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 small 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. © Integral Resource International

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