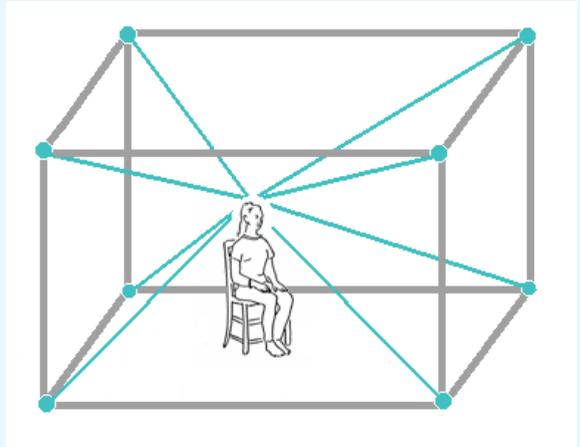


SPACEATION

HOLDING 8 ANCHORPOINTS

and the 'Creation-Walk Exercise'



This exercise is one of the most simple, basic exercises there is.

It is a very old exercise which I simply report here as it is. - It is the 'opposite' of the 'TOUCH & YAWN' exercise and complements the CONFRONTING Exercise.

Here is how it goes:

Look at a corner of the room (e.g. the bottom right corner). Close your eyes and - while keeping your eyes closed - 'hold' onto this corner of the room nevertheless (stay in contact with this physical corner – which means: you have your attention still outside of your body on this corner).

This by itself is a remarkable thing: you CAN hold a connection

to something outside of yourself, even if you don't see it. Or in other words: The IMAGINATION of putting a connection there will indeed put a real 'spiritual' connection there.

This is possible because on the spiritual level there is no matter, energy space and time (in the physical sense) – and this means, you can be wherever you decide to be by creating the exact vibration of the place or Being.

But don't try to logically understand it – just experience it.

Even with closed eyes your attention is still out there attached to this corner of which you know that it is there.

Feel that you can 'have this corner', 'connect to this corner' simply by deciding to put the connection there and holding onto it.

Then open your eyes again and look at the bottom left corner. Close your eyes again and do the same with this corner.

Then Hold on to both corners at once. You are now holding onto a line out there between the bottom right and the bottom left corner, eyes closed.

Now open the eyes again and look at the top right corner. Close your eyes. Hold it.

Open your eyes and look at the top left corner.

Close your eyes. Hold it.

Now keep your eyes closed and hold both top corners.

Now hold all 4 corners out there in front of you (eyes closed). You are now holding a square made out of the 4 corners.

You then do the same thing – step by step - with the corners behind you.

When you can do that you combine the corners in front of you with the corners at the back of you – still eyes closed.

THEN - EYES STILL CLOSED - YOU HOLD ALL 8 CORNERS OF THE ROOM – AROUND YOU.

You are now HOLDING THE SPACE AROUND YOU.

Try to hold this space without thinking for a few minutes or as long as you can (if you truly hold them – it will difficult to think at the same time!).

This is an exercise - meaning: you can and will become better and better in doing it.

Once you can effortlessly hold on to all the 8 anchor-points of a room – you can simply switch to create a space around you. Try to do that when you are going for a walk.

The Creation-Walk Exercise

Here we go one step further:

On this walk you CREATE the space around you.

Decide that it is YOU who puts everything there what you see: you put the cars there, the houses, the trees, the roads, the people ...

Isn't this crazy?

No. It is the truth. At least 50% of it.

Because: All what you see - you do see it in YOUR WAY - with the special significance it has for YOU - so YES: indeed you could say: I AM PUTTING ALL THIS THERE.
ALL I PERCEIVE IS ME PUTTING IT THERE.

And: where do you come from? Haven't you once been part of the energy, the source, which indeed did put all of this there?

Isn't all of this in some way 'you' anyway?

Check how it feels 😊

*The size of the space you occupy as a Being
is direct proportional
to your awareness – power and well being..*

***Let me give you a practical example
how you can use this:***

Let's assume you would have to go to your boss and ask for a salary increase.

Most people would feel uncomfortable doing that.

Going into the room where the boss sits behind a big desk - they would feel small and 'pressed together' – not free and insecure . . .

But now consider this:

If the person entering the room of the boss does immediately anchor to all 8 corners of this room, that means he takes over the whole space - and the boss is now sitting IN HIS SPACE.

Can you see that this person would feel very different now?

Check it out and have fun :-)

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