

Cellular Memory Release Practice

1. The first thing is to identify your most pressing or most recurring problem or current problem. Underneath this we want to get down to the suppressed birth memory or a repressed unmet need in childhood.
2. Next we uncover the corresponding abstract negative thought. This is so abstract that you are probably not even aware of it. We will drop into this again in another exercise where you will drop into the core thought that you have about yourself.
3. Then we want to identify the corresponding emotion. This will be the strongest emotion. It might be fear, anger grief or shame or guilt.
4. Finally we want to identify the strongest corresponding body sensation.

How to find the sensations and emotions in your body

- 1.** Step 1- Get a pen and paper

- 2.** Answer this question without too much thought, trust what comes up first- 'Mum and Dad the biggest thing that I feel bad about is when you.....'"
- 3.** Once you have written your answer, immediately close your eyes and locate a feeling or sensation in your body. Whereabouts in your body are you feeling something?
- 4.** Once you have located the feeling or sensation in a particular place in your body, place your attention onto that part of your body, like a butterfly would rest on the surface of the skin.
- 5.** Then start to breathe in a connected breathing manner in and out of this part of your body.
- 6.** Breathe until the sensation dissolves or moves.
- 7.** If the sensation moves gently follow it to a different part of your body and continue to breathe.

- 8.** It is important you don't chase the sensation around your body as this could be the brain playing distraction tricks on you. If this is happening just stay in one spot and breath.

- 9.** Breath until the sensation dissipates and you feel peaceful or until you have a release, this could be emotions arising, heat or cold or memories surfacing.

- 10.** Keep breathing until you feel peaceful again.

There is an audio to download and listen to that will take you through this process.

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