits to transform your life!

Devised by
**Stephen Kirkbride
& David Orrey**

www.VibrantHealth.me.uk

Quick Guide

Habit 13 is entitled ~ **Emotional Freedom.**

This is the key to mental liberation!

As the most important advanced habit, this will help you to clear all that mental and emotional baggage that holds you back. This is the cornerstone of emotional and mental well-being.

It's all about letting go 😊.



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 13 ~ Emotional Freedom

“You’re never going to thrive, feel fulfilled and reach your true potential if you’re weighed down by emotional baggage.”



11 Advanced Habits Jigsaw ~ so far...

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

Emotional Freedom

This one is huge!

So, after starting to take full responsibility (Habit 12) for everything in your life, we're now going to focus on releasing any mental and emotional clutter.

We carry around a huge reservoir of accumulated negative feelings, attitudes, and beliefs. The accumulated build up can make us miserable and create more issues.

In the advanced habits prologue, I laboured the point about how your subconscious mind can create big physical, emotional, and mental problems if negative data and emotions are allowed to run amok.

You must become a master to your emotions rather than a slave to them.

This habit and habit 14 will give you the processes and tools to release and clear out any garbage (suppressed negative emotions) that are holding you back or causing any issues/problems.

This is absolutely fundamental for your mental and emotional freedom, more commonly referred to as inner peace.

It's not so much what happens to you in life, it's all about how you perceive the events and how you deal with the associated thoughts and emotions, that matters.

Did you know – kinesiology confirms that a negative feeling instantly causes a **50% loss** in your body's muscle power as it lowers your vibration!

Surrendering - this is the key to fulfilment and inner peace.

There are 3 key elements to emotional freedom;



Letting go of the negative feelings and emotions.

Forgiveness for everyone and every negative circumstance.

Detachment from all outcomes.

There are several other complementary habits in this plan to help you with emotional freedom and letting go. In particular, optimal breathing (No 4), regular laughter (No 6), meditation (No 9) and regular orgasms (No 11 – the ultimate in letting go) but we're also going to give you some great transformational tools too!

What happens when we hold on to stuff (mentally)?

As discussed in the prologue, our bodies are designed to operate in a high vibrational state with energy coursing through our meridians (energy systems) making us feel great and able to do anything.

When all is well, we are in a state of vibrant health and wellbeing and energy flows freely throughout our meridians, we are energetically **'at ease.'**

When there is a problem (physical or psychological) in our meridian energy systems, it ultimately creates a blockage and the energy can't flow freely, this is known as **'dis-ease.'**

Now you know where the word originates from!

1. Letting Go

There's no wonder we're all so stressed due to modern living expectations!

With modern living, it's as though we all need to be super human just to keep up. Do you feel like that?

The demands and general expectations these days are just crazy, to say the least!

Add the fear of missing out (FOMO) and there's no wonder why so many people are full of stress and anxiety, as they constantly feel like they have to keep up.

The real question is...keep up with what?

When you do the values exercise in habit 15, you'll fully understand it's all about being happy, healthy, and fulfilled by living according to your highest values (and saying b*****s to other people's expectations 😊).

Here's the mechanism of letting go

First of all, it is very important to acknowledge that negative experiences are simply part of the human condition and we must look at them **without judgment**.

There are 3 steps to letting go...



- i. Beware of any negative feeling as it comes up and simply focus on the energy behind it and nothing else.
- ii. Don't judge it or modify it in anyway, just surrender to it and allow it to be there, all you are doing is observing it.
- iii. Now just breathe deeply and slowly through your nose and allow the energy behind it to dissolve as you relax with each out breath.

It's as simple as that.

It is resistance that keeps the feeling going. By acknowledging it, letting it be without attaching any judgement or trying to modify it, will automatically start to dissipate the energy behind it.

If it is a highly charged emotional feeling coming up, just keep doing the 3 steps until it all dissipates. Each time will dissolve the energy that little bit more.

Use this technique for any emotions or inner conflicts that are bothering you.

Wonderful wisdom about letting go (from above)

Stephen and I often touch base with loving higher dimensional beings (HDB) through channellings and receive wonderful wisdom and advice.

And as they are in a higher dimension and more spiritually and intellectually advanced, they are certainly worth listening to for guidance (if the last two sentences sound weird, just go with it 😊).

They effortlessly tune into the 3rd dimension (where we are) and can see what we're all doing and collectively/individually thinking and feeling.

