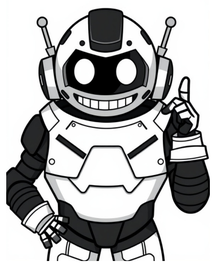
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You will find that it is necessary to let things go; simply for the reason that they are heavy. So let them go, let go of them. I tie no weights to my ankles.” — C. JoyBell C. The Sedona Method is a very simple way of letting go of fear, frustration, anger, limiting thoughts, feelings, and beliefs that are holding you back. It is our limiting emotions that often prevent us from creating and maintaining the lives that we choose. We can choose to let go and live more freely, more fully, and more completely. What if you could tap your ability to let go of any limiting emotions holding you back? In fact, in many cases, if we simply let go or release what’s in our way, we free ourselves up in limitless and unlimited ways. Releasing what’s holding us back is what frees us up to be what we’re capable of and to realize our potential. Choosing to Let Go Practice letting go of the negative emotions that hold you back so they flow through you, but they don’t own you or control you. They’re input, and you can choose to hold on to them or choose to let go of them. If you can drop an object, you can let go of negative emotions. In How It Works, Hale Dwoskin writes: “Let me explain by asking you to participate in a simple exercise. Pick up a pen, a pencil, or some small object that you would be willing to drop without giving it a second thought. Now, hold it in front of you and really grip it tightly. Pretend this is one of your limiting feelings and that your hand represents your gut or your consciousness. If you held the object long enough, this would start to feel uncomfortable yet familiar. Now, open your hand and roll the object around in it. Notice that you are the one holding on to it; it is not attached to your hand. The same is true with your feelings, too. Your feelings are as attached to you as this object is attached to your hand.” When you let go, you dissolve what’s holding you back, and the world opens up. When the world opens up you feel powerful. When you feel powerful, you act powerfully. The process of letting go comes down to welcoming the feeling and then asking 3 simple questions: Could I let it go? Would I let it go? When? Step 1. Welcome the Feeling Focus on the issue that you want to feel better about. Simply feel the feeling and allow yourself to feel whatever you are feeling in this moment. Welcome the feeling. It doesn’t have to be strong. It is what it is. Step 2. Ask 3 Questions While feeling the feeling, ask yourself 3 questions: Could I let this feeling go? Would I let this feeling go? When? When you ask yourself, “Could I let this feeling go?”, remind yourself that you can let any emotion go, like dropping an object (more on this below.) When you ask yourself, “Would you let the feeling go?”, consider whether you would you rather hold on to pain, stress, and suffering, or, would you rather be free? Step 3. Repeat the Process Until You Feel Free In some cases it will be quick, in others it will take some repetition and practice. Repeat the process of letting go, and you’ll find that you can let go a little more each time. You may have to peel away the layers, but as you practice letting go, you’ll learn to break the chains and dissolve what’s holding you back. Keep in mind, this is a heart thing, not a head thing, and it’s all about helping you deal with a heavy heart, or a stressed out body, or a negative mind.The Sedona Method: A Powerful Tool for Personal Growth There is a remarkable story behind the Sedona Method, created by Lester Levenson. At the age of 42, Levenson, a physicist and successful entrepreneur, was diagnosed with a heart condition and given only a few months to live. However, within three months, he had made a profound transformation, becoming totally healthy again. Lester's Journey ---------- According to Lester Created the Sedona Method to Save His Own Life, Levenson went back to his inner lab to seek answers for his life-threatening condition. He discovered that letting go of all inner limitations was the key to personal growth. By asking himself what he wanted out of life, Levenson found happiness, which equated to his capacity to love rather than being loved. Sharing His Gift ---------- After his transformation, Lester taught his students to remove self-imposed limitations and practice the principle to expand their mindset and operate at a new level of consciousness. This method allows individuals to ask themselves what they want out of life, giving permission to explore possibilities and experience limitless potential. peace the art of letting go will come along with no efforts. The Sedona method is a course you can follow online developed by a physicist from New Jersey called Lester Levenson. I am not telling you to buy it, you can probably find it for free on the internet. You can learn these things by yourself like any other thing as well. But if you feel lost, you get drained out by your emotions and you want to start a journey with the art of letting go you might consider to