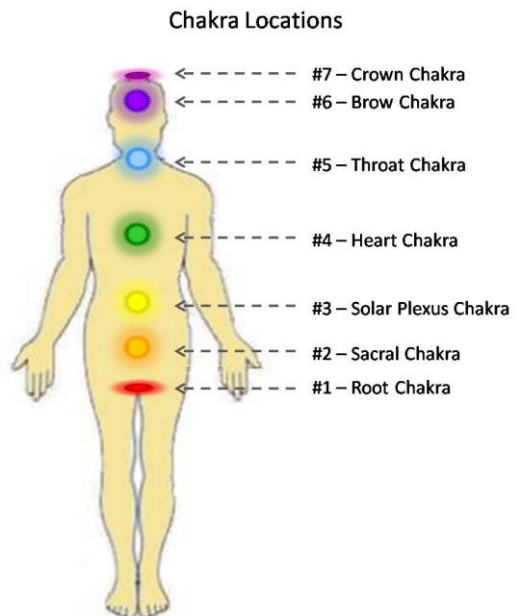


Guide to Releasing Emotions

1. Sit or lie quietly and relax your body.
2. For each chakra, starting with the 2nd chakra (Sacral), release the negative emotion (sadness in this case) by imagining it exiting through the front of the chakra as a grey fog as you exhale with your breath. Continue breathing and releasing until your breath feels shallow and it becomes harder to breath. This is the indication that you have released all of that negative emotion.
3. In some cases you may not have any of a particular negative emotion to release (often this is the case with sadness). In this situation you will feel the shallow breath and difficulty breathing when you first try to release the emotion.
4. Next move to the 3rd chakra and release upset in the same manner.
5. Continue moving up the list of emotions until you have released all nine negative emotions or confirmed that none were present at that time in that chakra.
6. A good practice is to go through all of the emotions a second time and confirm that there are no more negative emotions to release. Often after going through them all once, another layer of the heavier emotions such as fear or anger may need to be released. Also some emotions such as hurt and pain are closely related and often are present together. It is still important to release each one separately and make sure all is released.



Emotion	Chakra	Symptom*	Description**
Shame	7 th - Crown	headache at the crown of head	caused by consciousness of guilt, shortcoming, or impropriety; a condition of humiliating disgrace or disrepute
Guilt	6 th - Brow or Third Eye	headache at the brow	the state of one who has committed an offense especially consciously; feelings of culpability especially for imagined offenses or from a sense of inadequacy
Anger	5 th - Throat	sore throat, cough	a strong feeling of displeasure and usually of antagonism
Hate	4 th - Heart	heaviness in chest	intense hostility and aversion usually deriving from fear, anger, or sense of injury; extreme dislike or antipathy
Fear	4 th - Heart	heaviness across chest	apprehensive or afraid; filled with concern or regret over an unwanted situation
Pain	4 th - Heart	sharp chest pain	acute mental or emotional distress or suffering; grief
Hurt	4 th - Heart	sharp chest pain	mental distress or anguish; suffering; wrong; harm
Upset	3 rd - Solar Plexus	churning, gurgling	an emotional disturbance; troubled mentally or emotionally; thrown into disorder; invalidated
Sadness	2 nd - Sacral	indigestion	affected with or expressive of grief or unhappiness; downcast

*These symptoms are in cases of intense emotion. A lack of physical symptom does not indicate a lack of emotion.

**Based on definitions in Merriam-Webster OnLine, <http://www.merriam-webster.com>, accessed 11/03/2009