

The Love Circulation Method

for facing and releasing emotional distress



Are you carried away by difficult emotions such as anger, fear, resentment, hurt, difficulty in forgiving, or long-ago childhood troubles? Here is a powerful self-help method that will help you become calmer, happier, freer, more able to love, and more stable.



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for facing and releasing your emotional distress



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Face and Release Difficult Emotions in The Love Circulation Method



What are emotions? They're strong feelings like happiness, sadness, anger, or fear that also change how your body acts. Although you may also have thoughts about your emotions, emotions are not the same as thoughts. Feeling an emotion is not the same as thinking a thought.

Difficult emotions have their place. They may be showing you that you have emotional issues from your childhood that have not been resolved or set free. Difficult emotions may be telling you where you are stuck, emotionally and even spiritually. For example, if you are angry for a long time, ask yourself why, and you might then see that the anger is being kept active by a hurt, or by a deep sense of injustice. We're talking about emotions here, not thoughts. Looking at the hurt or the sense of injustice may show you what, *in yourself*, is controlling your life. In yourself! Thinking that somebody else has placed your anger in you (and needs to take it away) is worse than useless.

Although difficult emotions have their place, difficult emotions should be man-

Important warnings

Do not try to use this method on other persons. You may cause harm if you are not trained.

In the case of strong trauma, you must seek trained help—this is because without such guidance and support, methods like this will result in their being traumatised again (in a certain percentage of strongly traumatised people)

If you are overwhelmed with unexpected emotions while doing this work, stop the therapy, take slow deep breaths until you calm down, and seek trained help.

If you have had a diagnosis of a mental illness, you must first consult your doctor—this is because such methods may not work for you, and may make your condition worse.

aged well, and not be left to fester or bubble away inside you for a long time. You are responsible for managing your emotions. Managing difficult emotions, which you can do with this method, will make you much more calm, free, and happy, and will empower you to face future difficulties well. If you are prepared to put some effort into facing and releasing your difficult emotions, the method is a therapy that will help you to become freer, calmer, and happier. If you need to forgive yourself or somebody else, this therapy will make it much easier to make that decision. Clearing out emotional leftovers will also help you on your spiritual path.

The method is very powerful and is likely to release even years of emotional suffering (but please follow the important warnings in the box above). The method can train you in relaxation, mindfulness, non-judgmental attitudes, various kinds of meditation, and self-compassion (not like self-pity).

When you are less “carried away” by your difficult emotions, you may begin to appreciate how and why other people suffer, and your new-found self-compassion, together with the awareness that humanity suffers, will have served you as training for compassion for others, even universal unconditional compassion.

1. NOTICE A DIFFICULT EMOTION or DISTRESS.

Don’t worry about the difference between sentiments, emotions and feelings. Here we just use the word “emotions”. Notice something inside you that keeps upsetting you, causing distress and interfering with your calm and joy. If you can give it a name, so much the better (for example, *fear*, *insecurity*, *hurt*, *anger*, feeling worthless, or maybe something inherited from childhood). Let’s call it the **Key Emotion**.

If you know its details then use the detailed name of this emotional distress, for example: *feeling worthless*, or *feeling hurt by his betrayal*, or *fear of failure*, or *fear of success*, or *fear of making mistakes*, or *fear of appearing stupid*, or *fear of getting reactions from others that confirm my suspicion that I may be worthless*.

Go for the deeper emotional cause if you know it; for example, if your anger is kept there by an emotional hurt, then use the hurt as your **Key Emotion**, not the anger.

Remember: we are concentrating on the actual bodily feeling or emotion here, not on your mental commentary about that feeling, so please don’t encourage your mental commentator during this therapy. We shall now try, with love, to face and release the **Key Emotion**.

2. CHOOSE A SPECIFIC OCCASION.

Remember a particular day and time when something specific happened, some-

STEP-BY-STEP

1. NOTICE A DIFFICULT EMOTION or DISTRESS. (“Key Emotion”)



2. CHOOSE A SPECIFIC OCCASION (linked to the Key Emotion).



3. LIVE THAT OCCASION AGAIN FOR A FEW MOMENTS.



4. STOP! TAKE YOUR EMOTIONAL TEMPERATURE (*the intensity NOW of your Key Emotion*).



thing that caused or strongly triggers your **Key Emotion**.

If there were more than one such occasion, choose the worst one. (but read the important warnings given earlier).

3. **LIVE THAT OCCASION AGAIN** **FOR A FEW MOMENTS.**

Visualise what happened for a few moments only. In your mind and heart see what you saw, hear what you heard, remember how you felt at that time, remember any other senses: taste, smell, pain, and so on.

Do not hide from any suffering that was involved in that occasion.

If you find yourself getting too upset, or think that you cannot handle this, then either touch the occasion for a second or two only, or else stop, take a few deep slow breaths, and seek trained help! (Read the important warnings given earlier).

4. **STOP! TAKE YOUR EMOTIONAL TEMPERATURE NOW.**

Stop the imagining and come to the present moment! Check how much of the **Key Emotion** that you are now feeling, between 0 (nothing) and 10 (extreme) right now. Not the past, not the future, but right now.