follow this course. How To Do The Sedona Method If you want to progress in life you need to constantly learn and work on personality development. Personal development is the fuel for your mind. A strong body in most of the cases has a strong mind as well. READ HOW IT WORKS The two entities are strictly related. What this method is doing is basically trying to make you aware that your thoughts and the material you sitting on that chair reading this right now are strictly related. While you can not see spirituality and your mind as a physical entity you can still work on identify your emotions which are the reflex of your spirituality on the real world. The real world is where we are able to see real things like people, buildings etc.. These are the main steps to follow to find your inner peace and to practice the Sedona method. Allow yourself to feel the emotion. Find the most relevant name for it using the table in the course. Look in which category it falls. Take control of your breathing! Ask yourself, “Could I let it go?“ Ask yourself, “Would I let it go?“ Repeat the steps above until you can’t feel the emotion anymore. If you keep repeating these 3 questions to yourself each time an emotions pop up, your life will change This is one of the most effective self-help methods and all you gotta do is replying to those 3 questions and let go. Once you start getting better in answering these question on emotions that appear in the present moment. You can then start writing down emotions that are daunting you all your life and try to reply to the same questions for these emotions. Scientific Proofs That The Sedona Method Works If you are going to get the course you will soon see that the videos are very old. Back in the days, the internet was not so popular and thousands of people were actually participating at seminars and retreats to learn these skills. You can participate in Sedona method seminars even now. But probably it will make more sense to follow along on the internet so that you can save some money. You can also interact with people trying to apply this method with the Sedona method forum. I recently started to use forums as well and I love it. On top of that forum, I highly recommend the actualized.org forum. The proofs that this method is working comes from tests that have been done on these people participating in the seminars. They have noticed that people with warped minds, not able to focus and constantly in anger and badly taken from emotions started to feel more relaxed. There are no drugs or hypnosis involved with this method. Only you and your inner self will be involved and the way you progress those 3 questions above will make you a more secure and self-actualized person. Inner peace, limiting feelings and relax will come along in your life if you start to let go of emotions and live the present moment. As humans, we struggle to live the present moment, and we tend to think about the past or to the consequences of the future. Asking questions to yourself is a natural ability and will oblige yourself to give it an answer immediately will make you aware of the present moment we often forget. ConclusionsLetting go can be tough, even when we understand its benefits for our mental and emotional health. It's like trying to release a heavy weight that you've been carrying around for so long. To help make this process easier, I want to share with you an approach called The Sedona Method. This technique was developed by Lester Levenson and is based on Hale Dwoskin's book of the same name. Although I'm not a professional instructor, I hope that by sharing this overview, it might be helpful to you. The Sedona Method has five different approaches that all work in slightly different ways, but can be useful for letting go of painful or unwanted feelings. These feelings don't just appear out of nowhere; they often perpetuate problems and can even be misleading. As Dr. Sara Dill once said, "What if feelings are actually just perpetuating the problems that they appear to be preventing? What if feelings are sometimes a lie?" In this episode, we're going to explore The Sedona Method in more detail, including its key components such as: * The continuum of letting go * Shifting from heavy to light * Feelings sometimes lying * Emotional ladder * Pitfalls to avoid I'll also share four questions you can ask yourself when trying to let go and overcome obstacles. Don't forget to check out the recommended resources at the end of this episode, including The Sedona Method book by Hale Dwoskin. You can find all the information discussed in this podcast on my website or through your favorite podcast platform, including Apple Podcasts, Google Podcasts, Spotify, and many others. Thanks for listening, and don't forget to subscribe to get new episodes of the Stress-Less Physician Podcast. If you have any questions or topics you'd like me to cover in future episodes, feel free to reach out through the contact information provided on my website. Until next time, stay stress-free!The Sedona Method by Hale Dwoskin is a book that I found interesting to revisit, as it offers a unique approach to working with emotions rather than thoughts. The method encourages individuals to focus on emotions rather than trying to understand or analyze them, and instead, learn to release or let go of them. For me, this was a valuable insight, given my past experiences with suppressed emotions. ========== The general concept behind releasing and letting go is to transition from a more constricted, tense state to an open, happy, relaxed one. This process involves working with emotions rather than thoughts. A common exercise is to focus on an issue and allow oneself to feel the associated emotion without judgment. The core technique involves asking four questions: 1. What is my feeling? 