

A black and white photograph of a woman from the chest up, wearing a long-sleeved shirt with a small, repeating circular pattern. She has her hands raised to her face, covering her eyes and forehead, suggesting a state of emotional distress or contemplation. She is positioned in front of a window with a decorative frame, and bright light is coming from behind her, creating a silhouette effect and casting shadows on her face and shirt.

Release the Emotional Energy

Introduction to Release Journaling



Allowing the healing to begin...

From the moment of our birth we are continually receiving from others, both the nurturing and the guidance. Yet, often, we are learning, embracing, embodying the teaching and the beliefs of those who have come before us. Whether for right or not, we inherit, whether we sometimes choose to or not, teachings, feelings, beliefs, understandings, negativity based thinking and more. As we gain our own level of free will and independent thinking, it is often already shaped and coloured by those around us. We hold onto much of what we learn from others whether it benefits us or not, because we don't always know how to change our beliefs or our thinking that has been influenced and shaped by our parents, siblings, peers, elders and role models whom we often look up to including teachers, Mentors and others.

Release Journaling helps release the emotional energy Surrounding emotionally charged experiences



Emotionally charged states have the power to bring you right back to a “like it just happened” state. Release Journaling helps release that state, gently.



Emotionally charged experiences we re-live again and again, keep us stuck in a repetitive loop, reliving the event and increasing our emotional energy around it.



This causes us to ruminate, sometimes to obsession over experiences we are now reliving perpetually for no benefit or gain.



This leads to our being held back from moving forward, unable to forgive or overcome the pain. Release Journaling releases us from the emotional charge allowing us to be able to think/talk about the situation without the emotional pain showing up any longer.



Release Journaling is a very personal, individualized exercise but the ability it has to discharge the heightened emotional energy & feeling you may have around an experience, situation, person or loss cannot be understated.

There is a very real benefit to using the act of handwriting to aid in the diffusing of pent up emotions or emotions that tend to take over thoughts, particularly when difficult experiences arise in life and are difficult to process.

Through the mindful preparation of choosing coloured paper and coloured pen with an ink that is any color but blue, and then sitting quietly to reflect, review and revisit the event(s) or experiences that we find we cannot forgive others or ourselves for, we open ourselves up to process more objectively, heal more fully and release more completely. Past hurts or slights, or wrongs we can't seem to let go of need not haunt us any longer. All that holds us back and keeps us from being whole and happy lies in our ability to release the emotional charge and illness inducing expressions of disappointment, anger, resentment, hatred, loss, frustration and other such emotionally charged energy through the natural, unconscious act of handwriting.



The beauty of Costa Rica is not lessened by the less than perfect limb of a single tree and so, it is fair state that the beauty of your life should not be spoiled by the less than perfect moments in a day that may come.

The Release Journaling exercise was a technique I developed to help me overcome a very difficult time in my life when I experienced several losses after one another including the sudden death of my father, and the disappointment involving hurtful experiences that I couldn't seem to get past. In desperation, I recalled a friend telling me years earlier that when she needed to separate herself emotionally from things, she wrote

about the experience in a journal and it seemed to help her. I decided to do the same. But, for some reason I felt it important to write on coloured paper — I used a yellow legal pad of paper — and I also used, of all colors, a purple ink pen! I've since uncovered the reason why this worked so effectively in allowing me to finally discharge the emotions that surrounded the situation for me, and now, it's time to share this tool with you!



Simple to implement, Powerful results!

Your supplies include only coloured ink pens, (no blue ink), coloured paper such as lilac, green, yellow legal pad papers or coloured journal paper (4 pages included in this booklet can be printed, and a quiet space with a minimum of 20 distraction free minutes to yourself.

Why Color paper & why not blue ink?



White paper and blue ink is often used by those studying to help retain information more easily. Color paper/ink allows us to release easier without retaining.



In Release Journaling, we don't want to retain information and we don't read what we have written when done.



Releasing through the ideomotor response of handwriting allows us to reach into our unconscious to work through the heart of the matter & diffuse the emotions attached to it without needing to think about how we are writing. "Free flow" journaling is the key, writing what comes to mind.



Once done journaling, which can take 1 day or 2 weeks or more, safely burn what you've written or destroy it in a way that symbolically represents your releasing of the event.



