**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 it as if it were an innocent small child.
4. Say softly:"Thank you for what you have done. I forgive you for everything you did or failed to do. Go in peace back to ....., kneel before ..... and be released from your pain. After that, we welcome you back. Go Now!"
5. Wait for a subtle physical reaction to this exhortation.

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