**Experience lasting relief from the burdens of life.**

1. Focus on feeling the unpleasant mood or sensation.
   Feel your resistance against it.
2. Imagine you desire this state. Feel that desire.
3. Address the sensation as if it were a 3 year old child.
4. Say softly or twitter :
   Thnks4yr srvcs. I 4gv y 4 al y did or faild to do.
   Go in pce to the Srce,knl be4 the Creatr & be frd
   frm yr pn. Aftr tht,we wlcm y bck. Go Nw.
5. Wait for a subtle physical reaction to this exhortation.
   Repeat #4 each time you feel any undesired thought,
   mood, or physical sensation, etc.

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