

Realization Process Revised Release Technique - March 17, 2023

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Sit upright with your feet on the floor. Close your eyes.

Inhabit your feet. Let your breath adjust to you being in your feet, so that your inhale does not lift you away from your feet. Remaining in your feet, inhabit your whole body.

Find a place in your body that feels comfortable and safe, that you can return to if the release work becomes too intense.

Choose an area of constriction (tension) in your body where you would like to work. Tell me where that is in your body.

Find your head center. (Just by being in your head center, it gives you access to your whole internal space at once.) From your head center, focus within the constriction (tension) in such a way that there is automatically a movement farther towards the constriction. It will be an internal movement within the constriction. When it gets as far as it goes, let it go. (Just as if you've been holding something, let go of it.) Let it release along that same pathway.

Repeat that again with the same constriction (tension). Find your head center. From your head center, focus within the constriction (tension) in such a way that it automatically moves farther into the constriction. Be aware if any other tensions occur within your body as you do this. When it goes as far as it goes, let go and let it release along the same pathway, along with releasing any other tensions that occurred.

Now we're going to do it again, but this time let yourself be open to any memories, emotions, and the age you were when you first moved into this constriction. (What is happening around you? How old do you feel? What was the purpose of the constriction?). (You might even, if you can feel the child's mind moving into the constriction, align with the child's mind so that it becomes a volitional movement, but from the child's mind. And then let go, and let it release.)

Find your head center. From your head center, focus within the same constriction, and if you can, feel what the purpose of it was, what age you were, and any emotions or memories that arise. When it goes as far as it goes, let go and just experience it releasing along the same pathway, along with releasing any other constrictions that occurred.

What did you experience? If you did have any memory, or other insight as you went into the constriction the last time, keep this in mind as you repeat this again.

Find your head center. From your head center, focus within the same constriction. When it goes as far as it goes, let go and just experience it releasing along the same pathway, along with releasing any other constrictions that occurred.

Now, inhabit the area that you have been working with, even if you didn't experience any release. If you did feel some release, inhabit that area and claim this new internal territory within yourself.

Now inhabit your whole body, including the area that you have been working to release. Experience that the whole internal space of your body, including that area, is breathing.

If your eyes are closed, slowly open them, and continue to feel that you are in your whole body, and your whole body is breathing.