

Dis-creation Process

When any emotion pops up that diminishes your energy or positive view of yourself, you can use the simple **Dis-creation Process**.

Here are the Steps:

1. Get a sense of the feelings and the words that are involved, ie. *"I don't matter."*
2. Let the feeling be the helium and your body be the balloon and breath the feelings into your body letting them attract any similar feelings that are held in any part of the bodies, physical, mental, emotional or spiritual. Let the energy feelings get as "big" as you want even pushing on the skin.
3. Once you have had enough of the feelings, reverse your breathing and move the energy into a form that is in front of you. Breath out the feelings until there is none left inside.
4. In your imagination, create a label and marker. With the marker, write the feeling's words, i.e. "I don't matter" on the label and reach out to place the label on the form.
5. Take a breath, step back and read the label. That is the name of that feeling. Those words will manifest as those feelings.
6. When you are ready to change the words in your story, notice the energy cords that run from your body into the form. Do whatever you have to do to disconnect them from your fields. All of the cords will roll quickly into the form.
7. Now, step back, take a breath and clap your hands to cause the "manifested" form to dissipate back into energy. Blow and sweep the area with your hands to clear the energy fields.
8. Notice how you feel. If there is another feeling that emerges, repeat the process.
9. When the field is stabilized in Good, create a Reality Statement to anchor what you now choose, i.e. "I recognize myself as a presence of value, vitality and worth."

