

EMOTIONAL STRESS RELEASE INSTRUCTIONS (ESR)

This is a technique to support you with overwhelm, anxiety or fear to release it. It is an extremely simple but profound technique, to release emotional stress from your body and your mind and your spirit.

This can be used three different ways, in three different times. You can use it for present stress that has come up for you in the process of this programme. You can also use it to reduce stress on future or upcoming events.

You can also use it to reduce the stress of a past event or memory that has come up to be released that is creating a limitation in some way that you need to let go.



Begin by choosing the thing that is causing you emotional stress. Is it a current overwhelm or a memory or is it a future anxiety?

While thinking of the stress you place your fingers **VERY** lightly on your points, as shown in the picture above right. Allow yourself to think of the stress while holding the points. This may take a few minutes or up to 30 minutes, don't rush.

You will know when it is long enough because you will not be able to find the stress anymore, it will just have vanished. You will feel calmer and be able to breathe when you think of it.