

Freespotting Steps

Optional: Short prayer, meditation, or a moment of silence.

Step 1. Think of something that's bothering you. It could be a painful or uncomfortable or embarrassing memory, experience or situation. It could be an annoying person. Or negative beliefs like I'm not good enough, nobody loves me, or they don't respect me. Or it could be a life-threatening situation like a car accident.

If your emotions are not intense enough, imagine the details of the experience. What happened? What did you see, hear or feel? What did someone do to you? What did someone say to you? How did you feel the moment you knew something bad was about to happen?

Step 2. Stare at a spot—for example, the tip of your finger or pen—and allow memories, thoughts and feelings to come up without judging. Avoid judging yourself or your thoughts and feelings as bad or wrong. Allow yourself to totally feel your emotions. Don't suppress or deny them. It's OK to feel whatever you're feeling.

Other memories, thoughts and feelings may come up. Just remember to keep focusing on the spot.

When your emotions are no longer intense and no other memories or thoughts come up, you can stop. Or, if you want to process more memories, repeat Steps 1 and 2. Think of other things that are bothering you, intensify your emotions if necessary, keep staring at the spot, and allow memories, thoughts and feelings to come up without judging.

Optional: When you're done processing, close your eyes, relax, and ask to feel the deepest, purest divine love.