



Free of Resistance – Blocker Clearing Process

This exercise can help let out strong emotions and be cathartic and cleansing.

This type of writing is a free-form associative expression and not meant to be beautiful or poetic, although if it turns out to be wise or sensible, that is a bonus.

Free form writing can at first feel awkward, embarrassing, and uncomfortable or, it may contain great insight and can be quite humbling.

When to Use:

- When you feel free-floating anxiety for no apparent reason.
- If you have encountered an uncooperative part of your unconscious.
- To resolve persistent anger, agitation, frustration.
- When you become aware, you are procrastinating.
- When you are agitated or too upset to think this is a technique that will help release some of that pressure and focus on the real issue.

The Steps:

Bring awareness to how your body feels. If you sense changes in your body, such as shortness of breath, shoulders feel tense like cables, describe them and record them on your paper. Surround those body feelings by white light and bringing the ball into your heart's area right above your chest.

Make a request: *"Please make this process happen and unfold in ways that are for the highest good of me and all involved."* That way, you bring in the most healing potential you can so you can release as much as possible gently and appropriately.

1. Go into a quiet room and allow about 20 minute's uninterrupted time to complete.
2. It is essential to write down everything as it comes to you without censorship or hesitation, even if it seems silly or disturbing. The exercise is to get it out of rumbling around inside.

3. Just start writing to keep the flow of your unconscious going without censorship. Write whatever comes up even if it is *"This is stupid, or I hate doing this"* or also if you find yourself swearing.
4. As you are writing, you may notice *"insights or aha's"* circle them immediately and continue writing.
5. Don't stop until you have an intuitive sense of completion. You may experience a sense of calmness, as this is, for some, a form of meditation.
6. Do not read what you have written except for the "insights," which you will copy onto a blank piece of paper.
7. Destroy what you wrote and only read and save any pearls of wisdom or insights you gleaned.

Tips for Getting the Best Results:

- Write without editing or judgment; just let it out, e.g., have your conscious mind stand off to the side while your unconscious vents.
- Don't stop until you have an intuitive sense of completeness that there is no more to write.
- Make sure you toss the original paper you recorded your thoughts on. Think about the exercise you just did as mental and emotional pooping⁹. You don't want to activate any of those thoughts again, so I advise you to resist reading it and, in fact, far better to rip it up and throw it in the bin.