



Say “Yes”

This is a fantastic practice that helps shift uncomfortable energy that’s gotten stuck in your system.

Uncomfortable energy can manifest as

- Physical discomfort: Pain in one area of the body, tiredness, soreness, tension, burning, nausea, stuffiness....
- A difficult emotion: Sadness, anger, frustration, disappointment, resentment, fear, resistance...
- Repetitive thought that causes distress and gives rise to: Anxiety, overwhelm, doubt, stuckness, a sense of pressure to figure things out.....

We’ve been conditioned to stuff the energy, amplify and ‘express’ it onto another; ignore it; or try to get rid of it. None of these methods work, and the energy stays bottled up inside you.

The intention of the practice is to allow the energy to have its life so it can move through you. Remember: The nature of energy is that it likes to move!

Steps

1. Identify the uncomfortable energy.
2. Measure its level of intensity from 0 – 10 (0 is no intensity, 10 is ‘off the charts’ intense).
3. Invite the energy to arise by saying “Yes” to it. Continue to welcome it up by saying “Yes” over and over until you start to feel a shift. *Note: it works better if you say “yes” out loud!*
4. Measure the level of intensity again and notice: Is it more intense, less intense or the same?
5. Say “Yes” again over and over until the intensity has significantly lessened.
6. You may notice you feel lighter and freer.

Have fun with it!



As a life-long entrepreneur Linda Landon is dedicated to the art of maximizing our vitality and wellness, especially as we grow older. She knows from working with thousands of clients – and her own experience - that we all have a unique spark burning within us. She is passionate about learning and transmitting cutting edge tools and processes that will ignite and sustain this spark – bringing you the joy, exuberance and turn on that is your birthright.

For further information on how you can get started now, contact us at linda@igniteyourjoy.us.

Linda Landon, PCC, Mentor, Facilitator, Author, Deep Coaching Practitioner, Business & Recovery Coach, Human Design Specialist, Wellness Sexuality Practice

© 2015 Linda Landon & Associates