

Awareness Release Technique (ART)

Developed by [Ibrahim Jaffe, M.D.](#)

1) Select the issue you want to address. Perhaps you need to forgive someone. Or let go of a former romantic partner. Or move through the grieving process.

2) Get centered. Close your eyes, breathe deeply and align yourself with your inner guidance. Take at least a few minutes to get calm and peaceful. If you'd like, invite your higher power to guide you throughout the process.

3) Allow the emotion of the issue to wash over you. Then let it rise up from within and consume you. Feel it as intensely as you ever have.

4) Call on your awareness to scan your body and identify exactly where the energy of this issue is located. Typically, you will find it in your abdomen, heart or throat area.

5) Ask yourself this series of questions:

- How large is this energy mass—does it fill up an entire area in your body or just a small portion?
- What shape is it—circular, rectangular, tube-like, blob?
- Pinpoint its location—the front of your body, the middle, all the way back?
- What is its texture—hard like steel, soft and malleable, dense, squishy, pulsating?
- * Is it hot or cold to the touch?
- What color is it?
- Are there any sounds or words associated with it?

6) Once you have complete clarity about what it looks and feels like, ask it to speak to you, to tell you why it's there.

7) Speak to it. Tell it how its presence makes you feel and why you want to remove it from your body and your life.

8) Now it's time to expel it. In your mind's eye, conjure up a way to move this energy out of your body. For instance, plunge the area around the energy mass into sub-zero temperatures so that the mass is instantly frozen. Take a sledgehammer and smash it into a million pieces. Use a powerful vacuum hose to suck all the shards out. Finish up by using a pressurized hose to flush out any remaining particles.

9) When the energy is completely gone, fill the space it had occupied inside you with divine light and unconditional love, and express gratitude to your higher power. Sit in this energy until you feel peaceful and loving. Stay in this energy as long as you'd like.

From: <http://bolstablog.wordpress.com/2008/10/17/art/>