

## **The Dynamic Spin Release Process (By Chris & Tim Hallbom)**

This is lovely little visualisation you can do to eliminate pain, a belief, a thought or any emotion that bothers you and holds you back. Enjoy!

1. Identify your problem; a physical pain, or limiting belief or unwanted thought or emotion.
2. Notice the physical sensation and / or visual images associated with the problem.
3. Imagine removing the problem and placing it outside you, so that you can see it floating in front of you in the form of an image or symbol.
4. Determine which way it is spinning; Is it clockwise or anticlockwise? If it seems motionless, which way would it turn if it were spinning?
5. Reverse the direction of the spin, and spin it faster and faster in the new direction, until the image explodes and disappears – and a new, healing image or gift appears in the space in front of you.
6. Identify the positive message from the gift. How is it meaningful for you?
7. Bring the gift back into your body, and notice all your new feelings and understandings.
8. Now look into the future and see how your gift will positively influence your life.