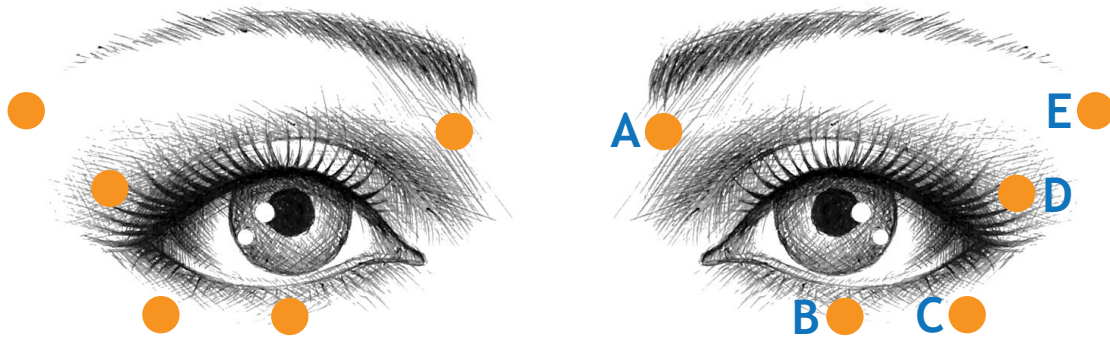


# ADVENTURES IN CONSCIOUSNESS™



## Self-Liberation Technique (SLT)

The Self-Liberation Technique© (SLT) is a simple method of pressing pressure points around the eyes at the same time that you're bringing up a negative emotion or problem you want to work on, and completely dissolving it.

You can use this simple tool for erasing many feelings and issues. But, we suggest you use it daily to work on negative emotions, which are the root of all pain and suffering. This means targeting anger, greed, or desire for anything, which are the top personal and public enemies on the planet.

You should use SLT to erase fears, anxieties, stresses, angers, traumas, addictions, relationship problems, self-hatred, hatred or disgust towards others, pride, arrogance, jealousy, and any feelings of needing or wanting something to happen.

Think of the issue you want to work on, for example "I'm angry at my boss". Rate it 1-10.

Think of the emotion and then start pressing lightly on the first pressure point in between the eyes. Before you press each time think your phrase, then press the points with both hands.

Do each point shown on the diagram 7 times.

1. Point A: In between eyes where the eyebrows begin
2. Point B: Underneath the eyes directly underneath the pupils

3. Point C: Underneath the eyes further out from the pupils
4. Point D: On the top of the eye socket towards the outer edge of the eye
5. Point E: On the soft spot extending past the end of the eyebrows

Notice if your feeling has gone down in its rating, if it is still not a zero, continue to the eye movement sequence. Repeat each movement 7 times while still thinking your phrase and allowing the feeling to come up. Your eyes should move slowly and deliberately.

1. Begin by keeping your head straight, but with the eyes looking up towards the sky, then down at the floor..
2. Next look to either side of your head.
3. Then look diagonally into the opposite corners of your eyes.
4. Now rotate the eyes in a clockwise direction, then counterclockwise.

Finish the technique with rubbing your hands together, then pressing the palms onto the eyes to bring heat and energy to them. Take this time to relax and see if the feeling is gone. If the feeling is still not a zero, begin the sequence with the first point, and say "remaining anger at my boss." Think of the negative emotion like a splinter in your finger—you want to make sure you get it all out.

To learn more, please visit our website, [www.AdventuresInConsciousness.org](http://www.AdventuresInConsciousness.org), or email: [AdventuresInConsciousnessInfo@gmail.com](mailto:AdventuresInConsciousnessInfo@gmail.com)

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## How To Make The Most Out Of Your SLT

- First create a hit list, the top 10-20 incidents of your life that have caused you the most pain, suffering, or anger. Tap on those first. Then tap on major points of anger/frustration, fear/anxiety, greed/lust, pride/envy, over indulgence/laziness and attachment to outcomes in your life. Everyone has their work cut out for them, so basically a never ending hit list is great! I keep my hit list on a Post-It and check them off each week. NO ISSUE IS TOO SMALL to tap on!
- When creating your phrase to work on try and make it as simple as possible, and get to the root of the issue. Attach the simplest emotion possible, eg, "I am afraid of failing this interview" or "I am angry at myself for messing up" or "I am jealous at Scott." Choose issues to work on that are rooted in the core negative emotions: anger, greed, lust, jealousy, fear, anxiety, laziness, and the desire to not tell the truth.
- When doing SLT allow your emotions to come to the surface, don't suppress them, just allow yourself to feel them fully and tap them away. You will probably feel them physically as a vibration at certain places in your body, especially in the pit of your stomach.
- After you've worked on the phrase with the simplest emotion, look a little deeper. Maybe on the surface it's anger at someone, though the underlying reason could be a feeling of fear you feel presently or from your past. Attack the problem from as many angles as you can. When you work on negative emotions then, what you really need to work on, deep inside, comes up naturally.
- Always remember to rate your emotion in its degree of intensity before you begin (1-10). When you are through a full sequence, try to recall the emotion. It should be at a ZERO inside. If you still feel even a shred of it start from the beginning of the tapping until it's completely gone. If you got a splinter in your finger and got most of it out except for a painful sliver- would you just leave it in?
- If you feel adventurous go ahead and try tapping IN a good quality after a round of tapping OUT a bad quality, i.e., if you tap out "I am angry at my boss" tap in "I am compassionate/patient with my boss."

### **THIS LOOKS SO SIMPLE, IS IT REALLY THAT VALUABLE?**

Workshops have been happening all over the world for decades with SLT and Tapping. It's a HUGE money making industry. Workshops could cost you \$1,500 for a weekend, or a session on the phone with a practitioner for just one issue could cost you \$250. We have this for free because it's simple and everyone should know it. Use this and spread it for the health and happiness of you and those around you.

### **BUT AREN'T MY EMOTIONS, PAIN, AND NEUROSIS WHAT MAKE ME A DYNAMIC AND STRONG INDIVIDUAL?**

Your pain only makes you mean, not strong. Don't let your emotions run you, heal them so you are really stronger. If there is no pain about an issue then you are untouchable and that is true strength. Pain lives in our bodies and our cells and this method is a great introductory way to make some big strides wiping that pain out on a deeper level than just suppressing an emotion, pretending it's not there, numbing it with chemicals, or talking ourselves out of feeling a certain way. Don't let pain or negativity linger inside you because all it does is breed even deeper anger, resentment, fear, and selfishness—all of which stop you from living a healthy life, a life where you and not your emotions are in control. When you tap out a negative emotion you are actively allowing your consciousness to evolve.

To learn more, please visit our website, [www.AdventuresInConsciousness.org](http://www.AdventuresInConsciousness.org), or email: [AdventuresInConsciousnessInfo@gmail.com](mailto:AdventuresInConsciousnessInfo@gmail.com)