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# RET BODY WALK HOMEWORK

### Client Instructions:

- Use “I am” statements to honor the body for both negative and positive. If you have trouble saying I am in the positive, then use the phrase, “**I am able...**”
- Find what your goal is or what you would rather have (positive statement) and place that energy in whichever hand feels appropriate.
- In the opposite hand, put your negative feelings about this issue with intention. If a negative statement comes up, change it to an emotion, because it is emotions that release.
- Stand and look into your hand and step with foot on the same side and say: “**I am \_\_\_\_\_.**” (positive) The positive statement remains the same throughout the walk.
- As you step forward firmly on the other foot, look into the hand on the same side and say: “**I am \_\_\_\_\_.**” (negative feeling). The negative feelings change each time you step.
- Look into your hand and step with your foot on the same side and say: “**I am \_\_\_\_\_.**” (your positive statement)
- As you step forward firmly on the other foot, look into the hand on the same side and say: “**I am \_\_\_\_\_.**” (another negative feeling)
- Continue stepping firmly and looking into each hand on the same side and saying out loud the negative and positive until both hands feel positive.
- Then switch the original “**I am**” (positive goal or statement) from one hand to the other hand to honor the other side of the body. Each

body has a masculine and feminine side and sometimes both need to be processed with this tool called the *Balance Walk*. Check in with your body often and sense if the other side needs to be processed. If so, repeat the process on the other side.

- If during the walk you cannot think of what to say, check the feeling list in this handout to see if any fit you or ask yourself what is under all of these feelings and how do I feel about it.
- If you have any pain come up in your body, use the body chart to identify where the body holds emotion from mental attitudes. Process this emotion by looking back and forth and taking deep breaths and then continue on with the walk.
- Always end with the *Burning Your Patterns Imagery* to release all negative “**I am**” statements.

Feelings List to Stimulate your own Feelings about that Issue if needed:

sad / unhappy / depressed / empty / lonely / discouraged / hopeless / rage / frustration / blaming / hostile / revenge / helpless / worry / fear of failure / insecure / terror / separation / confused / guilty / unworthy / undeserving / self-doubt / self-hate / shame / life is hard / remorse

Ideas to do *Balance Walk* on:

I am safe...

I am forgiveness...

I am me...

I love myself...

I deserve...

I am worthy...

I am forgiven...

I am in the moment...

I am one with Source...

I am whole and healed...

I am loved...

I am capable...

I am enlightened...

I am intelligent...

I am peace...

I am joy...

I AM WANTED...

Continued Homework:

Play the CD's after you have gone to sleep so that your own REM sleep will give you a session. Your technician will suggest the CD's that are best for you.