

## The Steps of The Method for Practitioners

### Phase 1: Descending into darkness / plunging

1. Feel the pain
2. Locate the pain
3. Open to the feeling
4. Connect with your childhood experience of the feeling
5. Identify the parent who modeled the feeling / feel the same form of suffering in your other parent
6. Feel the feeling in your parents' connection when they weren't getting along
7. Go into compassion for all three: you, your mother, your father
8. Feel gratitude and appreciation to your parents for the gift of this form of suffering / feel gratitude and appreciation to anyone in your life who has ever helped you to feel this pattern of suffering / feel gratitude and appreciation for the experience of the suffering itself.

The energy has been removed from the pattern. Remain as long in each step as you like, but be sure to shift immediately into step 9 after step 8 before the energy you have released from your pain pattern has the time to resettle into that pain pattern.

### Phase 2: Ascending into light / soaring

9. Feel true love for yourself.
10. Feel a space opening up inside of you, expanding until it is as big as the universe / feel yourself stepping inside of that space / feel Divine Energy filling you and expanding to fill that entire inner space / then feel the whole universe entering that infinite dimension of Divine Energy.
11. Feel the feeling of truly, deeply valuing yourself.
12. Feel the feeling of valuing your gifts and talents.
13. Feel everyone in the world being aware of you at a soul-level, valuing and appreciating you, your Divine gifts and your spiritual service for the good of all.
14. Feel yourself in the flow of infinite abundance / feel the source of that flow within you / enjoy the feeling of total freedom from any concern on the material level, knowing and trusting that you are always abundantly provided for by Divine Love.
15. Feel complete surrender to the Divine, trusting that the Divine is Perfectly orchestrating every event of your life.

Remember that the deeper you go into the darkness, the higher you can soar into the light.