

CHAPTER III

SEDONA METHOD

Happiness is a natural desire for everyone. However, most of people have a trouble to make it true, because they are tied by a certain routine in his life. They wake up in the morning, go to work, school, or course. And interact with a lot of people who most of them give impression of fun, and others do not give such an impression before. After that, they go back to their home that be greeted by another household task until the time of sleep coming again. They do not know what to do anymore and they do not know how it should the feeling see all these routines. So constantly, so the occasionally time for entertainment, for example by going to karaoke, a vacation to the beach, and going to peak or cinema. But that is only a temporary diversion feeling. After all was over, their true feelings will come back. That is experienced by most of people.

In this third chapter, the writer describe a method that has been developed throughout the world, and shows amazing results for people in all sides of life that has been felt not give them happiness, although the success has been achieved. This method called the Sedona Method, which is a method of personal growth through a technique of release.

A. Appearing history of Sedona Method

In 1952, Lester Levenson, a scientist of physics as well as entrepreneurs is a man the pinnacle of success. he was experiencing the episodes of the toughest of his life. He had many problems with health, he got an enlarged liver, kidney stones, spleen trouble, hyperacidity, and ulcers that had perforated his stomach and formed lesions. He was having too severe depression because of that. The situation was getting worse, when he suffered a coronary heart attack a second time. Finally, a doctor who has been handling his self, his doctor was sending him

to Central Park South Penthouse apartment in New York City for his death. In fact, at that time his age was forty-two years.¹

Lester was so desperate with the situation. But he was a man who loved a challenge. In that a desperate state, Lester decide to go back to the lab. He tried hard to find the answers to all the experiences to which he experienced. Finally, because of determination and concentration, he was able to find what he needs to pass through his mind awareness.

Lester found a powerful way for personal growth, namely by removing all restrictions within. He discovered that in fact, all beings are not limited to, limited because of the concept of limitations only that held by his mind alone. Concepts of limitation or this restriction is not true. However, because of it is not true, this limitation going to be difficult for released or disposed of. Then Lester used that discovery intensively in the next three-month period. At the end of the period, his body became completely healthy again.

This experience, making Lester understood, that what he found was not only could be practiced by him for himself, but he could teach it also to the others. As a result, Lester began to share his experience about what he had practiced, and he taught it to the others, both individually and collectively.

Until in 1973, Lester has been share many experiences and teach what he practice for personal growth to others without a particular formulation. He also never thought of himself as a teacher for teaching his discoveries to many people. Because he believes that personal growth does not depend on the external source or external factors, including the teacher. Even so, the people who have taught by Lester about that technique still consider him as a teacher. Most of them were asking for Lester in order to formulate what he taught to be a system that could be taught again to the others in the same way. A way for change through the techniques those are very powerful for personal growth. Therefore, to meet the demand of the students, Lester then formulate techniques such releases and named Sedona Method. Therefore, to meet the demand of the students, then Lester

¹ Hale Dwoskin, *The Sedona Method*, Translated by Rina Mulyati and Hendro Prabowo, Ufuk Press, Jakarta, 2009, p. xxiv-xxv

formulates his releases techniques, and he named it as Sedona Method. Method means a technique, namely the release techniques. While, the Sedona itself was taken from the name of a small town in Arizona, United States.²

Lester Levenson was very happy and excited with the discovery. Furthermore, he entered a state of truly peaceful as never experienced before, until his death came on January 18, 1994.³

B. Development of the Sedona Method

After the Sedona method is formulated into a special formula by Lester, Sedona method experienced extraordinary development. Now the Sedona method has been developed throughout the world. Because, Lester's students teach again to the others. One of them is Hale Dwoskin.⁴

Dwoskin is a faithful student of Lester. The first meet of Dwoskin and Lester happened when Dwoskin was attending the Seminar and Lester came as invited guests. Dwoskin very impressed with Lester that by chance a table with Dwoskin's group at lunch. When Lester asked Dwoskin, about what he was doing so as a peaceful and comfortable, actually Lester invited Dwoskin to attend a seminar that will be held on weekends. Lester told him that in the seminar, people just sit around the table and letting go. Dwoskin not sure about the meaning of letting go, but he believes that it has provided something of quality as embodied in Lester.

