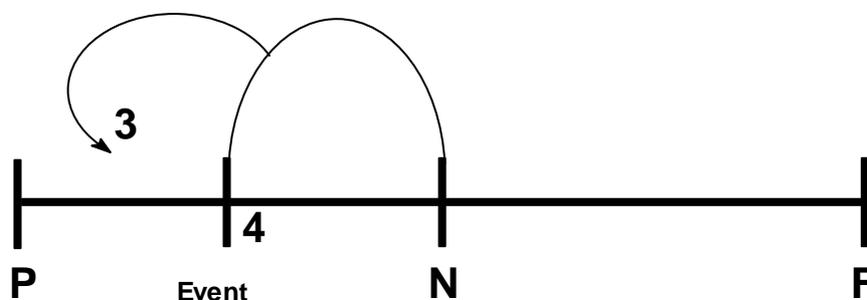


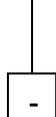
The Drop-Down Through Technique

THE POSITIONS



THE GESTALT

* A = First Event * N = "Nothing"



Purpose: The "Drop-Down Through" technique is for the purpose of assisting the client in releasing negative emotions that do not clear after *repeated* sessions. This process will release the negative emotions on the "rare" gestalt that has vertical component.



Warning: Follow directions exactly! Use only with *individuals*. This technique has *critical* components. This is not to be taught except in the context of Energy Re-Sourcing™ Master Practitioner Trainings. Remember, you agreed to this before you were taught this technique. **Make sure you release the Negative Emotions first – Use Negative Emotions #1 or #2.**



1. Find the First Event: "What is the root cause of this problem, the first event which, when disconnected, will cause the problem to disappear? Can you tell me the first time you felt this emotion?"



2. Go back to the First Event: "I'd like to ask your unconscious mind to float up in the air, above your Time Line, into the past and down into the event – right into Position #4."



***NOTE: In the case of trauma or phobia release the negative emotions first! ***

3. Preserve the Learning: "As you are in the event what is the emotion you're feeling? What learnings are there? What do you need to have learned from this event, the learning of which will allow you to let this all go, easily and effortlessly?"

4. Drop-Down Through: “As quickly as you can, can you drop down through the emotion. Sort of do a Kinesthetic ‘Free-Fall,’ as quickly as you can and tell me the name of the emotion that is underneath.”

5. Ask “As quickly as you can, just drop through that (emotion) What’s underneath that?”

6. Continue step #5 until chain has run all the way through a “void,” “nothing,” and/or unspeakable stage, and comes out the other side to a positive K. ***Only go to 2 positive emotions!!!!***

NOTE: If looping occurs more than once, use an inductive language pattern to exit the loop to a deeper level of meaning.

7. End the chain when you reach the second positive emotion. There should be an **obvious** physiological shift. (The chain tends to be collapsed at this point.)

8. Go Back to Position 3: “Float back up above the Time Line and go to Position #3, well before the beginning of the event, or any of the chain of events that led to that event, and turn and look towards now.”

9. Make Sure the emotions Have Disappeared: “Now where is the emotion? * Where did it go? That’s right, it disappeared.”

10. Required test: “Now, just float right down into the event and notice that the emotion has disappeared. Is the emotion totally gone! Good, come back up to Position #3.”

11. Continue to re-run the chain until only positive K is accessed.

12. Come Back to Now: “Now, come back to now, above your Time Line only as quickly as you can let go of all the (name the emotion) on the events all the way back to now, assume position 3 with each subsequent event, preserve the learnings, and let go of the (name the emotion) all the way back to now. (When Client is done) Float down into now, and come back into the room.”

13. Test: (Client back at now.) “Can you remember any event in the past where you used to be able to feel that old emotion, and go back and notice if you can feel it, or you may find that you cannot.” Good come back to now.

14. Future pace: (Client back at now.) “I want you to go out into the future to an unspecified time in the future which is it had happened in the past, you would have felt (name the emotion), and notice if you can find that old emotion, or you may find that you cannot. OK?” Good come back to now.