

The Spin Technique

Push it out Become aware Change colour / direction Pull it back

Step 1

Find the anger/fear/energy pattern/sensation in your body. Notice where it is and how it feels.

Step 2

Think about what you are fearing /desiring and notice the movement of that feeling (it will probably start lower down your body and move upwards towards your head or mouth or back of the head).

Step 3

Using your arms and hands to follow this physical sensation in your body and spin it, bringing your hands and arms up and following the movement up through your chest and around the back of your head or wherever it goes, making your arms very active in the spinning process. Bring the energy back to the beginning point and repeat over and over... this will use up a lot of energy! I usually end up leaping off the floor when I do this exercise. Pull this feeling out of your body and in your mind's eye see it spinning in front of you like a wheel.

Step 4

Then imagine what colour it is and change the colour to something more pleasing, I also usually add sparkles.

Step 5

Then reverse the direction of the spin and let your arms spin the energy in the other direction perhaps by turning the wheel upside down so that the wheel is spinning in the opposite direction directly in front of you.

Step 6

Then with your arms pull the spinning energy back into your body with its new sparkly colour.

Step 7

Let the energy spin happily in your body, in the opposition direction and with the new happy energy.

cont....

Step 8

Hold your hands by your sides, finger and thumb together say "bing" in a loud magical voice.

Measure on a scale of 0 to 9 how reactive you still are to the same energy pattern! It will have reduced!!

www.victorialaloe.com