

SEDONA METHOD

(Adapted from 'The Effortless Sleep Method' by Sasha Stephens)

If you have already tried some breathing techniques it may be worth drawing on the Sedona method to help you move away from the breath being distinct from you. Try shifting your focus from watching the breath to being the breath. Allow your sense of 'I', your awareness, almost to merge with the breath.

This may sound a little strange but can be really helpful once you grasp it. It can help to start saying silently to yourself 'I am the breath, I am the breath'. You should find this instantly very relaxing and you may even feel as if your body and mind are melting into each other or have become indistinguishable.

Now you need to try this with your fear. Bring up a fear-inducing thought. As the fear arises avoid fighting it; instead allow it to be there, really feel it.

Then move one step further. Welcome it.

Next focus on being the fear. Slide your awareness into the fear, become one with it. You could say to yourself 'I am fear, I am fear'.

See how the fear dissolves and is neutralised. The fear is revealed as a phantom, a nothing.

Just as the fear of a darkened room is helped by the clarity of turning on the light, so clarity is offered by looking head on at the fear. Allow it to neutralise without running, fighting, avoiding or changing the subject but looking head on at that fear and welcoming it in.

Feel your fear, allow it, welcome it, BE it.

Feel your thoughts, allow them, welcome them, BE them.

Feel your feelings, allow them, welcome them, BE them.

Anything you can truly welcome can hold no fear for you. You cannot fear something if you can truly welcome it.

Thus, your fear will end up being your best friend. Every fear, every tension gives you another opportunity to relax in a more profound way than ever before. If you can master this tool it will change your life!

Work with whatever feeling you experience, e.g. if you fear this method won't work sit with that feeling and welcome it etc.

For more information on The Sedona Method:

<http://alteredstatesinstructions.com/Library/The%20Sedona%20Method.pdf>