

Living The
Good Life:
Do You
Feel Like
Giving Up?
3

Our Animal
Friends:
What Cats
Need
Part 5
5

New Spirit
Journal
Classified
Advertisement
Section
6

Everyday Spirituality: The Dash 7
Astrological Health Hints 8
Color Your Life 10
Dear Louise: Ask Louise Hay 13



Books 15



A Journey Into Pulsed
Energy Therapy 16

*Helping You Create Abundance In
Your Relationships, Finances,
Health, Career, and Spiritual Life*

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The Release Technique

Feel Calm, Free, and Joyful

FREE



releasing is done. A person begins by choosing something that irritates them, something small to start with. While thinking about this, they point or tilt their head down toward the stomach or chest area, which is the feeling center. This is what we call the erase mode. If you stay in your head, all you are doing is recording your thoughts. Tilting your head downwards helps you enter the erase mode.

Now, notice the unwanted energy. It could be a clutching feeling or a knot. The energy actually wants to leave, so imagine a tube that runs into the energy. Now let the energy flow out through the tube or doorway. Let it shoot out. Then let more and more of it leave.

You should now notice that you feel lighter, even a small amount of greater lightness will show you that you have let go of some of this. Think of the person or situation again and see how it feels. If there is still more negative energy, it means you have to go deeper.

NSJ: Are these feelings bad?

Larry: No, it is very important not to judge the energy. It is not good or bad. It is nothing more than phenomenon passing through. You don't need to analyze it or try to figure out where you got it.

The example I like to use is taking a splinter out of your finger. When you have a splinter in your finger, do you stop to think about where you got it or what it is made of? Of course not. All you care about is getting it out of your finger. All you need to do is allow the splinter to be pulled out and then you feel better.

It is the same with our repressed energy. We don't have to spend hours, days, or years trying to figure it out. We don't have to know where it comes from or how long it has been there. All we need to do is acknowledge it exists and then let it flow out from us.

Sometimes people let the simplicity of this stop them from trying. Most of us have been programmed to believe that if something is simple or easy it must not be worth anything.

Continued on page 7

By Krysta Gibson

Once you pull back the layers of various techniques, courses, and workshops, you will find that most of them attempt to address what everyone is seeking: freedom. Why do people want money? So they can be free to do what they want to do. Why do people want to be healthy? So they can live their lives free of pain. Why do people want to learn spiritual techniques? So they can be free from the suffering they experience in the world.

What if there was a simple way to let go of everything that keeps us from experiencing ourselves as free? In 1952 at the age of 42 a physicist and self-made millionaire named Lester Levenson discovered that there is. After having suffered his second heart attack, the doctors sent him home to die. Because he was so afraid of dying, he decided to find a way out of his difficulty. He spent the next three months examining his life and discovered a way to heal himself.

Lester spent the rest of his life teaching this technique to

others. He passed away in 1994, a full 42 years after the doctors said he was going to die. Before he died, Lester asked one of his students, Larry Crane, to carry on this work and share the technique with the world.

New Spirit Journal: Larry, exactly what is the Release Technique?

Larry Crane: The most basic way to describe the technique is to say that it is a way to release emotional attachments and aversions. Every master for the past thousand years has said that this is what causes suffering on every level.

Our minds are driven by our feelings. Most people repress, suppress, and seek to escape their feelings. This causes a build-up of energy which then tries to express itself through psychosomatic distress, bodily disorders, emotional illnesses and problems in relationships.

The accumulation of these feelings can cause illnesses as well as block success in every area of our lives. The technique is a way of gradually discharging this suppressed energy until all of it is gone.

Larry Crane explains to students that the feelings they have actually want to leave their bodies. He teaches them how to do this through the Release Technique.

This leaves you feeling freer, calmer, and able to live your life with a deep sense of joy.

NSJ: Can you give our readers an example of how they could do this?

Larry: Yes. It is very important for people to understand that this is not a process that you can just read about. It is

not just an intellectual process. It has to be experienced. Imagine trying to learn how to swim by just reading about it! Even the brief description in this interview can only give people an introduction to the process. It really has to be experienced.

Here is an idea of how

Living In The Now

by Nouk Sanchez

The challenge that exists for all of us is to live each moment in the present. To greet each moment as new, without the projection of past and future fears and hopes; to actually be present to the person, circumstance, or moment as it is, and not how we want it to be. Now is the only moment that we have where we can actually effect any change.

We all know this, so why don't we do it? The truth is that for most of us, the uninvestigated and unquestioned ego self is at the helm of our life. If

you doubt this, just ask yourself how you could have done so many hurtful things to self and others despite knowing better.

The point I'm driving at is that for all our knowledge, nothing will change until we confront our ego, that hidden, unquestioned identity that is running our life. Like a computer program with a default setting, our life defaults to being driven by the ego unless we take charge and change the settings. The ego is a mistaken identity based on lack, mistrust, guilt, and a veritable closet of uninvestigated beliefs. It is responsible for generating those feel-

ings of inadequacy and for creating those late night feelings of impending doom. It is the voice that tells us that unless we effort, fight, sacrifice, and even act dishonestly, we will miss out. Consumed by these underlying and largely unconscious and unexplored beliefs, it fills our minds with thoughts and our days with actions to either avert these fearful beliefs or attain the one thing that we think will ensure our happiness, and we're not even aware of it.

With all that mental activity and unconscious programming going on, how can we possibly live in the now? The answer is that we can't. Until the ego is exposed and released, our life will always seem random, dangerous,

Continued on Page 2