Five Steps to Freedom—*The Hero's Path of Love*



RECOGNIZE



Here we go again ~ This shouldn't be happening ~ This is not OK I need to teach them a lesson ~ Looping thoughts
Replaying conversations ~ Impulse to act NOW ~ Fix this!



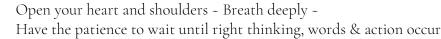
Triggered - Angry - Fearful - Sad - Overwhelmed - Fight - Flight



RELAX



This is the moment of choice ~ Pause now or pay later





Consciously open the heart against its tendency to close



RELEASE



Transcend blocked emotional energy, neither Suppressing, nor Expressing

Don't go into the story ~ See the ego upset from the Silent Witness Feel it, don't fix it ~ It's only energy ~ Better out than in



Open heart good / closed heart bad ~ Whatever is there, let it flow



RECEIVE



Where did that come from? ~ Of course that will help

I knew that before, in my head, but not in my heart Clear, unambiguous insights without doubts



Inner peace ~ Grateful for insights ~ Filled with compassion & acceptance



RESPOND



Right words, right action spontaneously occur at the right moment

No thinking, rehearsing, trying to sound a certain way Surprisingly inspired, well received, effective, & productive words & actions



Giving and receiving the gift of love, compassion, blessing, & bonding

REALIZE the minimum viable miracle ~ a subtle but seismic shift that changes everything.

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