

free soul



How to fully release old anger

When something or someone triggers the feeling of anger...

Instead of expressing it at someone in front of you through words, body language, movement or even just making sounds...

- As soon as you can: sit still and become curious to feel the energy of this anger in your body.
 - Is it a hot or a cold anger?
 - Does it have a color?
 - Where does it sit in the body?
 - How large is that area?
 - What is the sensation there?
 - Is it blocked off, or is it open?
 - If it's an old anger: how old do you feel you are as you feel it?

- As much as possible, surrender to this anger.
 - Let it expand.
 - Let it open up and flow through you.
 - Feel the current it takes through your body.
 - Perhaps it flows out through the palms of your hands, or the bottom of your feet.
 - Keep breathing deeply and evenly.

- Allow it to flow and empty out while you keep feeling it, for as long as needed.
 - If you sense there is a block to letting the anger flow through your body, ask:
"What would need to happen that would allow this anger to flow out? "

Allow any sounds, images or memories to flow out with it in your mind.

Don't linger on any of them. Just watch them pass through like old debris.

Notice how your body knows exactly what to do with this energy.

Your body is like a riverbed, that lets the river (of any emotion) run through it, no matter how intense it is.

- Notice when the flow of energy lessens and the old reservoir of anger feels emptied out.
- Notice a different energy or emotion that now becomes apparent.