

## A Quick Programming Release

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### Step 1. Getting It Out

1. Sit in a comfortable quiet place with no distractions.
2. Divide your paper into two columns:
  - or negative on the left side,
  - + or positive on the right side.
3. List all thoughts, words, phrases about a situation, person, or relationship that is annoying or upsetting to you in the negative column. Include all the loaded words that you can think of: abuses, blasphemies, contumelies, curses, epithets, expletives, insults, invectives, oaths, obloquies, profanities, railings, revilements, scurrilities, swearwords, vituperations. Remember that it takes 10 positive statements to undo just 1 negative. Get the negative clutter out and away from you. You will be physically and mentally healthier. Don't reread your list.
4. Write quickly without analyzing, numbering them as the thoughts come. There will most likely be positive responses that pop out. Include them in the number sequence. Don't censor your thoughts. Remember no one else has ever to see this paper.

Example:

1. Doesn't keep commitments.
2. Always late.
3. Brings flowers.
4. Tells lies.
5. Couch potato
6. Great hugger.

As you number you will see how time consuming and energy draining these thoughts can be peppered throughout your day, since this exercise won't be the first time they have bothered you..The writing alone will bring some relief to your mind. For a more power release proceed to step 2.

### Step 2. Release

1. Touch ring (emotional) fingers to thumb pads while lightly touching your ESR points with the index and middle fingers.
2. Repeat the following statement continuously while rotating your eyes in a circle, first clockwise several times, then counter clockwise. Note any glitches where the eyes move unevenly or dwell on particular spots in particular.

Release statement:

"I, (use all your names), ACCEPT AND RELEASE MY (or these) NEGATIVE THOUGHTS, FEEL-INGS, AND EMOTIONS RELATED TO THIS ISSUE."

Or use any other appropriate statement.

3. Note how you feel when you complete the process compared to before; less tense, more alert, more relaxed, any pains gone, whatever is happening for you. Appreciate the shift. In a week, two weeks, a month, note the percentage of time it is negatively distracting. Highly impactful emotional issues may need more than one session.