

FACT - Facilitating Acceptance and Choice Technique

FACT is an energy balancing process combining elements of several existing energy protocols as well as additional techniques. This process helps to restore peace to the body, mind and spirit. It is not a replacement for medical or psychological care. You are advised to continue any treatments and medications you are currently taking. You are responsible for the reasonable usage of this technique. If at any time you feel uncomfortable or overwhelmed, see a health care provider for further care.

The Pose

Hold one hand over your eyes and forehead with the palm against your head so that your palm and fingers cover your eyebrow/temple ridges as well as your eyes and the majority of the lower half of your forehead. At the same time, place your other hand with the palm resting on the middle, back of your head, above the ridge where your skull meets your spine, or you may choose to place it over your heart. You should not apply any pressure at all. Hold both hands very gently. It doesn't matter which hand goes where and you may switch, rest, lie down or prop up your hands at any time.

The Steps

For each step, hold the pose and put your attention on the statement for about one minute or until you feel done.

Step One: **I accept that ___ happened. I accept myself and I accept healing in all ways.**

Step Two: **I choose for all the origins of this from all times and places to heal now.**

Step Three: **I choose for all the parts of myself involved with this from all times and places to heal now.**

Step Four: **I choose to heal and release all the emotions connected to this, including all anger, fear and unforgiveness toward myself, others and the Universe.**

Step Five: **I choose to let go of all the obstacles preventing this from healing now.**

Step Six: **I choose...(whatever the positive outcome you desire is.) When finished doing this step, see a figure eight/infinity sign sink into your mind.**

After a full round, review the problem. If another troubling aspect surfaced, or if there is some lingering aspects of the original problem or negative beliefs surrounding it, do another round.

Healing a relationship

If you feel anger, regret or uncomfortable emotions with someone, dead or alive, hold the FACT pose and have a conversation with them. Be open to listening and perhaps accepting or granting forgiveness.

Long-term goals

For chronic problems or long term goals, it may be helpful to spend a couple of minutes, three times a day, in the pose affirming your goal, choice or healing intent. Simply be in the pose and visualize your desire or repeat your affirmation.

Be in the FACT pose a maximum of 30-40 minutes a day. A lot of information and energy is being shifted and this will allow your body to assimilate the healing. Also, be sure to drink a lot of water to help the integration process.

For questions or to schedule an appointment visit coastalenergyhealing.com or call 252-256-1577