Don't consider what you might feel tomorrow, or some other time – just concentrate on the present moment. If the difficult emotion seems to have reduced but you cannot believe it, do not increase the number because of that.

Remember we're talking about a bodily feeling not about a thought. You need practice in accurately noticing what signals your body is giving. Remember the number or write it down.

5. ACCEPT AND LOVE YOURSELF.

Say to yourself without condemnation or judgement: I accept myself; I love myself.

Be aware that the difficult **Key Emotion** is not you. It is only something that you have, or something your body has. It is not "you" so do not pretend that it is.

"I accept myself, I love myself, even when others do not, even when I make mistakes, even when I have difficult emotions. I am worthy.

5. ACCEPT AND LOVE YOURSELF



6. BE AWARE OF BODY, AND RELAX MINDFULLY.

If possible without pain, sit with head and spine in an alert-but-relaxed and balanced position. See which muscles are stiff or tense (neck, shoulders, fists, legs if pressed against something, etc.); and if you find any, stretch them. Relax your body

Be aware of the farthest sounds. Notice delicate bodily sensations. Be aware of sensations in your face. Feel them, not think about them. Notice the weight of your body on the chair, the weight of your arms. Notice the breath and the breathing-muscles of the abdomen. Notice how your skin is feeling your clothes. Gently relax.

6. BE AWARE OF BODY, AND RELAX MINDFULLY.



7. CIRCULATE LOVE INTO BODY.



7. CIRCULATE LOVE INTO BODY.

In this step and the next one, you are invited to transmit love, with the breath, to the vulnerable parts of yourself. Of course this is not supposed to be selfish self-love; rather, it is supposed to heal you and so make you better able to love others.

Relax. Imagine breath going all through your body, rinsing it gently. Remember a moment of love; mix that love with the breath.

If you don't believe in God, try and maintain an open receptive attitude., maybe imagining the love in humanity or the energy in the universe joining up with the love from your memory.

If you believe in God or a Higher Power then remember that the foundation of your breath and of your own love is the love that God has—divine love that sustains everything—so be open and accepting of it.

The love and the breath mentioned above are the special Current, and you now guide it into all parts of your body (especially any parts that are stiff or painful) to infuse love with the breath, rinse the body gently, go out of the body, and then repeat. In... Rinse... Out... Repeat. This work should be done as if you are your own very best friend, because it must be done lovingly. Remember:

- a. love respects what it finds (in this case, the body)
- b. love not wrench stuff away
- c. love releases what is ready to be released
- d. love is affectionate and sympathising
- e. love has a built-in automatic healing effect.

While doing this work, avoid criticising, condemning yourself, or anybody or anything.

8. CIRCULATE LOVE INTO YOUR EMOTIONAL HEART, AND THEN INTO YOUR THINKING MIND.

Now invite the Special Current of breath and love into the place (so to speak) where you have your emotions—let's call it your emotional heart.

In the emotional heart, visualise a circle containing the Key Emotion. Its label is the name of the difficult emotion that you are working **on, the Key Emotion**.

Guide the Special Current into that circle. Let it come into the circle, gently, without any judgment or criticism of anybody or anything. Let it enter with the breath, rinse the circle gently, put love into the circle, go out with the breath, then repeat. Continue for a couple of minutes or as long as needed.

Then do the same with the wider circle containing other difficult emotions **related to the Key Emotion**. Not much mental detail is needed here.

Then guide the Special Current briefly into the **thinking mind**, the place of memories and opinions and recurring thoughts to make all these things softer and more flexible. A minute or so here should be enough.

8. CIRCULATE LOVE INTO YOUR EMOTIONAL HEART, AND THEN INTO YOUR THINKING MIND.



9. STILL RELAXED, REST IN THE PRESENCE.



10. COME GENTLY TO AWARENESS OF THE PRESENT MOMENT.



9. STILL RELAXED, REST IN THE PRESENCE.

Spend at least half a minute (but preferably 2 minutes) in contentless meditation or contemplation. This is not a good time for any deliberate thoughts at all, though the thoughts will come by themselves.

Surrender deliberate thinking. Be mindful of thoughts that try to fill your consciousness. When you notice a thought, notice it surrender it gently without fighting, without condemnations or judgements. Do this by simply returning your attention to the non-thinking state, or to the breath, for one breath or so. You can mentally say a simple one- or two-syllable word to help you disengage from the thought.

If you don't believe in God or Higher Power then in this step you either follow your breath attentively, or rest in the emptiness, At least once in your therapy session you can visualise resting in a peaceful natural scene instead of the contemplation of this step.

If you do believe in God or Higher Power, the contemplative experience mentioned in this step is done by intending to be open to the divine, holy, healing Presence of God, and resting in such a presence. At least once in your therapy session you can, instead of this contemplation, visualise resting supported in the divine love for some long moments; maybe combine that with visualising a real or imagined beautiful natural scene.

10. COME GENTLY TO AWARENESS OF THE PRESENT MOMENT.

Come gently to awareness of the present moment by first noticing the sensations in each of the fingers of one hand, one by one, especially at the tips. Then, take two ordinary breaths, without any special effort in the breathing, but with full attention to the breath. This is **mindful breathing**.

