

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
Open your heart and shoulders ~ Breath deeply ~
Have the patience to wait until right thinking, words & action occur



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.