

GUIDED PRACTICE OF THE HEAL METHOD (FULL VERSION)

It is best to practice the Full Method at least 1X/per day for a week. The benefits are greater if at first you practice 2X/day. After a couple of days you will have sufficient practice to also employ the Brief Version as needed.

Practice the full version at least 1X/day.

1. Think of an unresolved grievance in your life. Pick one where you can at least imagine you could feel differently.
2. Practice Heart Focus for 3 to 5 minutes. Focus your attention in the area around your heart. Ensure that you are breathing slowly and deeply into and out of your belly.
3. Reflect for a moment on what you would *HOPE* happened in this specific situation. Make an *H* statement that reflects your *HOPE*. And make it personal, specific, and positive.
4. Hold in your heart your *H* statement: “I hoped...”
5. When the *H* statement is clear, then *Educate* yourself about the limitations in demanding things always work out the way you want. Make your *E* statement broad, and in your heart understand and accept that you are okay even though all your hopes cannot be gratified.
6. *Affirm* your positive intention (*A*) the positive long-term goal underneath the hope that you had for the specific situation.
7. With determination, hold you’re *A* statement in the warm feelings in your heart. Repeat your positive intention a couple of times.
8. Make an *L* statement, which stands for a *Long-Term Commitment* to:
 - Practice the HEAL method -- both the full and brief versions;
 - Follow your positive intention even when difficult;
 - Learn the skills you need to manifest your positive intention;
 - Practice each letter in order at least twice.
9. Then continue to breathe slowly and deeply into and out of your belly for another 30 seconds to a minute.