



Expression

To let go of our patterns, we must exercise our free will – choose to step out of a pattern, and take action using our **Voice, Body, and Intention**. We use our **Voice** to say “No” to the pattern and “Yes” to what we are moving toward. We use our **Body** to physically express ourselves. All the while, our **Intention** is to free ourselves of the pattern(s) we are working with, and get back in touch with our aliveness and authenticity. Our expression is not necessarily about anger – it’s about “claiming” our life. It’s about taking a stand. Sometimes that includes anger, but it can also be about joy, love, commitment, and empowerment.

- Say “no” to the pattern. Take a stand. “I don’t want this in my life. **I’m exercising my free will choice and taking action. I’m not (THAT), I am (THIS)!**”
- The “no” is most powerful when combined with a “yes” or claim. “I’m not that pattern of self-doubt! I claim my power!”
- In the Process, we said “no” to the parents. Now the “no” is to the pattern and to the Dark Side.
- Expression – bashing is one way, but there are many other forms:
 - **Voice – Body – Intention:** These are the components that must be present.
 - Your voice does not have to be loud, but sounds must be made; it can even be mumbling. Energy moves with the voice.
 - Bashing is not necessarily about anger. It’s about empowerment, it’s about joy, and it’s about claiming who you are. It’s about saying “no” to patterns. Sometimes there will be anger. But that is not the goal. The goal is expression and standing up for who you are, saying “no” to patterns.
 - Examples of forms of Expression:
 - Yellow bat and pillow
 - Using phone books (ripping them apart or scribbling in them)
 - Scribbling on paper, ripping it up, expressing with the voice
 - Power walking – imagine the trail paved with patterns, expressing as you stomp over them
 - Kick-boxing
 - Chopping wood
 - Standing up and stomping on patterns for 30 seconds
 - Simply using the voice, growling
 - Throwing rocks into a body of water (the ocean or a lake), or down a hill
 - Shaking the body

Expression Through Writing

The process of writing, particularly in a stream-of-consciousness style, helps us begin to make new sense of our own lives and emotions – we can make connections we wouldn't have made otherwise. According to the latest research, expressive emotional writing:

- Accesses memories and improves the memory.
- Has enormous health benefits – from improved immune functioning to improved liver functioning to lowered blood pressure.
- Reduces distress and distress about distress.
- Helps us process emotions across the board – even the things and traumatic events not being directly written about.

In expressive writing, go fully into blame, indignation, anger, and upset, and tell your story from a completely one-sided perspective. All of this is in service of love. Remember, you must fully express before you can forgive and let go.

Once you have completed your expressive writing, consider creating a ritual to burn or shred what you've written as a way to release and let go of the energy. Then, complete with a compassion and forgiveness practice to support you in your healing.

Expression Through Bashing

When bashing, use your **body, voice, and intention** to express what you no longer want (pattern and its consequences) and claim what you do want. Your voice doesn't have to be loud, but sounds must be made.

During the Process you said "no" to your parents. Remember, **now the "no" is to the pattern and to the Dark Side.**

There are many forms of expression:

- Yellow bat and pillow
- Writing out patterns on cards and tearing them up
- Using phone books (ripping them apart or scribbling in them)
- Power walking – Imagine the trail paved with patterns, expressing as you stomp over them
- Kick boxing
- Chopping wood
- Standing up and stomping on patterns for 30 seconds
- Shaking the body

Expression Through Dark Side Stomp

Work on fine-tuning your awareness so that you will be able to recognize the subtle maneuvering of the Dark Side. Then you will be able to immediately disempower it.

Dark Side Stomp

Take a long, slow, deep breath. Bring to mind the patterns you have identified. As you hold them in your mind, get a sense of how it feels in your Body to be carrying this energy inside of you.

Close your eyes and tune in to your Dark Side. Notice it holding those patterns and beliefs.

- What's it saying to you? Just listen.
- Where is it? On your left shoulder? Behind you?
- What does it look like?
- Feel how it depletes or distorts your life energy, how it keeps you stuck

***Optional:** Take 5 minutes to draw the face of your Dark Side on a large piece of paper. Take another 5 minutes to write its worst messages all around and all over the face of your Dark Side. Place the drawing in front you.*

Grab hold of your Dark Side and rip it out of you in one piece. Hold it out in front of you. Tell it, "I now know what you do to me. I refuse to be controlled by you any longer. I know your voice. You are not me!"

Now, throw your Dark Side on the floor (*or poster board*) and give it a good stomping. Say strongly, out loud, "I'm taking back my power! I'm alive. I will make mistakes. I claim my life! I say 'yes' to life!" Keep stomping it.

Take a deep breath. Your Guide comes in and sweeps away the remains of your Dark Side, and throws them into an incinerator. Take another deep, cleansing breath.

Connect to your Spiritual Self. Call to mind some of the beautiful, authentic qualities of your Spiritual Self and speak those qualities out loud. Put your hands over your heart. Breathe into your own self-love and self-compassion. You are human.