



# Release, Return And Expand

THE RAE PROCESS



# *Release, Return & Expand!*

*Thanks for joining me!*

*We will begin with a centring meditation on our inner guide so we get out of our head and more integrated & open to the wisdom of the heart, body & intuition.*

*First centre on your breath and bring  
your awareness into  
your body*

*Use mindfulness techniques, meditation tools, visualisation tools  
and breath and body awareness techniques that  
you feel comfortable with that bring you into the present moment.*



# *The Release*

There are inevitably challenges whether internal or external in our lives.

Before we move to gratitude, we may need to acknowledge the difficult moments.

Acceptance and forgiveness are the foundation of the Release.

Even if it has been hard, the acceptance of the challenge helps clear the way to move forward.

So allow yourself some space to feel where you were let down, where you let yourself or others down, where life threw you a challenge...

Who or what circumstance do you need to accept from the past?  
Who do you need to forgive? Or how can you forgive yourself?

If you had intentions that you set notice where you fell short and note what didn't support you with acceptance and grace.

What are you ready to let go of?

What reframe would you like to make about a negative story in the past that might be holding you back...

*Shake it out! Let it go! Dissolve those old body memories!*

# *The Return*

We have joy and courage at our core.

The Return is a chance to remind ourselves of our positive core.

Our superconscious which is our true nature or soul self.

Or from another angle - designing behaviour from possibility, rather than past conditioning.

Take a moment to breathe consciously. Become aware of the observer of your thoughts and feelings. Ground yourself in this spaciousness.

Gratitude is a way to return us to our positive lens  
& build our capacity to expand.

If you named an 'intention' or you had specific goals you've been working on, notice now what supported you and went well, OR what strengths did you develop in the process of working on those goals?

Who am I grateful for?

What am I proud of? (what I created, where I really did my best)

What rituals and habits for my wellbeing, work goals & relationships have been benefitting me?

*Take a deep breath & soak up these positive moments  
and centre on your positive core.*



# The Return & Expand

From this place of re-centring, notice -

What goals do you want to return to?

What vision are you renewing?

What qualities or resolve do you want to keep aligning to?

IF you sense a new goal or intention -  
return into the depth of *why* you want it.

Goals are driven by needs. Let's align our goals to our needs - EG autonomy, intrinsic expression, competence, connection & love, challenge, safety.

When our deeper needs are acknowledged we can align our actions to these motivating forces. When we see the need we can commit to that action. It is process focussed, rather than end-point driven. For example:

If you want more money, you would acknowledge the need to be competent/expressive and financially supported. You can affirm: - *I express my passion & skills & I am rewarded well.*

If you want to have a vibrant relationship you would see the need to have fun and feel connected. You can affirm - *I am loving and fun with my partner.*



# The Expansion

Give your energy an alignment boost!

Centre on your positive core and expand into this vision using body-mindset work to bring it to life.

The brain has a complex linking of thoughts to neuro-chemicals and other chemical messengers to the body that can reshape how you respond to your thoughts and emotions. We want to encourage the growth of new connections so you are not living from the past. Even muscle strength has been shown it can be built by just imagining participating in regular exercise.

Centre on the feelings of these possibilities coming to fruition and how it feels to be living the affirmation.

(eg. How does it feel in the loving relationship and how you act? How does it feel in the career change and how you express yourself and your financial rewards? )

How does it feel emotionally to be living into the truth you desire...

What are you doing in this vision, feel it in your senses...

Who are you around in your future vision....

What sort of thing/s are you doing...

What is the environment like...

Now really dial up the feeling, the energy in the body, the visual on the screen of your mind so it feels so expanded and intense.

What is one immediate action that will get you  
*being* aligned to your vision , your affirmative self, your positive core?  
Schedule it in your diary - or take action today.

# The Expansion

Repeat your affirmation regularly.

Be inspired by your words on your planner, screensaver, pinboard or mirror!

Put your **goals** in your planner/diary & make it **actionable**!

Use this body/mindset tool  
to power your resolve in body, mind and heart  
as much as you need, weekly or daily.

Practice it as often as you need to return with courage and clarity.  
To follow through with the full brain activation of your vision create a plan step  
by step...

My YES list for (habits/actions to bring affirmation/vision to life)

What is your top priority for your career?

What is your top priority for your life/wellness/happiness?

What obstacles am I likely to encounter and how can I overcome them?

# *Return & Expand in Sisterhood*

If you want more support for your  
goals. Reach out.

Schedule a chat to support your  
next highest expression.

Click through:  
[templewell.as.me](https://templewell.as.me)

