



The magic is within you

Written task for 7-day regulator

Well done, you have made it to day seven, this is the day where we pull it all together and you simply let go of anything you feel may be standing between you and emotional freedom

By now you will have started to feel a shift in your emotional responses.

This session should be approached like the others and when you are thinking of “letting it all go” we simply mean the series of emotions you have been working on all week. By doing so you will begin to identify with a sense of being free.

Sadness, fear, guilt hurt, and anxiety are most often the primary emotions that get transformed into anger, we remove anger first to make a pathway to the others. Going forward from today focus on your breath and just “be”.

If you are choosing to follow this programme with a float today is the perfect day to do so.

I wish you all the best for your future and please feel free to continue on your healing journey with us at www.hydro-ease.co.uk

- 1- What would happen if I did let it all go and became free?

- 2- What would happen if I didn't let it all go and became free?

- 3- What wouldn't happen if I did let it all go and became free?

- 4- What won't happen if I didn't let it all go and became free?