

Stage Two Outline

1. Get really BIG in Love

State: "I am setting the intention of finding the mini - traumas that started my old unloving belief - (state belief)

2. Get really BIG in Love

Say: Please show me where the earliest mini - trauma is that started my old belief - (state belief)

Allow yourself some time to remember the traumas.

As soon as you remember the trauma, open yourself to feel the pain of it. Once you have felt it completely, (this should take less time then it took to feel the initial trauma or series of traumas) pull yourself back out and

3. Get really BIG in Love

Give yourself the time you need to feel totally in Love

Once there, state your new truth and see how your old belief is not true.

Then take the time to Grok the experience or change the story.

4. Get really BIG in Love

Release the pain out of your body. State out loud: I am setting the intention to release the pain that the old belief and this trauma has been holding in my body. Then, just let the energy come out however it chooses to, being careful not to let your body get hurt. Hopefully you can do this in a place in which you are free to make sounds that will not interfere with other people around you.

5. Get really Big in Love

Once finished, congratulations! You have just finished a Stage Two and you are ready for the next one if you have time. After four or five Stage Twos, they will start to become redundant. After this, then just look into your past for any mini – traumas that still trigger you and work on those.

Once finished. You are done with that old belief and ready for Stage Three. Congratulations! Write down your experience in your journal and remember to thank your Guides for their help.