

# Release and Let Go Visualization Technique

## *Breaking the Link*

It is important for you to understand where the link to your beliefs comes from, to accept and break that link so you can put in your own personal belief rather than someone else's belief. Sometimes, you can do this easily and sometimes it takes a little more effort, especially if a belief came from a parent. In any event, you must make a break. Here are some simple steps to begin to break through.

1. Get in a comfortable place.
2. Slowly breathe in, counting to 4 and then out, counting to 4. Repeat 4 times.
3. Imagine that all of your thoughts are on a giant whiteboard. In your mind's eye, walk up to that whiteboard and erase all of the words, knowing that they are stored safely for the future. Now your mind is clear.
4. In your mind's eye, imagine a special place, somewhere you feel safe. It might be a beach, the woods or an indoor place.
5. Go to that special place and sit. Listen for a knock on the door. Get up and let the person in. It will be your mother or father.
6. Explain to your mother or father that you have a belief, a habit or a situation that keeps occurring that is holding you back, and that you have a wonderful opportunity to move forward into success. Tell them that out of loyalty to them, you are holding yourself back and you no longer wish to do so. Tell them you love them and you have made the choice to have success in your life.
7. Listen to their response. Repeat the words above if necessary until you feel the release.
8. Breathe slowly in and out for 4 more breaths and open your eyes. You will feel lighter and more comfortable.

You may feel emotion while doing this exercise. It's okay – most people do. It is also a major step in achieving that which you desire.