A constant bit of advice that comes from them is for us to slow down and just let go.

They all tell us we're so busy with life trying to get so much done and get ahead, we're in danger of missing the beauty of it.

I think we all instinctively know this!

Rowing boat analogy

This one comes from a collective called Abraham Hicks (excellent resource btw, will put a link at the end).

They tell us (in an analogical way) that humans generally are constantly trying to paddle up stream against the flow, there's no wonder so many of us struggle.

They say we seem to be obsessed with being so busy all the time and we tend to believe that the only way to really make it, is to roll up our sleeves and work hard.

Their advice...



“Stop paddling and just go with the flow, you don’t even need to turn the boat around, just lift your oars out of the water, the flowing river will turn you and take you where you need to be, just let go and go with the flow...”



*...everything you could possibly want is **downstream.**”*

Why not cut out a picture of rowing boat and stick on your bathroom mirror or near your desk to remind yourself, when you come up against any resistance in your life, just let go and **go with the flow**, it always sorts itself out.

They also say the only time that humans fully let go is at the moment of orgasm and nobody has a problem letting go then 😊!

Monkey and the sweet jar analogy

There was a group of monkey hunters in the jungle who put some tasty figs in fixed jars as traps to catch a few monkeys.

There monkeys would smell, then see the figs and get very excited.

They would come and squeeze their hand through the neck of the jar and grab the figs.

The problem was that they couldn’t get their clenched hand full of figs, back through the neck of the jar.

The hunters waited for a few of them to get their hands in and then jumped out the bushes, ready to catch them.

The monkeys who took their hands out of the jar empty handed, managed to run away from the hunters.

The greedy monkeys who wouldn’t let go, all got captured!

The moral of the story: If you hold on to tightly because you’re too invested in things happening a certain way, you could end up creating a lot more stress and anxiety that creates bigger potential problems.

Don’t be stubborn and keep banging your head against the proverbial brick wall if it’s just not happening with something, recognise when it’s time to let something go.

You’ll know when you’ve made the right decision as you’ll immediately feel (mentally/emotionally) lighter!

2. Forgiveness

“You release the past or by loving it”

This is very powerful!



Every time you dwell on a bad experience or think of yourself as a victim, you add more energy to the negative emotions inside you.

Think of it as a negative ball of energy trapped inside you, hindering you.

In habit 12 we talked about taking 100% responsibility for everything that happens in your life. It is also very important that you also unconditionally forgive anybody who has done wrong to you in some way.

With **heartfelt forgiveness** your victim identity starts to dissolve and your true power through emotional release starts to emerge!

It may be very hard at first, but each time you do it, you are dissolving that little more of the **negative ball of energy inside you**.

Although it may seem completely justified to bear a grudge if someone has done something very bad to you, stop immediately.

Look for the good in the situation. Remember the rules for life from page 5 and how life is a series of lessons. Focus on the lesson and see what good you can find in the event.

A grudge is just negative emotional energy in you and when you hold it against someone else (no matter how justified) you are simply reinforcing that negative energy inside of you and harming yourself! Metaphorically speaking...

'A grudge is like taking the poison and expecting the other person to die'

Never ever think or plot revenge as the other person will create karma around what they did, so the universe will create the circumstances for them to make amends.

You can heal from all the negative emotional energy of victimhood with just **3 incredibly powerful words** to the person who has wronged you...

'I Forgive You'

If you can say it directly to them, that's wonderful, if that isn't appropriate, you can do it in private, just imagine the event and say it out loud and feel the emotional energy dissolve.

If you can sincerely wish them all the very best and with unconditional love, it's even more powerful.

This is simply about emotional liberation by releasing from you, the negative energy attachment to that person and the associated event.

The science

Scientific studies confirm that anger and resentment have a negative effect on the body from the flow of energy, the emotions, and the synchronicity of the brain hemispheres.



The Stanford University Forgiveness Project from 2003 taught groups to let go of bitterness towards each other, which had arisen through their religious beliefs and upbringing.

The study confirmed that cardiac health and physical stamina significantly improved when the subjects let go of bitterness towards their so-called enemies.

Forgiveness literally healed their hearts!

The project confirmed that '**anger kills the angry person, not the so-called enemy.**'

My forgiveness story

Back in 2009 when I operated a newly formed property investment business alongside my established financial services business. I got a very big lesson to say the least!

