

The Three Compassionate Statements

Use this process to soothe emotional distress

- Breathe into your belly. Find the epicenter of the sensation of emotional distress in your Front Energy Body.
- Place your hands there, taking a few moments to receive the warmth and gentle pressure of your hands.
- Speak the following statements out loud, with kindness, into the distressed area. Allow time between each statement for your statements to be received:

1. "I'm aware of you."

2. "I feel you."

3. "I'm right here with you."

- When the distressed area feels more relaxed, press an energy imprint of your hands there. Slowly remove and relax your hands.