**VT Release Method**

Overview:

This process is designed to restore you back to your sense of self and your ability to receive. If you feel shame when you violate ethics and harm others/self, this process is designed to release shame by using it as a guide back to yourself. It will also address the ever pervasive “I don’t deserve this”. We judge what we deserve as the judged good that we’ve caused weighed against all the judged harm that you’ve caused that you haven’t yet owned.

When you’ve have the courage to own your judged harm that you’ve blaming yourself for causing, self-compassion bubbles up and sets the stage for this all to be released, and in turn be better able to commit to your life and living fully.

Preparation:

Make a list of items you’d like to address and to release

-What do you feel bad or guilty about?

-What are you ashamed of having done, or failed to do?

-How and when did you violate your own values or principles?

-What are the reasons you don’t deserve what you need and wish for?

-From what areas of life have you removed yourself, or limited your participation, because of a past failure that harmed others? Ie. Relationships, love, sex, family, parenting, friendship, business, money, community

The recommendations is to practice the VT Release Method whenever you experience a disconnect from yourself, or a loss of power, balance or peace. You can use it in every overreaction or conflict. Simply by asking “What do I need to own?” you can powerfully restore yourself.

The Process:

For each of the items on your list, go through these steps. Note that there are two sets of steps, one for yourself (thinking it, speaking it or writing it all are great options), as well as with another person anchoring you.

The Process with You Anchoring Yourself:

1. State simply, without validating or justifying:

“I hurt/ harmed/ emasculated/ diminished/ crushed/ betrayed/ etcetera

Name of Person or Myself

When or By .”

1. Say to Yourself: “I own that.”
2. Look for Yourself: “Is there anything else about that?”

Trust whatever shows up (it doesn’t have to make sense) and form a sentence as in Step 1.

1. When you’ve said all you have to say about this item, Ask Yourself, “Do I release myself?”

If the answer is “No,” then Look for Yourself: “What else about that?”

If the answer is “Yes,” then say, “I release myself” or “I release myself for .”

1. When you have forgiven yourself, Ask Yourself, “What do I commit to?”

After you’ve forgiven yourself, truly, a space naturally opens for you to commit or recommit to being or providing something to life. You might not know the commitment yet, and that’s okay. Stay with this question over the next few hours/days till the awareness find you.

1. When you’re complete, high-five yourself and celebrate! Anytime we celebrate our self-awareness it creates the space to have more unfold, consciously or subconsciously, without necessarily having to go through any particular set of steps or use any particular tool.

The Process with Partner Anchoring You:

1. State simply, without validating or justifying:

“I hurt/ harmed/ emasculated/ diminished/ crushed/ betrayed/ etcetera

Name of Person or Myself

When or By .”

1. Receive from a Partner: “Thank you for owning that.”
2. Receive from a Partner: “Is there anything else about that?”

Trust whatever shows up (it doesn’t have to make sense) and form a sentence as in Step 1

1. When you’ve said all you have to say about this item, Receive from a Partner: “Do you release yourself?”

If the answer is “No,” then Receive from a Partner: “What else about that?”

If the answer is “Yes,” then say, “I release myself” or “I release myself for .”

1. When you have forgiven yourself, Receive from a Partner: “Thank you. What do you commit to?”

After you’ve forgiven yourself, truly, a space naturally opens for you to commit or recommit to being or providing something to life. You might not know the commitment yet, and that’s okay. Stay with this question over the next few hours/days till the awareness find you.

1. When you’re complete, high-five yourself and celebrate! Your partner may thank or congratulate you, receive that. Anytime we celebrate our self-awareness it creates the space to have more unfold, consciously or subconsciously, without necessarily having to go through any particular set of steps or use any particular tool.