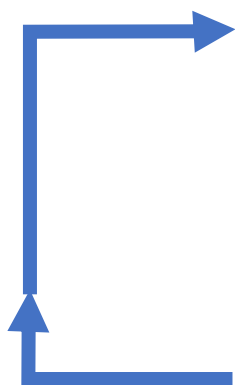


Here is the Love Circulation Method for facing and releasing emotional distress.

HOW TO HANDLE EMOTIONAL DISTRESS – SUMMARY of STEPS.

Love and mindful relaxation helps to face and release emotional distress, making you more calm and free and happy. Here is how to do it. This is a very powerful process that can release years of suffering. *Caution: In the case of past trauma, if you are likely to be re-traumatized by mentally visiting it, then do not do this therapy alone, or else in Step 3 just “touch it” very briefly every time and several cycles of Steps 3-11 until the emotional intensity vanishes.) In the case of mental illness, get professional advice.*

Summary



1. NOTICE EMOTIONAL DISTRESS.
2. CHOOSE A SPECIFIC OCCASION.
3. LIVE THAT OCCASION AGAIN FOR A FEW MOMENTS.
4. TAKE EMOTIONAL TEMPERATURE.
5. ACCEPT AND LOVE YOURSELF.
6. MINDFUL RELAXATION.
7. CIRCULATE LOVE INTO BODY.
8. CIRCULATE LOVE INTO HEART, AND MIND.
9. STILL RELAXED, REST IN THE DIVINE PRESENCE.
10. COME TO THE PRESENT MOMENT.
11. REPEAT STEPS 3 – 10 UNTIL THE EMOTIONAL TEMPERATURE (See Step 4) DROPS.
12. REPEAT THIS WHOLE THERAPY ON ANOTHER DAY, FOCUSING ON THE SAME OCCASION (See Step 2) AS “TESTING”.

HOW TO HANDLE EMOTIONAL DISTRESS – DETAILED STEPS.

1. **NOTICE EMOTIONAL DISTRESS.** Don't worry about the difference between sentiments, emotions and feelings. Here we just use the word “emotions”. (Maltese: *emozzjoni jew sentiment*). Notice something inside you that keeps carrying you away (Maltese: *tkaxkrek*) and interfering with your calm and joy. If you can give it a name, so much the better (for example, *fear, insecurity, hurt, anger, feeling worthless*, or maybe something inherited from childhood). If you know its details then use the detailed name of this emotional distress, for example: *feeling worthless, or fear of failure, or fear of success, or fear of making mistakes, or fear of appearing stupid, or fear of getting reactions from others that confirm my suspicion that I may be worthless*. **Remember:** we are concentrating on the actual feeling here, not on your mental commentary about that feeling, so please don't encourage your mental commentator during this therapy.
2. **CHOOSE A SPECIFIC OCCASION.** Remember a particular day and time when something specific happened, something that caused or strongly triggered your emotional distress.
3. **LIVE THAT OCCASION AGAIN FOR A FEW MOMENTS.** Visualise what happened for a few moments only: in your mind and heart see what you saw, hear what you heard, etc.

4. TAKE EMOTIONAL TEMPERATURE. Right NOW check how much of the emotional distress you are feeling, between 0 (nothing) and 10 (extreme). Remember the number or write it down. Don't consider what you might feel tomorrow, or some other time – just concentrate on the present moment.

5. ACCEPT AND LOVE YOURSELF. Say to yourself without condemnation or judgement: I accept myself; I love myself.

6. MINDFUL RELAXATION. Stretch (Maltese: *tmattar*) if any muscles are tense. With attention to delicate bodily sensations, relax your body.

7. CIRCULATE LOVE INTO BODY. Relax. Imagine breath going all through your body, rinsing it gently. Remember a moment of love; mix that love with the breath. If you believe in God or a Higher Power then remember that the foundation (Maltese: *pedament*) of your breath and of your love is the love that God has, divine love that sustains everything— so be OPEN and ACCEPTING of God's love. If you don't believe in God, try and maintain an open receptive attitude. Circulate breath, your love, and God's love into all of your body. Accept the love, even your own love. *Remember: love respects what it finds, and does not wrench stuff away, but releases what is ready to be released, and love is affectionate and sympathising.* Do not use your will – avoid a strong effort of any kind in this method.

8. CIRCULATE LOVE INTO HEART, AND MIND. Now invite the Special Current (breath + your love + God's love) into the heart, specifically into that emotion which you are working on (See Step 1). It may be useful for you to take an area of your heart (so to speak) draw a circle around it (so to speak) and label it with the name of the difficult emotion that you are working on. After the first cycle (see Step 11) widen the circle to include also any “nearby” emotions. (If you are working on the inner child, also go deeper, into the emotions of the child that you were). Let the Love-Current diffuse, rinse, and inhabit (Maltese: *jimla', ilaħlaħ, jgħammar*) in there. After a while, invite the Love-Current to go into the place of thoughts and memories and opinions and recurring thoughts (the mind) to make it softer and more flexible. Do not use your will – avoid a strong effort of any kind in this method.

9. STILL RELAXED, REST IN THE DIVINE PRESENCE. Spend at least half a minute (preferably more) in the divine, holy, healing Presence of God. This is not the time for prayers with words, or any thoughts at all. When you notice a thought, surrender it (Maltese: *ċedih*) gently without fighting, without condemnations or judgements. Do this by simply returning your attention to the Holy Presence (or to the breath, for a breath or two or three).

10. COME TO THE PRESENT MOMENT. Come to the present moment by taking a mindful breath or two.

11. REPEAT STEPS 3 – 10 UNTIL THE EMOTIONAL TEMPERATURE (See Step 4) DROPS. Remember to use the same occasion in Step 2, not shift to some other occasion when you repeat Step 2.

12. REPEAT THIS WHOLE THERAPY ON ANOTHER DAY,, FOCUSING ON THE SAME OCCASION (See Step 2) AS “TESTING”. This tests whether the results (that is, the release of difficult emotion) is becoming permanent. As you get confidence in using this therapy, you will want to use it for other types of emotional distress, if you have any. Do not combine different types of distress into one process: start afresh for each different type of distress. Consider keeping a journal or diary of your self-therapy and progress. –[]