

QUESTIONS FOR THE SEDONA METHOD

Could I let go of wanting to get happiness from ----- and allow myself to rest as the happiness that I already am?

My happiness comes from----- / I am the happiness that I am seeking

I am an individual separate from the All / I am the All

Could I let go of wanting my own approval?

Could you let go of wanting to be disappointed?

Which would you rather – wanting security or having security?

Could you let go of wanting to receive?

Could you let go of wanting separation?

Could you just allow yourself to be as you are in this moment?

Ways to release:

- 1. Could you? Would you? When?*
- 2. Welcoming or allowing the feeling to be*
- 3. Going to the core of the feeling*
- 4. Release the underlying wants – approval, control, security*

I allow myself to have optimum health and limitless energy (release on it!)

What am I wanting in this moment: wanting security? wanting to control? wanting approval?

To get up in the morning:

- 1. I ask myself: Could you let go of wanting to get up?*
- 2. Then I ask: Would you let go of wanting to get up?*
- 3. I ask: When?*

Could you just let go now ... of that underlying resistance you have to releasing that's always present?

Would you?

When?

Could you allow yourself ... to become all that you can be?

Would you?

When?

Wanting control can be thought of as:

The feeling that we lack control

A sense of being out of control

Feeling as if a situation is beyond our control

Could you allow this feeling to be here?

Clean-up procedure:

Did this person try to control you?

Did you try to control this person?

Do you now grant this person the right to be as this person is?

Did you dislike or disapprove of anything in this person?

Did this person dislike or disapprove of anything in you?

Do you now have only love and/or acceptance feelings for this person?

Did this person challenge, oppose or threaten you?

Did you challenge, oppose or threaten this person?

Do you now have only a feeling of well being, a feeling of safety and trust with this person?

Could you let go of wanting to succeed?

Could you let go of wanting to fail?

Could you let go of ... in the present moment?

Could I just allow this resistance to be present in this moment?

What am I most afraid of right now? (release on each issue that pops up by using could you, would you, when?)

When you are not making any progress releasing on an issue:

1. Release on the Resistance

2. *Could I let go of this feeling for just ONE MINUTE?*

Ask yourself:

What is that I do not want to happen?

What am I worried about?

What am I afraid will happen?

Then let it all go

Could I let go of wanting to change ... (person/situation)?

Could I let go of wanting my own approval?

Could I let go of wanting their approval?

Could I let go of wanting control?

Could I let go of wanting security?

Could I let go of wanting what is?

Variations of the wanting security:

Could you let go of wanting security?

Could I let go of wanting security?

Could you let go of wanting insecurity?

Could I let go of wanting insecurity?

Could I allow myself to resist ----- as much as I do?

Could I allow myself to welcome (allow) ----- as best as I can?

Could I allow myself to reject ----- as much as I do?

Could I allow myself to accept ----- as best as I can?

Could I allow myself to dislike ----- as much as I do?

Could I allow myself to like ----- as much as I do?

Could I allow myself to hate ----- as much as I do?

Could I allow myself to love ----- as best as I can?

Could I allow myself to want to change ----- as much as I do?

Could I allow myself to let go of wanting to change ----- as best as I can?

Could I allow myself to say no to ----- ?

Could I allow myself to say yes to ----- ?

Could I allow myself to be as open to ----- as I am?

Could I allow myself to be as closed to ----- as I am?

I allow myself to have -----

I allow myself to easily xxx (courageousness)

I appreciate having xxx (acceptance)

I am xxx (peace)

Could I let go of wanting to get all the answers from releasing?

Could I let go of wanting to get none of the answers from releasing?

Could I let go of wanting to accept releasing?

Could I let go of wanting to reject releasing?

Could I let go of wanting to get security from outside sources?

Could I let go of wanting to get security from the inside?

Could I let go of wanting to resist being a success?

Could I let go of wanting to resist being a failure?

Could I let go of wanting to take life so seriously?

What frustrated ego desire is causing this problem?

Could I let go of wanting that?

*Would I rather fit in or would I rather be free?
Could I let that go?*

*There are problems / There are no problems
There is a problem / Everything is perfect
This is my picture / This is God's picture
I am the doer / God is the only doer*

Make a list of your desires and be as ruthlessly honest as you can. Go through each item on the list and ask yourself:

*Can I allow myself to turn this desire into a desire of freedom?
Would I rather have (the desire) or would I rather be free?
Can I let go of wanting to change this and allow it to be as it is?*

*I want the world / I am the world
I want freedom / I am freedom
I accomplished this / It is not I but the Father who worked through me
I accomplished this / God is the only accomplisher
Things need to change / All is perfect as it is*

*I am the creator / God is the only creator
Happiness can be achieved / Happiness is already my basic nature
I am the body and the mind / I am more than just a body and a mind
I am different from you / I am the same as you
There is a me and a you / There is no me and you. There is only one*

Whenever you have a non-love feeling that you want to release ask yourself: *Could I change this feeling to love?*

*I want to be loved / I allow myself to love
I need love / I am love
Could I allow myself to hate (any person, place, or thing) as much as I do? / Could I allow myself to love (any person, place, or thing) as much as I do?
I am loving / I am love*

*Who or what am I?
If I am more than that, what am I?
And if I am even more than that, what am I?
(Keep going until you just rest as THAT)*

Make a list of your spiritual beliefs and then use any of the following questions to let them go:

*Could I let go of this belief?
Would I rather believe in (the belief) or would I rather know the truth?
Would I rather believe in (the belief) or would I rather be the truth?*

*I know this / This is merely a belief
This is the truth / This is a belief
This is real / This is merely a belief
I know the truth / I am the truth*

Could I let go of wanting anything back in return for this gift?

