Liberation the Remedy: A Guide

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What is Liberation the Remedy?

Liberation the remedy is an energetic remedy, which used as a tool can greatly accelerate the process of clearing of personal history in order to get to the point where we are no longer bound by it. As we unbind from our personal story by moving through processes, we are more able to make conscious choices that really resonate with the core of who we are.

Liberation also brings up things that have been buried, either memories or suppressed emotions and allows us to play them out so that we are able to make peace with them and then have them leave the body permanently or to find a healthy expression for them in our daily lives.

Liberation the remedy has a strong supportive component so we feel as good as possible while we are going through these processes which vary hugely between people as we all process things in different ways.

Strong emotions may and probably will arise as part of the healing and clearing and the rest of this document deals with how to manage these states and their stages so that the process can be as enjoyable and manageable as possible

Why do we need this guide?

If we are completely free, then we are not numb to feeling, rather just the opposite! We feel everything that life has to offer and there's no resistance to feeling. The process of liberation is akin to the sapling maturing into a solid tree. As a sapling, or a mind which has not evolved to the point where it is no longer trying to run the show, we habitually numb and suppress emotions and get rocked by the storms around us. To grow up straight and strong, we need guide sticks to be placed on each side of us as we mature into a solid tree that can feel the intensity of the storm without being shaken.

This guide acts as those two sticks or the bumpers in the lanes of a bowling alley, to give you an idea of what the process looks like and to provide you with basic emotional support tools you can use on your own to navigate the process with ease.

What does the process look like?

Lay of the land

When we start taking Liberation we are basically diving into the realm of memory and the psyche so this is going to look very different to everyone as how we process and store information, what we have stored, as well as how we deal with trauma is very personal.

Given that the process is going to be intensely personal in a nutshell "all about you" we can still say a few general things about the lay of the land and the unfolding of the process.
The beginning is likely to be quite dramatic as we introduce the remedy to a system that has never been prompted to respond in this way, so expect the unexpected and expect to be surprised, often pleasantly but sometimes also shadows need to see the light of day as well.

What is crucial here is that we all take control of the process and move through it at a speed we find comfortable whether that is one dose a week, or twice a day.

If we feel it is bringing up too much at once, just stop for a while, allow the mind to process what needs to be processed and then continue when you are feeling ready to continue.

More is not better here, and we want our own clearing process to be as rapid and as gentle as possible, so if it is too intense, just take the foot off the pedal for a few days and then slowly re-engage. Also, if we have a lot going on in our lives, we might want to make the process more drawn out so we have the time to properly integrate what is coming up. In other words, there's no reason to overwhelm yourself.

There are no prizes for speed here, as it is one's personal journey back through memory and this journey we engage at whatever speed we see fit, it is better to smell the roses than too race through the garden on the way to the shop as if we smell the roses along the way we learn all sorts of valuable lessons which make the process more enjoyable for when we hit some of the rougher emotions.

Generally, the body will deal with the most hectic stuff first so if you make it through the first few weeks, it becomes a lot easier after this. On the other hand, a lot of the most beautiful stuff happens on the first bottle as we come to know a substance that is relentlessly conspiring for our benefit.

We really cannot say what will happen in each case but what we have seen is that it has worked through the most emotionally charged content first, often our closest or sometimes most painful unresolved personal relationships as well as some of our fears for the future.
If we were to put a description around the bottles, I would say that the first three bottles work on the heaviest of the personal stuff and at the end of these we are a lot clearer and lighter and then we are able to deal with all the energy that has been freed up from these memories.

Bottles 4 through 6 have more to deal with how we now reallocate a lot of the energy that has been freed up. How do we now define ourselves without a lot of the things that were making us behave in certain ways due to trauma responses?

This can be quite an unusual phase as we now have to ponder what to do with all this new free energy focus and time but it is also a very exciting phase as we get to redefine ourselves and our relationships outside of the field's entanglement we used to swim in.

At this juncture it is useful to engage some creative process which allows us to re-engage with the world from a new perspective. Something like the "Artist's way" comes to mind here. These are of course not essential things but it is useful to give the newfound space a place in which to move, as then all sorts of creative gifts come our way.