2. Could I welcome it? 3. Could I let it go? 4. When? The goal is to stick with emotions, acknowledging whether one can accept or release them. If the answer is no, an alternative question is asked: Would you rather hold onto this feeling or be free of it? It's also suggested that rationalizing a specific emotion can be a sign of resistance to letting go. The speaker proposes that feelings only lie and perpetuate problems, while letting go might provide what one already has. Another concept introduced in the Sedona method is the "ladder of emotions," which describes nine emotional states ranging from apathy to peace. These states are arranged on an energy gradient, with apathy having low energy and peace having high energy. You can think of shifting your thoughts as moving up an emotional ladder. As you progress from apathy to grief, you may gain more energy to take action. Anger has even more energy and can be a catalyst for change. Pride, courageousness, and acceptance come next, allowing you to feel more empowered and free. When I consider switching techniques, I imagine moving up this emotional ladder. You might find that one emotion feels better than another. For instance, grief may be preferable to apathy, while anger can be more energizing than fear. Pride often brings a sense of courage and acceptance, allowing you to move forward with confidence. It's essential to recognize common pitfalls when personal growth is involved. Over-identifying with problems or using them as an excuse for existence can hold you back. Instead, ask yourself if seeking knowledge about your problems would bring you more freedom or if you'd rather let go and be free. Additionally, being aware of your tendency to repeatedly share the same problem with others can hinder progress. Are you seeking validation or approval? Being a good friend involves supporting each other, but it's also crucial to recognize when you're stuck in a cycle. Sometimes, getting lost in the "why" behind our problems can be counterproductive. Instead of understanding why, ask yourself if freedom from those issues would bring more peace. By focusing on release rather than analysis, you may find that letting go is the key to moving forward. The Sedona Method emphasizes approaching life with a sense of freedom and timelessness. By doing so, you can begin to appreciate the present moment and avoid rushing past opportunities for self-discovery. The ultimate goal is to achieve a state of imperturbability, where you're free to choose your experiences without being disturbed by them. ==========disturbing without your knowledge or consent and he says that's where freedom is, already existing beneath the surface of your emotions. He talks about emotions being energy, which I find appealing. Emotions aren't inherently good or bad; they're just energy. This idea ties back to the ladder of emotional states and striving to move up the ladder to a more energetic state that allows for outward action when needed. So, let me summarize the Sedona method, which is about working with emotions and releasing whatever you're feeling. It's relatively straightforward. The first step is simply identifying what you're feeling right now, not necessarily requiring it to be strong. Then, ask yourself one of these three questions: Can I release this feeling? Yes or no, can I allow this feeling to exist? Yes or no, and can I welcome this feeling? Yes or no. After that, the third step is asking if you'd let it go. You're essentially inquiring if you're willing to let the emotion be present, either way. The fourth and final question is when would you release it. This really invites you to release it now, as that's the only time it can happen. It's about working with emotions as they are, without getting caught up in thoughts or attachments.To empower yourself, acknowledge your emotions as a visitor rather than an owner. Instead of saying "I am angry," rephrase it to "I am feeling anger." This subtle shift helps detach you from your emotions. Freedom comes when you release the grip on your feelings, particularly those rooted in past experiences. If you'd like to delve deeper into letting go, visit our YouTube video. Next steps for those seeking guidance can be found in our Masterclass or by joining our email list to access our coaching program and extra resources.