*I am the giver / God is the only giver
Could I allow my gifts to be as conditional as they are? / Could I allow
them to be as unconditional as they are?
I want something back in return / I have all I need and want nothing
back in return
I own this / It is a gift from God*

Would I rather have this feeling, or would I rather be free?

*What is at the core of this feeling?
Could I allow myself to go in consciousness to the core of this feeling?
Could I allow myself to dive into this feeling?
Could I go even deeper?*

*What is your NOW feeling?
Could you welcome/allow it?
Could you let it go?
Would you let it go?
When?*

*Could you allow yourself just to hear, listen, or welcome whatever is
being heard in this moment?
Could you also allow yourself to welcome the silence that surrounds
and interpenetrates whatever is being heard?*

*Could you allow yourself to welcome whatever is being seen, as best
you can?
Then, could you allow yourself also to welcome or notice the space,
or emptiness, that surrounds every picture or object, including the
white space between the writing on this page?*

*Could you allow yourself to welcome whatever sensation is being
percieved in this moment?
Then, could you allow yourself to welcome the space, or the absence
of sensation, that surrounds every sensation?*

*Then, could you allow yourself to focus on a particular problem, and
welcome that memory with all the pictures, sounds, sensations,
thoughts, and feelings that are associated with it?
Could you then allow yourself to notice how most of your experience
happens apart from this particular problem?*

And, could you allow yourself to welcome at least the possibility that this problem is not as all consuming as it has seemed?

Could you allow yourself to welcome this feeling as best you can?

Could you allow yourself to let it go?

Would you let it go?

When?

[apathy, grief, fear, lust, anger, pride, courageousness, acceptance, peace]

Resistance

Could I let go of this resistance?

Could I allow myself to feel resistance in this moment?

Could I welcome the feeling of resistance?

Could I allow myself to let go of resisting doing.....?

Could I let go of resisting not doing.....?

Could I give myself permission to hold on for a moment?

Could I let go of holding on? Would I? When?

Could I just allow myself be as resistant as I am?

Could you welcome that feeling of resistance?

Could you just allow it to be here?

Then, could you let it go?

Would you?

When?

Could you welcome that resistance into your awareness?

Could you just embrace it?

Would you?

When?

Could you allow that resistance into your awareness?

Could you welcome it?

Then, could you let it go?

Would you?

When?

Could you welcome that resistance into your awareness?

Could you just allow yourself to resist for a moment?

Then, could you let it go?

Would you?

When?

Could you just allow yourself to feel the resistance?

*Welcome it into your awareness
Then, could you let it go?
Would you?
When?*

*Simply welcome the resistance into your awareness.
Could you let it go?
Would you?
When?*

Stuck on a Feeling?

Would I like to change that?

Could you allow yourself to welcome that feeling of stuckness as best you can?

Then, check whether you have a sense of wanting to change the stuckness.

If you do, could you allow yourself to have that feeling as well?

Would you?

When?

Check to see how you feel now.

Do you feel as stuck? Less stuck? Either way, is there any more feeling of wanting to change it?

Could you let go of wanting to change it?

Would you if you could?

When?

Again, notice how you feel inside. If you have been open to this experience, you probably feel a little, or a lot, lighter already.

Now, take another look within. Check to see if there is still more of that sense of wanting to change how you feel.

If there is, could you let go of wanting to change that?

Would you?

When?

Could I allow myself to have an easy and effortless day?

Could I allow myself to treat everyone with respect?

Could I let go of all self-sabotaging behaviour past, present, and future?

Releasing Wanting to Change

Could you welcome whatever feeling is engendered by it as it is?

Could you let go of wanting to change it?

Would you?

When?

*Now how do you feel? Is there any more of the feeling of wanting to change the way this particular situation is?
If so, could you let go of wanting to change it?
Would you?
When?*

What if I wanted it to be this way?

What if I have spent my whole life trying to develop this degree of stuckness or to create this degree of difficulty?

*Could you, just for now, as an experiment, let go of wanting to change it?
Would you?
When?*

*Does letting go of wanting to change things make you feel a bit uncomfortable? Does it make you feel a little out of control? Could you welcome the feeling?
Then, could you let go of wanting to change it?
Would you?
When?*

Now, could you allow yourself to feel exactly the way you feel in this moment? Could you welcome it?

Release Underlying Wants

Step 1: Focus on your issue and allow yourself to welcome whatever you are feeling in the NOW moment.

Step 2: Dig a little deeper to discover whether the NOW feeling comes from a sense of wanting. Ask one of the following two questions:

Does the feeling come from wanting approval, control, security, or separation?

What is the sense of wanting underneath this feeling?

Step 3: Ask yourself one of the following three questions:

Could I allow myself to want (approval, control, security, or separation)?

Could I welcome wanting (approval, control, security, or separation)?

Could I let go of wanting (approval, control, security, or separation)?

Step 4: You may use this step at any point during the releasing process to address any feeling, want, or sense of indecision and stuckness.

Simply ask: *Would I like to change that?*

Then ask: *Could I let go of wanting to change it?*

Step 5: Repeat the preceding four steps as often as needed until you feel free of the specific want on which you're working.