

# Dynamic Spin Release™ - Discovering the Gift

- 1) Identify an unpleasant thought, feeling, emotion or physical symptom.
- 2) Notice the physical sensations associated with the problem or issue – where do you feel them in your body?



- 3) Pull the problem/issue away from you, and see it floating out in front of you in the form of a symbol or image.
- 4) Determine which way the image is spinning.
- 5) Reverse the direction of the spin, and get it going faster and faster until it disappears— and a new healing image, symbol or gift appears.



- 6) Identify the positive meaning of the gift.
- 7) Send the gift “out on an adventure” to find another metaphorical resource.
- 8) Bring the gifts back into your body and notice your new feelings and understandings.
- 9) Now consider your goal and/or desired state. The pathway to achieving it should be easier.

