

THE SEPARATION METHOD™ Learnings

- Feelings and thoughts must be separated... mixing them creates emotional spirals
- Raw feelings are bodily sensations... emotions are sensations plus story
- “I am...” statements reveal primary feelings without judgment or narrative
- The nervous system can process a feeling... it cannot process a story
- Supportive thoughts change the emotional state by shifting the cause inside
- Repetition builds new neuropathways... pairing mantras with positive emotion accelerates it
- Painful feeling plus painful thought lowers vibration... separation raises it
- Conscious choice of thought determines frequency, clarity and outcome
- The method... feel the sensation, turn off the story, hold the feeling, choose a supportive thought
- This is the moment of power... where self-leadership replaces emotional reactivity



EMPOWERED FREEDOM

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