

SRI Transform Notes

These are instructions to do the exercises. For deeper understanding of the stages, read the books, or check out the articles on the blog. www.naturallyempowered.co.uk

STAGE 4 EXERCISE – RECLAIMING OUR POWER

Place your finger over your left nostril. Breathe quickly in through your right nostril, then quickly exhale through your right nostril. Now place your finger over your right nostril. Breathe quickly in through your left nostril, then quickly breathe out through your left nostril. Continue alternate nostril breathing for at least two minutes.

Meanwhile, place your free hand on your chest. Feel your chest rise and fall as you breathe. Slowly move your hand down to areas that do not feel as though they are moving with your breathing. Then move back to those areas that are moving.

You are going to build up the energy 3 times in Stage 4.

The first time the declaration is “Enough of this....”

The second time you are going to reclaim something that will help you move forwards into transform such as power, courage, strength... or whatever you need to reclaim and the affirmation will be either “I take back my xxx” or “I reclaim my xxx”.

The third time, build the energy up quickly and the affirmation is “Because I deserve so much more than this”.

STAGE 5 EXERCISE – MERGING WITH THE ILLUSION

Lie comfortably on your back and bring your arms over your chest area. Breathe in through the mouth/out through the mouth directing the breath down into your pelvis.

Put your hands on the floor above your head, palms pointing up and slowly lift them until you feel energy in your hands. Start to move your hands in small circles coordinating the movement with the breath.

Bend your knees and unless pain stops you lift your feet off the ground and let your legs move in synch with your arms. Let the rhythm take over.

You can also start with the legs if you prefer.

STAGE 6 – PREPARATION FOR RESOLUTION

Lie comfortably on your back. Straighten your legs out and push them together. Breathe gently and deeply in and out through your nose. Place your hands above the area where there is tension (often the area where you did stage 3 or 4) and move them in circular motions on the tense region. Synchronize your breathing with your hand movements. Breathe deeply through your nose with each circular motion. Let the rhythm take over.

As Stage Six completes, the rhythm of Stage Seven often takes over sometimes rather dramatically, producing discharge and resolution.

Stage 6 Declarations

“I am flexible”

“I am building momentum”

“I am ready”
“It's ok to let go”

STAGE 7 – RESOLUTION

Lie on your back, stretch your hands above your head on the floor and stretch your feet out. Breath in – stretch fingers out and toes out. Breath out – make a fist, bring your toes towards your nose. As you breath in you are stretching out, and you breath out you are contracting and bringing energy up your legs and down your arms. If you have some experience you will notice that they meet in the area you did stage 6.

Build up your breath until you can breathe no longer, make a fist and slowly push down with your arms until you are parallel to your stage 6 area, open your hands and let the noise move through your body, resolving the tension patterns.

Then place your hands on the floor – as the noise – “are you done with me?” Repeat until there is no more noise.