Turns out a gentleman from a subsidiary organisation connected to the property business played on my trust and subsequent naivety. He basically manipulated external circumstances to control large amounts of investors' funds and disappeared.

Long story short, the fallout from this not only curtailed the property investment business but also took out my established financial services business creating a nightmare.

In a matter of weeks, I'd effectively lost both businesses worth £250k + and still had to deal with the fallout from upset staff to angry investors and much more and it was pretty obvious who had caused it all, but I was the fall guy 😞.

This was very hard to take at the time. However, I have completely forgiven the guy and can now fully see the lesson that I needed to learn. I have no emotional attachment anymore and can laugh at my own naivety that created it all 😊.

Phenomenal example of forgiveness (that just showed up)

As I sat down to start creating the detachment section a few minutes ago, I had a quick look at social media and the following story showed up on my timeline (talk about synchronicity 😊) and just had to share.

One of the group of lads who beat me up when I was 14 was sentenced to prison today for murder.

I was out walking with my girlfriend at the time when him and his mate a few years above me, bashed me for about 30 minutes straight as I pleaded with passers-by to help me.

I remember the fear it instilled in me after for years. I was always scared of going places, getting on busses, the metro trains etc.



I've lived with vengeful thoughts all my life of what I'd do if I saw or came across either of them again, and to find out today how his life has turned out is no surprise.

This news came about to me when I was invited into an old school Facebook group and someone shared the article of his sentence.

Lo and behold there is the other one who did the most damage to me commenting and interacting with people about the news of his old friend being sentenced.

The rage instantly hit me, adrenalin started pumping, and I must of wrote out 3 messages of pure hatred. It's the first time I've seen his name in 20+ years.

As I was typing I clicked his profile, and what I was met with absolutely shocked me....

He was not what I expected at all; he was what looked like a fantastic dad to 4 awesome kids.

Although writing the messages out made me feel better, I never pressed the send button and deleted them all.

You see that lad who broke my jaw, he wasn't raised properly. He didn't have the best of starts or best of guidance. He was let down.

Over time it looks like he has managed to put that right and do things the right way now he's matured enough to guide himself.

So, Mr PN I forgive you for what you did. Your actions as horrific as they were, spurred me on to build my body from an early age which helped me out more than you could ever know.

So, I thank you, and no hard feelings, and hope you live a good life and continue to be a great Dad.

I share this with you all not for sympathy, not to look like a good guy or to make him feel bad ...

I want you to consider forgiving a horrific act someone has done to you as a child. And consider perhaps with a better upbringing, would they have done such a thing?

Because the relief at letting this poison go... it's worth it.

Wow, that is very powerful, the lad recognised the incident ultimately benefitted him (as life is a series of lessons!) and was able to let go of the emotional pain and forgive him!

It's also very poignant that he refers to the emotional anguish as poison as that's what it is if you keep it inside (remember the grudge definition from page 93).



Writing 'it' down helps massively

The guy, in above example, also mentioned how he wrote out 3 messages of pure hatred but didn't send them!

This is also a very powerful technique when you have a grievance with someone. By writing out how you feel, allows you to really express it.

As you write down something that is very important to you, you automatically engage all 4 parts of your brain;

- i) **left brain** (deals with; words, logic, rational)
- ii) **right brain**, (deals with; symbols, patterns)
- iii) **midbrain** (deals with; emotions)
- iv) **brain stem** (deals with; physical stimulation)

Writing harmonises all 4 parts of your brain to really 'nail' the message you wish to get across, as you can tweak it, until it feels right.

Because you're accessing all 4 areas of the brain, you're able to bring all the associated feelings and emotions into a focal point.

Once you've done it and got '**it**' **all out** onto the paper (we highly recommend pen and paper, its more powerful), do **not** send it (just like the lad in the example)!

Tear up the paper whilst saying the words, "**I forgive You.**" Then throw away or burn the pieces (release).

You will most probably find that (like the lad in the example) that once you've written it, you no longer need to send it anyway.

The act of writing it down allows you to completely express all the anguish, hurt, pain and any other associated emotion with the original event and **get it out of your system.**

It's the act of expressing that instigates the release/letting go of all the negative emotions (poison) that you've been holding on to.

Forgive everybody that you have the slightest anger and resentment for. See them as a mirror of you that is giving you a lesson to learn.

Write them all a note/letter expressing what you felt and how you forgive them and thank them for the lesson you received.