Bottles 7-9 and beyond represent the state we get to when we have cleared and reintegrated a lot of what has come up and we have recast ourselves in a new form, a form that really works for us. The phrase "the sky's the limit" really begins to make sense at this point as we engage life without trauma or we deal with trauma more effectively which allows us to bring something quite beautiful into form, the dreams we have always wanted to engage.

Beyond bottle 9 the lines we draw in the water we draw only for fun, in other words the remedy becomes less of a process and more something we engage with for the fun of it, and at this point an open relating with the world and the possibility of a whole new way of doing things as things rise up to meet us as we enthusiastically engage them in a spontaneous and natural way.

All of this having been said, this is just a general road map of what broadly occurs through the bottles, however, the personal experience of it will be vastly different for everyone as will where we have breakthroughs or difficulties.

Every desert and swamp has an end and even though it might seem endless if we are struggling through the mud of our own emotions there is an exit point. Often if we just let go into it, dive into the feeling rather than resist it, the end comes sooner than we expected—the marsh ends and then it's all only a memory, a distant dream.

This is very important and this is where it is essential to dig into the toolbox for ways of shifting us out the mud as it can look quite bleak if we get stuck there.

Section 4 deals with this and it is precisely when things seem tangled up and dark that we need to reach out to our support network, our practice if we have one, or the tools that are outlined here to move us through the heavier parts of the process. These can occur at any time and often seem endless due to their intensity but on the flip side so to can epiphanies or breakthroughs.

The adage of "how long is a piece of string" comes to mind here, it is as long as it is but once we come to the end of it, all of those struggles fall away.

Also, it is important to realize that what you are going through has probably been experienced by someone else in some form, so it is helpful to address the FB group if one is stuck as many people have run this process and have all sorts of useful ideas on what worked for them.

Just like driving we all must drive the road and feel its bumps, but we can get some assistance from google maps or friends who have driven the same road if we get lost along the way.

How do we navigate the process?

1. When you take liberation the remedy, you might experience any of the following which indicates the releasing of suppressed emotional material:

- tension in various muscles of the body
- feelings such as fear, anger, sadness, joy
- dreams that could include strong feelings and personally relevant themes or memories
- Meeting people or situations which trigger emotions and memories

It is important and very helpful to allow the above-mentioned processes to occur since this is all represents the healthy and natural release of suppressed emotions. Do not suppress these processes or try to avoid them. Rather welcome them and allow them. This attitude of allowing and acceptance will help immensely to facilitate the process.

2. Take some time daily to pay attention to emotions and body

3. Practice methods to facilitate emotional processing and physical releasing.

Tools for emotional processing/integration

In addition, the following emotional release tips are recommended:

1. Move your body

Moving your body is very good for assisting the emotional integration process. Examples include walking, running, swimming, dancing, hiking and many others. These types of exercise will naturally activate deeper breathing which is particularly good for assisting the body to regain homeostasis. In addition, any practice that you engage in such as martial arts, tai chi, qi gong, yoga or any other body-oriented approach will also assist the process. It had been found that liberation the remedy wonderfully compliments and deepens whatever practices you do.

2. Work with your feelings

Practice noticing your feelings and feeling them fully while accepting them. Do not try to suppress your feelings by avoiding them or getting rid of them. Simply welcome them and allow them to be there. Know that it is safe to feel your feelings. Imagine your feelings are like long lost friends returning to you for healing and integration. Feel them, embrace them and they will release and integrate.

You might find it helpful to express your feelings through writing, journaling, music, dance or some other artistic or creative means.

Repressed emotions and how to deal with them

Feelings are energy in motion. When we judge the emotional energy flowing through us as bad or wrong in some way, it often leads to resistance. It is very helpful to understand that resistance itself, even though often subconscious is the actual cause of most suffering.

When we do not want to face or feel the feeling because we judge it as unwanted, bad or wrong, we will resist the emotional energy flowing through us through suppression, denial, avoidance, distraction, intellectualization and many other strategies. It is worthwhile asking yourself which of these avoidance strategies you employ so that you can become more aware of them?

These strategies are not always bad in themselves. They only become problematic if overused or misused. Often these strategies if overused or misused are counterproductive because what we suppress or resist, does not go away. If resistance causes suffering, then acceptance of your feelings leads to resolution.

