



Detachment

IDENTIFY

- PICK A PERSON, AN ISSUE OR EVENT
- DISTILL INTO AN IMAGE OR ICON
- TOSS THE IMAGE INTO SPACE
- ACKNOWLEDGE THE SPACE BETWEEN YOU AND THE IMAGE

DETACH

- VISUALIZE YOUR ATTACHMENT AS CORDS OF ENERGY FLOWING FROM YOU AND TO YOU
- STOP THE OUTWARD FLOW, FLIP THE SWITCH TO OFF
- CUT THE CORDS FROM THE OTHER SIDE
- ACKNOWLEDGE THE EMPTY SPACE BETWEEN YOU AND YOUR OBJECT

Choose to detach

- Once detached choose to reclaim
- Energy
- Spirit

- Summon your energy and spirit back
- Receive your energy with gratitude
- Grow brighter and larger as the image shrinks and fades
- Blow the image into dust
- CELEBRATE!