This is emotional maturity and mental freedom!

Freely cry your eyes out

There's likely to be a lot of tears when you let go of strong negative emotions.

This is a very good thing indeed; tears are part of the body's natural release mechanism when it comes to expressing deep emotions.



If you think about it, you always feel better when you cry, so **cry your eyes out as much as you need to**. Every tear is releasing more pain and negative emotion.

'With true forgiveness your victim identity dissolves, you feel better, and your true power emerges!'

3. Detachment

Wisdom of the sages... **'Attachments are the primary cause of suffering'**

Whereas letting go and forgiving are about releasing thoughts and emotions around something that is causing/caused any sort of stress or anxiety. Detachment is about not placing expectations on the outcome of something and just letting it be.

It is about detaching from the outcome of something that you cannot control.

Let me give you a 'random' example;

Let's say you are writing a vibrant health programme chock full of first-class information to genuinely help someone skyrocket their all-round health and wellbeing and potentially change their life beyond recognition.

Let's also assume you want to sell thousands (maybe tens of 1,000's) of copies as you passionately want to raise the health and wellbeing of humanity as much as you possibly can.

The (mentally) **Attached** way might be... *we've got to sell dozens every day, thousands every month, otherwise we've failed. Got to push, all day, all night!*

The **Detached** way would be... *we'll make a concerted effort to get this out to a lot of people who may really benefit from it...if we sell a thousand or a hundred thousand it will be absolutely fantastic!*

However... if we only sell a dozen and it makes a massive difference to a couple of people who consistently use all 22 habits...then it will have been a great success for those 2 people.... either way, we ultimately can't control it, it will be whatever its meant to be and we're cool with that!

That is detachment from the outcome in a harmonious way. If the results are good, you'll feel fantastic, if the results aren't so good, so what, it doesn't matter as **you're not placing expectation** on the outcome that could create disappointment.

It takes practise to detach but it's a very nice (psychological) place to be.

Here's another tool for you...

The 'Super Heightened Intense Thoughts' METHOD™

Stephen and I have created this as another simple tool to help you detach.



The key to getting what you really want....

With references to the law of attraction module and associated advanced habits, we discuss how intensely focusing on something you really want, is the key.

The more emotionally intense your positive thoughts, the better it is, as you are magnifying the positive thought vibration and corresponding feel-good emotion.

So, the key is to visualise what you want and create **Super Heightened Intense Thoughts** of having it, to get your body in the peak emotional state as though you are experiencing it.

This sends a very strong vibration out into the universe and the divine picks this up and starts to move things (events and circumstances) to bring it to you.

Now, the key to stress and anxiety...

Is to then expect things to happen a certain way, in a certain timeframe etc...and then get really anxious and upset when the outcome doesn't go the way you are expecting.

The law of attraction doesn't work that way, the universe decides when and how it will happen and all the circumstances around it.

This is the big mistake... **Super Heightened Intense Thoughts (SHIT)** are absolutely key for magnifying the emotional vibration of what you want, but you should **never** use them in relation to how things should play out, as that just creates stress and anxiety if it doesn't happen the way you expect.

Let's summarise;

When you don't give a **SHIT** about the outcome, you remove all stress and anxiety and increase the chances of it happening.

That is how to detach 😊!

Important distinction: Not giving a SHIT doesn't mean you don't care about it, of course you care about it. It just means you won't allow any perceived negative outcomes to influence how you feel as you are mentally detached from what happens.

I sincerely hope you are smiling right now... as this acronym will make it more memorable, it works very well, please use it 😊!

Detaching from negative emotions on a daily basis

Being joyful, happy, and emotionally balanced is a very nice state indeed and this plan is designed to give you all the habits and tools to work towards and achieve this.

However, **it's not a destination**, it's a continuous process as negative emotions are still a part of life, regardless of how emotionally balanced you may be.

We all pretty much experience the whole gamut of emotions over a period of time.



Suppressing emotions is not good, as it doesn't deal with them. As you know, suppressing emotions just stores them, ready to come out a later time when the right 'trigger' is pressed.

The trick is to **acknowledge** and **accept** all negative emotions.

Its normal and human to be **sad** sometimes
Its normal and human to be **angry** sometimes
Its normal and human to be **negative** sometimes
Its normal and human to be **selfish** sometimes
Its normal and human to be **judgmental** sometimes
Its normal and human to be **mad** sometimes
Its normal and human to be **awkward** sometimes
Its normal and human to be **grumpy** sometimes
Its normal and human to be **argumentative** sometimes
Its normal and human to be **jealous** sometimes
Its normal and human to be **bitchy** sometimes

...and so on!