Instead of resisting your feelings, you can learn how to process your feelings. Processing your feelings allows the feelings to be re-integrated back into the totality of the psyche, which leads to greater wholeness and integration in one's life.

Some commonly repressed emotions are - repressed anger and rage, repressed grief and sadness, repressed shame and guilt, repressed hatred, repressed fear, repressed desire and repressed envy.

The first step in learning to process your emotions is to understand your orientation towards them. Do you judge them as bad, wrong or something that you should not have to experience?

But can you see negative emotions as a natural part of life?

Then you might be more open to working with them. It is important to know that there are no wrong feelings. It is safe to feel your feelings since they are a part of you.

There are five ways of dealing with negative emotions:

1. Repress the emotion - means that they are pushed totally out of our awareness.

2. Suppress the emotion - here we are aware of the emotions, but try to ignore them, avoid them, deny them and project them onto others.

3. Express the emotion - this often brings relief especially if expressed in a healthy way. Most often though, the emotions are not expressed in a healthy manner and this negatively affects our relationships.

4. Fix the emotion- This involves using methods such as visualization, forgiveness, prayer, medication and other techniques to try let go of or transform the emotions in some way. There is nothing wrong with any of these methods in and of themselves but often these methods are effective only in a limited fashion. The reason is because sometimes we subtly are still trying to remove the emotion and we are tricked into believing that the emotion is released or gone when these methods are just a subtle way of repressing them again.

5. Transmute the emotion - This is a more conscious approach, where the repressed emotion is integrated back into the psyche. The biggest challenge to start working with repressed emotions, is that they are repressed, and as a result, are not easy to access. You might suspect that they are there, but you cannot feel them or access them. This is where liberation the remedy plays a very helpful role, because liberation can get to these repressed emotions and bring them to our conscious awareness so that they can be processed and transmuted.

A step by step method to assist the transmuting of emotions

Step 1 - Pause and center yourself

It is helpful to pause and take some time to focus on what you are feelings. The first step is to pause and center yourself. One way to do this is to take a few conscious breaths, breathing slowly and steadily.

Step 2 - Tune into your body and your feelings.

a. Notice the feeling. Is it apathy, shame, guilt, grief, fear, anger, boredom, despondency, jealousy, envy, rage, discouragement, worry, doubt, disappointment, numbness?
b. Notice where exactly you are experiencing it in your body musculature? Is it in your head, throat, chest or gut?
c. How does it feel? Is it tight, heavy?

Step 3 - relax all judgement.

a. Relax the tendency to judge or react to the emotion. Just be with whatever you are feeling. Allow the feelings and sensations to be as they are, welcoming the feelings and embracing them with full awareness.
b. Take full responsibility for the emotion since it is arising within you, instead of happening to you. This is vital because if you hold someone or something else as the source of your emotions, you will have limited resources to process your emotions.
c. Feel the feelings fully and embrace them as much as you can. These feelings are important aspects of your psyche that might have been disowned or denied and they are like long lost friends returning to you for integration.

Step 4 - Allow the emotional energy to flow

a. Take slow steady breaths, allowing the emotional energy to flow through you. While consciously breathing, notice what happens as the emotional energy flows through you. Keep paying attention to the emotion in a relaxed centered space.

Step 5 – Experience the liberated emotional energy

After a while the raw energy of the emotion is set free. Resistance melts away as you allow yourself to simply feel the feelings, without trying to control them.

Reading list

Websites:

https://www.jordangrayconsulting.com/fully-release-emotions-that-hold-you-back/
Here is am very helpful article on working with emotions

https://scottjeffrey.com/repressed-emotions/
Here is a useful guide on working with repressed emotions

https://scottjeffrey.com/individuation-process-jungian-psychology/
Here is an excellent article on the Jungian Individuation process

https://scottjeffrey.com/shadow-work/
here is an excellent free guide to understanding the shadow

https://www.unstoppablerise.com/shadow-work-on-shadow-self/
Here is a Great article on shadow work and understanding archetype shadows

Books:

Chogyal Namkhai Norbu- The Crystal and the way of the light

Tara Brach- Radical acceptance

Robert A. Johnson- using dreams and active imagination for personal growth

Robert A. Johnson- Owning your own shadow – understanding the dark side of the psyche

Alexander Lowen- The language of the body