

# The Treatment

What do you feel?

Feel it deeper. Visualize what you feel.

This tool is for those burning inside. This tool may cause minor burns.

But it might also help to take back control.

For preparation: All you need is a tea light, a lighter and space on the floor.

## Step 1

Release your upper body from your clothing.

Light the flame to start the process.

Find yourself in the room you are in.

Place the flame in the palm of your left hand.

Now slowly move your hand below your sternum.

Lift up your chin and close your eyes. Let them rest.

Breathe in through your nose. Breathe out from your mouth. Sense the warmth of the air that is rushing out from your lungs. Repeat to your liking.

## Step 2

Don't let go of the flame.

Lay your body down. First sit.

Then let your back slowly touch the floor.

Use your legs to rebalance and sink. Gently.

Control the flame in your left hand and position your arms next to your body. Rest your head and breathe in through your nose.

Hold your breath: 1 2 3 4 Let go through your mouth.

Repeat to your liking.

## Step 3

Lift your left hand and reach out to the flame with your right hand.

Place the flame below your sternum. Reposition your arms next to your body. Your palms facing the ground.

Rest your head and breathe in through your nose.

Hold your breath: 1 2 3 4 Let go through your mouth.

Feel the flame rising up with your torso and feel it lowering down.

Repeat to your liking.

#### Step 4

With your left hand - reach out to the flame and place it into your right hand. Controlling the flame - reposition your arms next to your body.

Rest your head and breathe in through your nose.

Hold your breath: 1 2 3 4 Let go through your mouth.

Repeat to your liking.

#### Step 5

Gently raise your body. Controlling the flame in your right hand.

Use your legs to rebalance and rise.

Move your right hand controlling the flame below your sternum.

Lower your head. Open your eyes.

Breathe in through your nose. Hold your breath: 1 2 3 4 Let go through your mouth. Repeat until the flame fades out.