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# Anji inc.

Take Charge of Your Health

## A Place of Peace

Articles, tips, and techniques to discover how to create emotional and physical peace

May 2006

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Dear Jennifer,

This is the second in a four part series that will talk about the fundamentals of creating A Place of Peace (*use the links at the end of this newsletter to learn why this is a MUST for fertility, pregnancy after infertility, and women's health*).

At the end of the series, you will have my blueprint for creating emotional and physical health and wellness.

This month's step? RELEASE

Have a great month!

Warmly,

Jennifer

*Just the Facts! Step 2 - Release*

*First, a short review: The Anji system for creating **A Place of Peace** teaches you a simple 4-Step process. When you are finished, you will have an entire tool box of skills which will put you in control of your physical and emotional health. The 4 step process is:*

**Relax**  
**Release**  
**Renew**

## ***Reconnect***

This month's newsletter is all about Step 2: Release

Now that you have given your body and mind a break with tools from the 'Relax' step, you are ready to begin to let go of the thoughts and feelings which keep you out of your Place of Peace.

It is truly hard to feel peaceful when you are filled with stress and anger and sadness and... whatever else is tucked up inside your mind. I certainly know this from experience!

When you start from a place of relaxation rather than all wound up in your emotions and feelings, you will find that it is easier to identify just exactly what you are ready to let go of.

Knowing what you *want* to let go of and what you're *ready* to let go of are two different things.

Sometimes, even though you know logically that you want to get rid of a particular thought or emotion - it wants to hang on because it is either serving you in some way or your body thinks that it is protecting you by holding on. Approaching the issue after relaxation gives you a clearer view of what can be released first.

Here are three tools to help you begin to release the thoughts, behaviors, or emotions that no longer serve you - the second step in creating A Place of Peace:

### **Tool #1 Be Congruent**

One of the first decisions that people tend to make as they begin to become aware of how their emotions affect their health is to strive to ALWAYS be happy and joyful.

I don't care how long you have been meditating or finding peace or practicing mind-body techniques. NO ONE is happy all the time.

It does your body more harm than good to pretend you are happy when you are really frustrated or angry or overwhelmed.

Whatever you are feeling, own it. This will take you much farther than "stuffing it" just to pretend you're happy. Just think - each time you do that, you will have more work and more releasing to do later!

### **Tool #2 - Shoot for neutral**

In this first phase of learning to create a Place of Peace, don't even make joy or happy all the time your goal.

It is perfectly fine to consider a 'neutral' feeling an accomplishment when you have been living with anger or sadness.

OWN neutral and congratulate yourself for it. When you can get to neutral, you are really close to release. Can you feel how much less resistance there is from a place of being neutral?

### **Tool #3 - Personal Peace Process**

Gary Craig, creator of EFT (Emotional Freedom Technique), suggests this process. What a difference it can make!

Make a list of any bothersome thought, past experience, emotion. Give each one of these a title, like it was a movie (e.g. "The telephone call with bad news", "The jerk who nearly knocked me off the road", "My friends made fun of me")

Come up with as many as possible - they don't have to be related to what you are specifically trying to release, just anything that comes to mind.

Once you have made your list, look it over. Which are the events that you would rate as a "10" on a scale of how much emotional weight they carry for you.

Over the course of the next several weeks or months, choose 2 or 3 titles to work with using EFT (see below) to bring each of your experiences of these events down to a 0. Nothing will change your past - but you can change how you feel about it.

Getting rid of even the smaller, least emotionally charged events, will bring down your overall level of tension making it that much easier to release everything else.

Now you have three tools to begin to work with the second step of the blueprint for creating A Place of Peace.

As you practice with these tools, you will find yourself gradually letting go of thought patterns, emotions, and behaviors that no longer serve you.

With this step, you're halfway through the process. The next step will help you add back in the thoughts and emotions you DO want.

### *Meditation and EFT to support the Meditation*

Close your eyes and take several deep breaths

With each breath, imagine that the experiences, thoughts, and behaviors that you want to release are coming to rest on the outside of your body. It is as if they are laying on the surface of your skin - almost as if you have a weighted washer with what you want to release etched on its surface for each issue.

Notice how many washers you have dotting your skin. Do you have layers and layers - or only a handful?

Now, imagine that you make a decision to let them go. Feel the ones that are ready to go simply falling to the floor. Honor the ones that are leaving - without them you wouldn't have as clear of a picture of what you DO want.

Notice how you are feeling without all that added weight.

EFT to support Step 2: Release

Even though it's hard to own my negative emotions, I deeply and completely love and accept myself.

Even though I don't really want to stop at neutral - I want joy and happiness NOW, I deeply and completely love and accept myself.

Even though it feels like I could release forever and still not be done, I deeply and completely love and accept myself.

Tapping in Affirmations

I am releasing a little bit more each day  
I am patience  
I am relaxed  
I am allowing the process to work  
I am giving myself a break  
I am relaxing into my life more each day

[Tapping Points and EFT Explanation](#)

*The Anji Connection*

Watch your mailbox for an announcement of the new project I have been working on for the last 5 months!

I am very excited about this new Anji community and can't wait to share it with you!

*Interesting Resource*

A colleague of mine in the UK has just started her own weekly Internet radio show called Wellbeing for Women. She will have a different theme each month.

This month she has four different shows all relating to pregnancy and fertility. I encourage you to check out the recordings.

Each week's recording is listed on the site - you can download and listen at your convenience. This month's topics will be on the site until May 20th, then the June

shows will be on. The topic for June will be stress.

[Wellbeing for Women](#)

### Quick Links...

- [Ceate Peace for Women's Wellness](#)
- [Create Peace after Miscarriage or Loss](#)
- [Create Peace for Reproductive Health](#)
- [Create Peace for Optimal Fertility](#)
- [Create Peace during Pregnancy After Infertility](#)

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