When you acknowledge and accept a negative emotion you are basically recognising it is there, and then you can deal with it.

Emotional balance is simply recognising, acknowledging, and accepting a negative emotion and **not** reacting to it.

Feel the emotion and let it dissipate, without judging or reacting to it.

Processing a negative emotion

The simplest way to process the emotion is to take a deep breath as soon as you recognise it.

To help, you may want to verbalise it, for example: **"I'm a little angry about that..."** without becoming the emotion.

You may want to use the optimal breathing technique (habit 4) to **take a deep breath** and reach a more relaxed state.... inhale for 4 seconds, hold for 2 seconds, exhale for 4 seconds.

At the same time, perhaps imagine the energy of it, dissipating out through your feet and into the earth.

You could adopt the mindset; 'it's just emotional energy passing through me, I choose not to react'

Remember, you are always looking to return to a state of feeling good (see habits 17 - 19) as quickly as possible, as that is where all the good stuff is 😊.



Practising emotional balance and control

Sometimes it will take a lot of effort to remain balanced if the emotional trigger is strong.

However, you can practise in everyday situations;

Traffic ~ if you drive, make a conscious effort to never react with your voice or body language if you encounter bad driving.

Social media ~ if you don't agree with a comment or article and it's something that has the potential to wind you up, don't react, show respect instead and send them a 'like' or better still, a 'love-heart.' That is emotional maturity!

Phone call ~ you call a service provider and wait ages to get to the right person and feel messed around. Instead of voicing your frustration (in words or tonality), just be very friendly, respectful, and courteous (they're only human).

With practise it gets easier and easier, and you'll feel good for remaining balanced when most people would instinctively react.

If you are struggling at all, you could create an alter ego (see habit 16) to deal with it!

Perhaps imagine you are James Bond or Wonder Woman, neither of those would let any every day incident bother them, they'd just deal with it and calmly carry on.

Trauma and deeply suppressed emotions

If you have been through some very harsh experiences with a lot of suppressed emotional pain and trauma attached, it is going to take a while to release.

Just start the process and forgive a little each time, you'll start to dissolve the negative energy a little bit more each time you do it.

Use all the tools and suggestions in this habit and habit 14 to keep releasing and clearing the negative energy.

Regularly declutter your environment to feel lighter

Did you know that your home environment is a reflection of your inner world?

You have an energetic connection with everything around you (as everything in the universe is energetically connected).

We all know that when we have a spring clean and declutter, we always feel better!

You should regularly declutter your home environment and only have items in your home environment that uplift you and make you feel good.

Get rid of any items/stuff that doesn't please you when you look at them as they lower your vibration. Regardless of what you paid for them, protect your energy, and sell, give away or bin them.



Expert level

Two very good examples of professionals who are very good at not reacting to highly charged situations are politicians and lawyers. Both are highly trained to deal with antagonising situations without reacting, so they are always in full control.

The big test comes when you're involved in a more serious event that causes a fair bit of inconvenience, for example, minor traffic accident, your flight being delayed/cancelled or having some property stolen.

If you can keep a very calm presence of mind and your emotions under control and still act rationally and courteously, that is mastery of your emotions.

Book recommendation

Book: '[Letting Go ~ The Pathway to Surrender](#)' David R. Hawkins MD PhD

Book: '[Emotional Balance: The Path to Inner Peace and Harmony](#)' Dr Roy Martina

Final words

I'll leave them to Buddha...

Judge nothing, you will be **happy**.
Forgive everyone, you will be **happier**.
Love everything, you will be **happiest**.

Beautiful wisdom 😊.

Recommended habit action steps (using the tools and methods from this section)

- ✓ Let go of everything that bothers you.
- ✓ Unconditionally forgive everyone (past and present) who has wronged you.
- ✓ Detach from all outcomes, and just let them be.
- ✓ Practice the above 3 everyday (don't go to bed with any tension)
- ✓ Acknowledge, accept, and release any negative emotional states that crop up during your normal day.

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.

