

# RECOGNIZE. RELEASE. RADIATE.

## 10 STEPS TO FREEDOM

*Next time you have a problem...*

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### PHASE 1—RECOGNIZE

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1. I feel \_\_\_\_\_ because \_\_\_\_\_,  
which means \_\_\_\_\_.

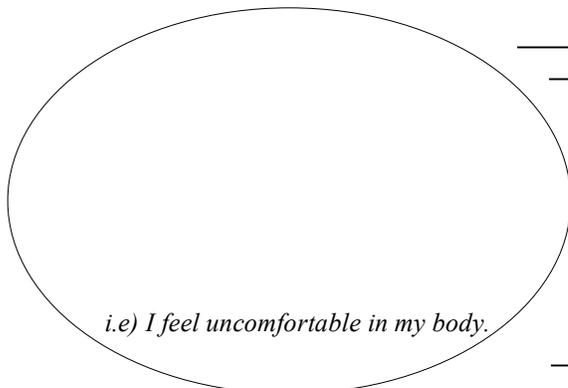
*[Ex 1.: I feel bloated in my body because I overeat this weekend, which means I will feel uncomfortable all day/ week.]*

*[Ex 2.: I feel irritated because my friend said "that thing" that sent chills up my spine, which means I lost control and got mean.]*

2. Narrow the problem down to 7 words (or less) and place inside the circle below.

\_\_\_\_\_.  
*[Ex 1: I feel uncomfortable in my body.] [Ex 2: I feel out of weak and angry.]*

3. AMPLIFY—Read the statement and then amplify what it makes you feel. Write down the emotions or feelings that statement brings up, to the side. (Think about: how the statement makes you feel, what does it remind you of, or what does it trigger within?)



*i.e) I feel uncomfortable in my body.*

\_\_\_\_\_ (*Fear*)  
\_\_\_\_\_ (*Conflict*)  
\_\_\_\_\_ (*Unworthy*)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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### PHASE 2—RELEASE

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4. Take each amplified word from step 3, and see these words as the energy you need to *release*.
5. Set a timer for 90 seconds and feel every one of these words, without trying to change them inside.
6. Release each amplified word back to God, by using this prayer:

*Dear God—the all loving life-force within.*

*I thank you for loving me so much that you have guided me to heal and move beyond these issues. Please forgive me for (feeling/ being /etc.) \_\_\_\_\_ (*feeling fear*), because that means in that moment I was separated from your all-loving oneness and wholeness. I am sorry I let my sensations, emotions, thoughts or circumstances over power my true being. Please forgive me as I release these energies. Thank you for cleansing this \_\_\_\_\_ (*fearful*) energy from my system. I release it ALL*

