



Body Ecology's Detoxification Training: Handout #5

Bring to mind a stressful situation or a pain, fear or challenge. Write it down.

Write down how it makes you feel.

Now follow Dr. Darren Weissman's exercise, where he has you bring this situation to mind and harmonize it. Write down how you feel after the exercise.

What are some steps you can take to connect with your emotions?

What might the stressful, painful, scary or challenging situation be here to teach you about yourself?

How will releasing toxic emotions help your mind and body detoxify?

Special Notes:

To learn more about Dr. Darren R. Weissman and The LifeLine Technique™:

<http://InfiniteLoveandGratitude.com>

To learn more about Dr. Darren R. Weissman's Health Center, The Way to Optimal Health:

<http://TheWaytoOptimalHealth.com>

To learn more about The Power of Infinite Love & Gratitude:

<http://infiniteLoveandgratitude.com/thebook.html>