Being gentle with yourself is key



The neuropathways the emotions have carved within the brain run deeply and it takes a repetitive level of trusting that your unconscious will release the emotions at the right time within the journaling process.



I recommend journaling for as long as you feel the need. I have clients who Release Journal regularly & others who do so only occasionally.



If using a journal, ensure pages are ivory or any other color but white. Keep your journal & pen together in a decorative box away from your bed or other areas where you spend a lot of time. I keep mine in a box on top of a bookshelf. Always easily accessible.

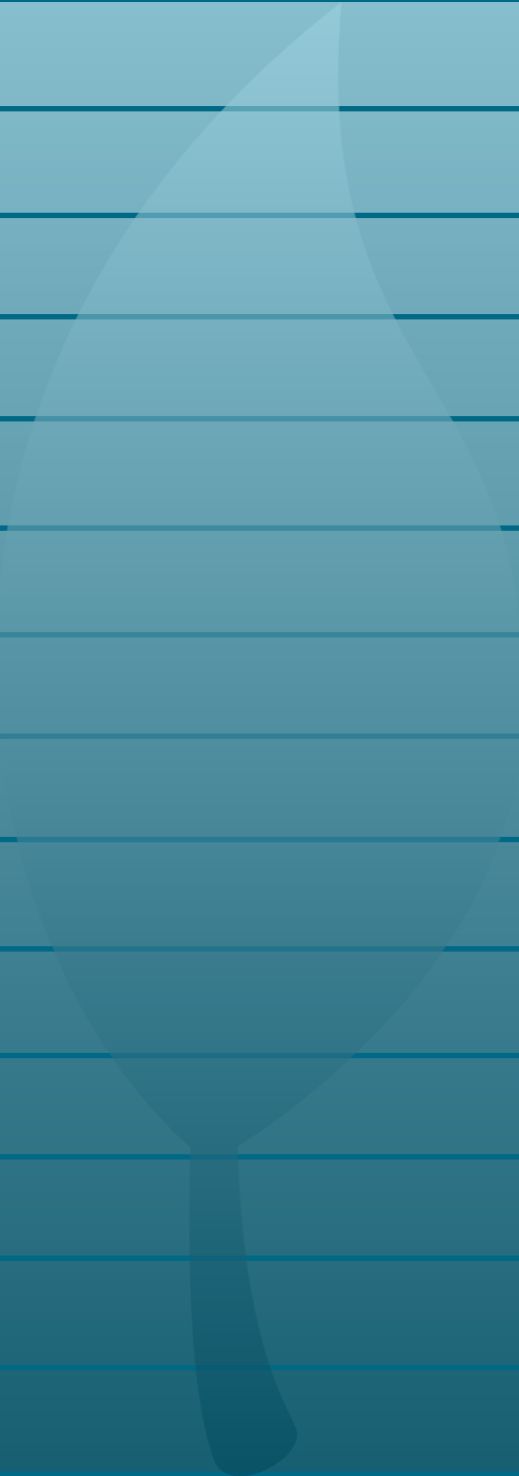


If using a journal, always begin your session on fresh pages. If your last session ended on a right side page, flip the page to ensure both right/left pages are blank. Journals of less than 30 pages are ideal.



Release Journal

Release Journal



A series of 20 horizontal lines for writing, spanning the width of the page.

Release Journal



Release Journal





About Me

M A K I N G T H I N G S H A P P E N !

I'm Known As A **POWERFUL** Manifestor

And I Have Always Believed In Miracles

I don't just mean faith based miracles, I mean **MIRACLES**, of all kinds, whether you are of faith or not! I believe in the power to think, believe, receive. I also believe that in order to be powerful manifestors we must be willing to stand in congruency. That means, what we think, feel, believe, expect and ultimately receive, we **KNOW** without doubt, if it is for our **HIGHEST** good and **BEST SELF**, it will arrive for us to receive.

Sounds simple enough, but let me tell you, if it were **SIMPLE**, everyone would be doing it, as the saying goes.



WHAT IF...

YOUR LIFE HELD MORE FREEDOM?

Caution: Saying YES to LIFE is known to cause awesome results! .

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