

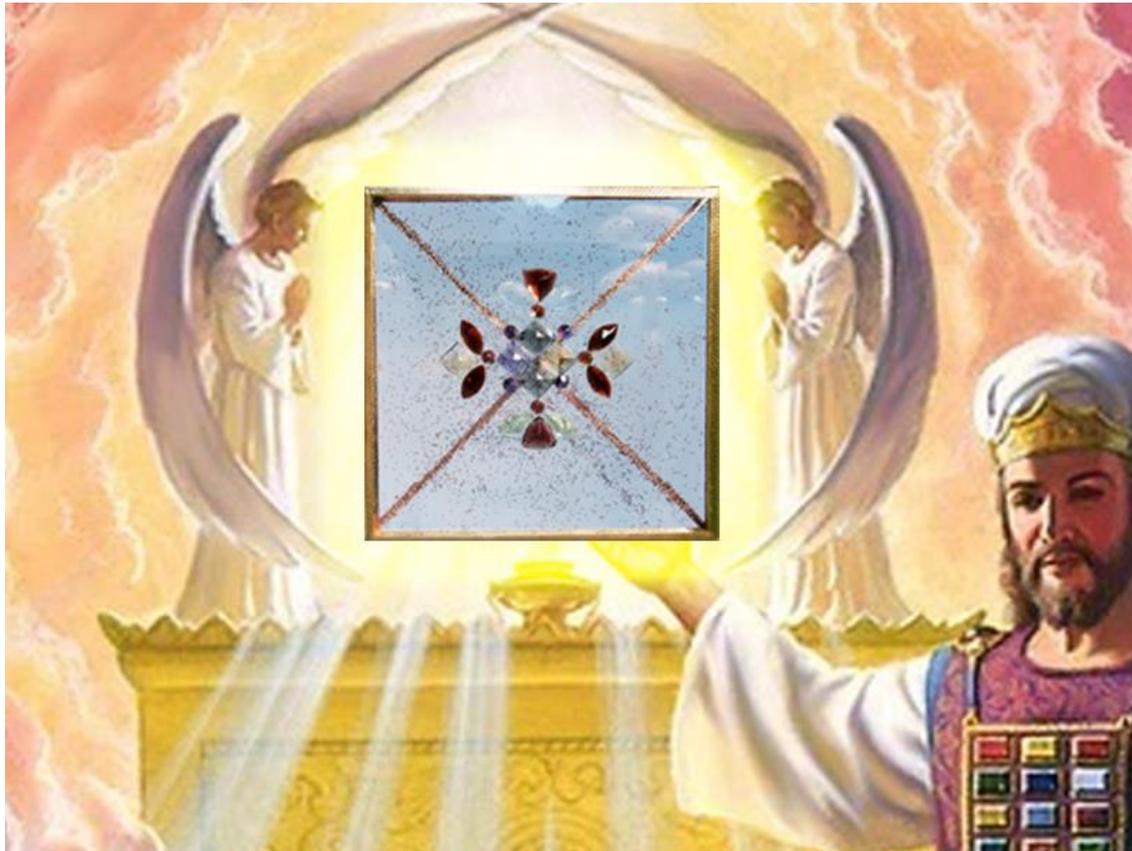
## LESSON 7 – RELEASING THE TRIGGERS

The first step for you is to find a quiet place where you would be able to sit undisturbed so that you can truly tune into this experience. Print out the grid that you see here.



Anna Merkaba | <http://sacredascensionmerkaba.wordpress.com/> | [annamerkaba@fastmail.com](mailto:annamerkaba@fastmail.com) \*The information provided herein is for informational and entertainment purposes only, and does not constitute medical advice, and should NOT serve as the basis for any medical decision by you. Anna Merkaba is not an M.D. or a licensed medical professional. Please always consult your physician or any other medical professional before beginning any new healing treatments.

In the section, that says “what was” write down which ailment, situation, thought pattern is troubling you for a while, what is it that is occurring repeatedly that is similar to what was happening to me in the story that I’ve described. Is there something that you wish you could enjoy doing but are sent into panic mode each time you think about it? If so, write it down into the space provided that says “what was”.



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Now think about what it is that you wish to feel instead, when you think about this topic, idea, or action. Write down the words that you wish to replace the negative experience with the positive one. Give it a few minutes. Think about it and when you are ready proceed to the next step.

Sit down relax, let the endless chatter of the day leave your mind. If you are finding this difficult to do, then take the White Chestnut Flower Essence that we've talked about in Lesson 3 of this course. If you find it difficult to fully relax when you close your eyes, you can use the printout of the image you see on your screen right now as a meditative tool, simply look at it for a while whilst focusing on your breathing. Take a few deep breath relaxing as much as you can and now.

Think of the ailment or a situation that is troubling you, and say this "MY DEAR GUIDES, PLEASE SHOW ME, TAKE ME BACK INTO THAT MOMENT WHERE THIS TRIGGER BEGAN" Then and this is VERY important, ALLOW yourself to go there, even if you begin to feel the pain, even if you begin to cry, none of it matters as you must allow yourself to feel being there, see things and now LET IT ALL GO say "RELEASE THIS TRIGGER! It is no longer positively serving me. I wish to LET IT GO" Then open your eyes and quickly bring yourself to the NOW moment of time.

BE GRATEFUL for what you have NOW and for what you have gone through in the past as it was a necessary experience for you to grow and expand your consciousness. Say THANK YOU for that experience and now...

REPLACE THE TRIGGER, say " I want to replace the trigger, now when I think about "XYZ" I will feel "HAPPINESS, PEACE, TRANQUILITY, etc., whatever you wish to feel"

And finally allow yourself to stay in the moment of NOW, enjoy it, savor it. That is all. Either right away or in a little bit of time, but you are going to feel better!!!!

This exercise can be done many times over, as many as necessary to release all the triggers that you are bound to identify as you move along your journey of self discovery.