



This document is provided as additional content to the *New York Times* bestselling book by Jack Canfield with Janet Switzer

- 10th Anniversary Edition -

The Success Principles: How to Get From Where You Are to Where You Want to Be

Available from HarperCollins Publishers

This document Copyright © 2005, 2015 Jack Canfield. All rights reserved.

USE THE POWER OF RELEASING TO ACCELERATE YOUR MILLIONAIRE MIND-SET

Whenever you are doing your money affirmations—or any affirmation, for that matter—it is not uncommon to become aware of competing thoughts (objections), such as *Who are you kidding? You're never going to be rich. How many times do I have to tell you? You have to have money to make money.* When this occurs, first write the objection down. Then you can close your eyes and just release the thought and the emotions that accompany it.

Here is a simple technique for releasing that is a version of the Sedona Method as taught by Hale Dwoskin. I am a big fan of this work, teach it in my workshops, and recommend people take the weekend Sedona Method Class, purchase the *Sedona Method Home Study* audio program, or read *The Sedona Method* by Hale Dwoskin.¹

The Basic Releasing Questions

Our tendency is to resist or ignore these thoughts and feelings, but that just keeps them around even longer. All you have to do is let yourself fully experience the accompanying feeling and then release it. Though you can do this with your eyes open or closed, most people find that closing their eyes helps them to focus more clearly on their feelings. Letting be and letting go is a choice. It is much easier than you think.

Just take yourself through this little process whenever a negative or limiting belief or feeling about money comes up.

What am I feeling right now?

Focus on whatever feeling arises as you experience your negative limiting belief.

Could I welcome and allow it?

Just welcome the feeling and let it be as best you can.

¹ The Sedona Method, by Hale Dwoskin (Sedona, Ariz.: Sedona Press, 2003). For more information on workshops, audio programs, and other resources on the Sedona Method, go to www.sedona.com or call 1-888-282-5656. If you used this process every time a negative thought or feeling arose, you could literally release your way to success.

Could I let it go?

Ask yourself the question *Could I let this go?*
Yes and *no* are both acceptable answers.

Would I let it go?

Ask yourself, *Am I willing to let this go?*
If the answer is no, or if you are not sure, ask yourself,
Would I rather have this feeling, or would I rather be free?
Even if you would rather have the feeling, go on to the next question.

When?

Ask yourself, *When?*
This is just an invitation to let it go now. Remember that letting go is a decision you can make anytime you choose.

Just keep repeating the preceding steps as often as needed until you feel free of that particular feeling.