11. REPEAT STEPS 3 – 10 UNTIL THE EMOTIONAL TEMPERATURE (See Step 4) DROPS TO ALMOST 0.

Go to Step 3, where you re-lived the chosen occasion for a few moments. Notice that we are keeping to the same Key Emotion and the same chosen related occasion. Then go to the next step, Step 4, where you check your emotional temperature. If that temperature is zero or very near to zero, you can stop, but if not then you should continue from there.

This therapy is finished, for today, when the “Emotional Temperature” in Step 4 has become zero or very close to zero. But on another day, remember to do the “testing”—see next Step.

It is quite normal that when you have recovered from one kind of emotional distress, some other issue may gain importance, inviting you to deal with it, using the same method. That being said, however, *“when a tree falls, the trees around it also fall”*—meaning that similar or related issues often vanish after facing and releasing one of them.

After finishing this therapy for today, you may feel exhausted either immediately or before going to bed. This is normal. It’s also likely that you will sleep well.

12. TEST PROGRESS

Even if you feel very well after doing this therapy, you still need to do “Testing” on the same occasion as you used in Step 2. This tests whether the results (that is, the release of the Key Emotion) are becoming permanent.

As you get confidence in using this therapy, you will want to use it for other types of emotional distress, if you have any. Do not combine different types of distress into

11. REPEAT STEPS 3 – 10 UNTIL THE EMOTIONAL TEMPERATURE (See Step 4) DROPS TO ALMOST 0.

1. NOTICE A DIFFICULT EMOTION or DISTRESS (“Key Emotion”).
2. CHOOSE A SPECIFIC OCCASION (linked to the Key Emotion).
3. LIVE THAT OCCASION AGAIN FOR A FEW MOMENTS.
4. STOP! TAKE YOUR EMOTIONAL TEMPERATURE (the intensity NOW of your Key Emotion).
5. ACCEPT AND LOVE YOURSELF.
6. BE AWARE OF BODY AND RELAX MINDFULLY.
7. CIRCULATE LOVE INTO BODY.
8. CIRCULATE LOVE INTO YOUR EMOTIONAL HEART, AND THEN INTO YOUR THINKING MIND.
9. STILL RELAXED, REST IN THE PRESENCE.
10. COME GENTLY TO AWARENESS OF THE PRESENT MOMENT.
11. REPEAT STEPS 3 – 10 UNTIL THE EMOTIONAL TEMPERATURE (See Step 4) DROPS to almost 0.
12. (On another day) TEST PROGRESS.

12. (On another day)



one process: start afresh for each different type of distress. Consider keeping a journal or diary of your self-therapy, goals, questions and progress. Journalling has various benefits.

Afterword:

The Love Circulation Method boosts your body's Recovery System.

This therapy has led you to practice various states (of body, emotions, thinking mind, and spirit) that have scientifically been shown to act as boosters of the Recovery System. Technically this is known as the Parasympathetic Nervous System. It is the body's way of recovering from danger and troubles, and the memory or anticipation of troubles and traumas. Through control of hormones and otherwise, it leads the body away from the arousal of the fight-flight-freeze instinct and into a recovery state.

Among the states that boost this Recovery System include the following elements, all of which are practised in the Love Circulation Method therapy: *mindfulness and mindful awareness, relaxation, meditation, accepting and loving oneself.*

(a) **Mindfulness; mindful awareness.** This is a way of observing without judging, from a step back, as it were. In this therapy, you have observed, mindfully, your delicate body sensations, your emotions, and your breath. Bodily sensations need to be noticed to ensure you are in touch with body messages such as tension buildup.

Emotions need to be mindfully noticed as bodily feelings (not confusing them with mental commentary), And they need to be noticed from a step back, non-judgmentally; this keeps us from being carried away by them and from identifying ourselves totally with any strong emotion. You are not your anger; anger is just something your body

has, or one of your thoughts. *You* are something much wider and more beautiful than your anger.

(b) **Relaxation.** As you probably now realise, psychological and emotional tensions often accumulate as muscular tension. So it's important to understand how to relax; this therapy has shown you more than one method of relaxation.

(c) **Meditation.** It's also important to regularly give your ordinary self or ego a bit of a rest from being always in control by commenting, judging, criticising, and so on. Hence the need for meditation. This therapy has shown you various methods of meditation.

(d) **Accepting and loving oneself.** Your self-care from using this therapy and other activities should, with some effort be developed into real **self-compassion**. To ensure this, train yourself to not only sympathise with your own suffering, but at the same time to remember that humanity also suffers, and to sympathise with the rest of us as well. Thus your suffering gives you the privilege of sharing a little of what we humans have in common with each other. This attitude can help you grow into a universally compassionate being, compassionate of everybody and even of animals and nature. If this happens in you, the world today desperately needs you!

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Motivated adult persons in emotional distress without mental illness may contact the author for free and confidential online sessions using the Love Circulation Method. Most persons need 2 to 4 such sessions of 2 hours each. This Emotional Freedom Service is free of charge. Time Zone: Central Europe CET. Zoom and WhatsApp

