

Simply Success Method

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<http://www.SimplySuccessMethod.com>

Please Note: The Simply Success Method uses the could, would which was inspired by the Sedona Method.

The Simply Success Method

The method is broken into two parts: the **foundation** and the **action**.

The foundation consists of setting the intention and the affirmation. It's not necessary to do the foundation every time, but if you've not done healing work for a few weeks, it's a good idea just re-read them. Listen to what's best for you now. Listen to your body as you read the affirmation as well.

The action is the healing process itself.

The Foundation

Setting the intention, repeat to yourself, or with the person you're assisting or if by yourself, out loud is best:

"Given the universal principle that energy is neither created or destroyed and all emotions are energy in motion, I set the intention for all my healings now and forever to heal all my bodies, physical, energy, emotional and mental bodies in harmony with what is best for me always. I am safe and protected always. **So be it.**"

The affirmation is:

"I choose to heal, clear all emotions that arise in this healing today whether I am aware of them or not, with my subconscious, my will, and my higher self working in harmony together to heal, and transmute all energies released both now and after the healing to the highest, beneficial vibrations that are in my highest good in line with my intention.

I allow healing to occur at a sub-DNA level including my stem cells, and on a DNA and genetic, cellular, lymphatic, endocrine, parasympathetic nervous system, cartilage, muscular, vascular, gastrointestinal and alimentary, respiratory, all body organs including heart, brain, lungs, kidneys, liver, gall bladder, bladder, my nervous system.

I also allow all ancestral, tribal soul, dimensional karma to be cleared fully and totally, all contracts and agreements with myself or others, to be voided, canceled, revoked or completed now as best suits my highest good. **So it is.**"

The Action

The action part is just three simple questions, the answer to the first to is either **Yes** or **No**. There are no right or wrong answers here. Just what is true for you now.

Feel

Feel the emotion your want to clear, feel as deep as you can. Can you go deeper still? It is necessary to feel as deep as you can, just know you are safe and protected always. Can you go deeper still?

Could

Ask yourself: "**Could I totally release this emotion?**" Say Yes or No **out loud**.

Would

Ask yourself: "**Would I totally release this emotion?**" Say Yes or No **out loud**.

When

Now ask: "**When would I totally release this emotion?**" Choose either: **Now**, **Later** or **Never**. Out loud please.

Check how your feel, **repeat from Could** until the emotion has cleared. If another emotion shows up clear that first. Always choose the strongest emotion.

Repeat

Keep going until you can look at the situation that triggered that emotion or the life issues that your are working on. When you feel lighter and not triggered at all, then you have done enough for this session.

Bear in mind, deep or traumatic events may come back again and again. You can also clear resistance to releasing emotions with the same action sequence, just **totally release resistance to releasing emotion XXX**.