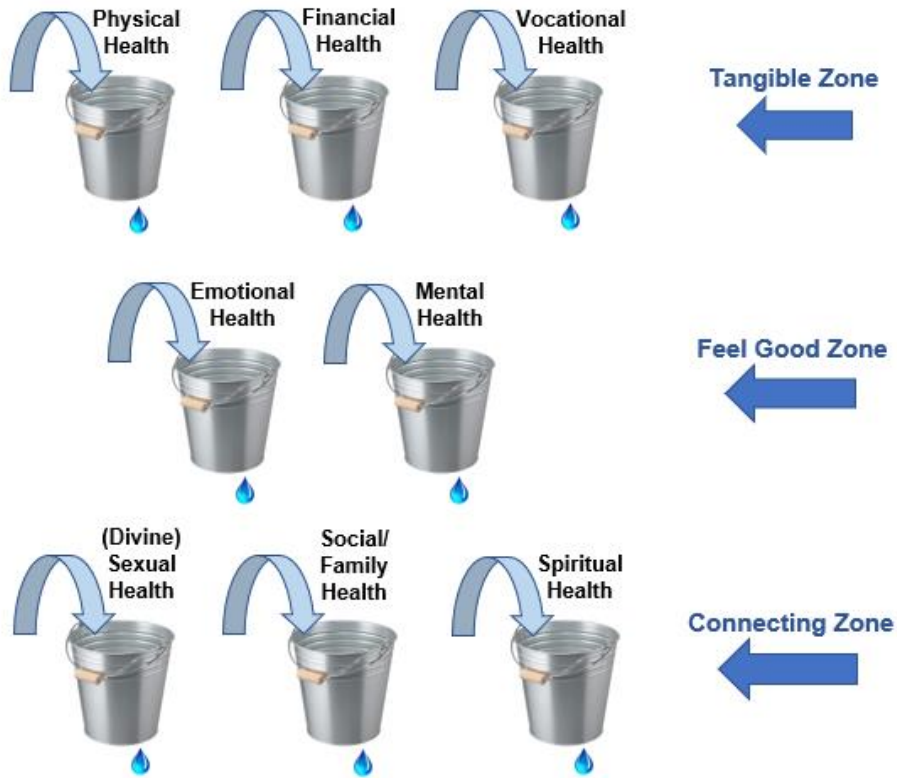
11. You will likely forget all this...but you can remember it whenever you want 😊.



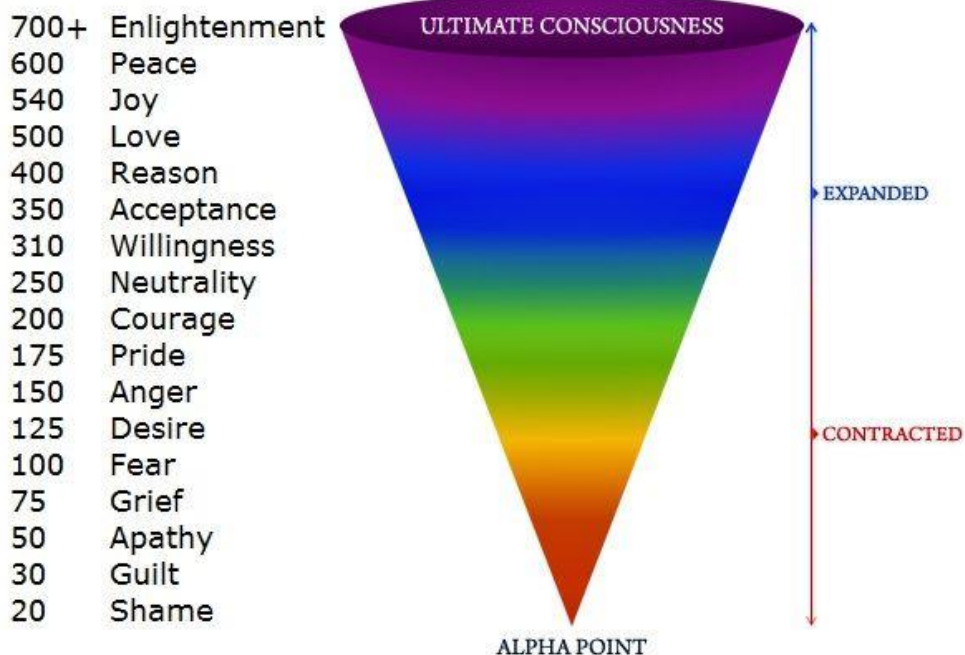
Key Charts & Visual Aids

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.**