At the end of the week, really Dwoskin is still not sure about that he was doing. Dwoskin followed that open course, he observed himself and other people who are also doing the letting go that was taught by Lester. Finally, Dwoskin understand the meaning of the release that was taught by Lester. As the other students of Lester, he felt a change for the better in himself. As the result,

² The Sedona Method is term for mention a few of the techniques taught by Lester Levenson that developed in Sedona. So, it can be understood that Sedona method is a collection of some self-improvement methods of disposal for growing in Sedona United States. *Ibid*, p. xxv

³ *Ibid*.

⁴ Hale Dwoskin is one of twenty four of film contributor and book of *The Secret*. Hale Dwoskin is an international speaker and a lecture at Esalen and Omega Institute. *Ibid*.

Dwoskin share his experiences like the others students of Lester and he teaches that release techniques to many people.

In 1996, Dwoskin founded the Transformational Leadership Council and CEO as well as leaders and coaches Sedona Training Associates. Sedona Training Associates is an educational and training organization that was founded in order to continue and fulfill the want of Lester Levenson to share his techniques that have made significant release of major changes in the lives of many people. This organization is headquartered in Sedona, Arizona, United States. In addition to holding seminars, this organization also publishes a quarterly report, release, and it has a site that can be accessed easily by anyone who wants to know or to learn the Sedona Method.⁵

More than a quarter of a century, Dwoskin taught Sedona Method continuously, either personally or as a group to various companies throughout the United States and Britain. Beside of teaching The Sedona Method in seminars or courses, Dwoskin also wrote a book by the title *The Sedona Method*. This book consists of the Methods or techniques of Sedona, he wrote it under the guidance of his mentor directly, Lester Levenson. In addition to books, there are also some guidelines of release through the audio program that is distributed throughout the world. So, that everyone can learn the Sedona Method without having to follow the course.

However, the Sedona Method has been widely known in Indonesia. In Indonesia there are only three places that provide training Sedona Method, the Horizons Learning Center in Jakarta, Yogyakarta Potensia in Jogjakarta, and Tunjung Padma Bali. However, of that three addresses above, the writer has traced how the Sedona Method training activities carried out, but Sedona Method training is not held again.

⁵ *Ibid*, p. xxxii

C. The Release Technique

In bringing of the change for the better, the Sedona Method does it by a key technique that is commonly called the release or letting go. The release here is the release of feelings and unpleasant emotions that have affected a person's life and that prevented him from happiness.

In the perspective of psychology, there are two ways to manage emotions or feelings that are suppress and express. Pressing is a way of blocking the feeling in order not a form of behavior that appears.⁶ While, in the definition of Sedona Method, pressing is keeping closed the emotion, pushing it down, deny it, and pretend that feeling never existed.⁷

Feelings, emotions, or desires are suppressed are not necessarily lost. However, that feeling, emotion, or desire will be stored in the subconscious mind of human.⁸

If someone press over, it would not be good for him. The more frequent in suppressing of emotions and feeling will cause person easy to be stress and get other psychological disorders. Too much in suppress feelings and emotions would

⁶ Pressing in the word of Ekman and Friesen is *masking*. *Masking* is one of the *rules* of self-control *display*. *Masking* is the state of a person who may be able to hide or cover up the emotions they experienced. For example, a woman who was being harassed by her friend in crowd, he felt very embarrassed, he wanted to cry, and even he wanted to punch them. However, he presses the feelings. He covered the real emotions with a smile or a laugh in order to avoid the claim that he was not regarded as a bad-tempered, or no sense of humor. In other words, he pressed corporality symptoms caused by emotions or feelings in order not to appear or be seen by others. While Sigmund Freud, a doctor who did a lot of research in the field of mental illness, argues that the repression or suppress a defense mechanisms of the most basic and most important. Repression is a defense mechanism strategy that is focused to emotion. This emotional defense mechanism is done if there is a problem can not be controlled until a person can face a problem directly. Freud called this defense mechanism to mention unconscious strategy that is used by people to cope the negative emotions. Rita L. Atkinson, dkk, *Pengantar Psikologi*, Translated by Widjaja Kusuma, Interaksara, 2010, Vol. 2, p. 384

⁷ Hale Dwoskin, *The Sedona Method*, p. 11

⁸ The subconscious mind is part of the function of the human mind which receives information from the conscious mind that has been analyzed previously. The subconscious mind plays a much larger compared to the conscious mind in the process of human life. The conscious mind affects approximately 12%, while the subconscious mind is in control approximately 88% of human life. Psychologists describe the condition of the both phenomenon of "iceberg", what appears on the surface is only a fraction of what is in the iceberg itself. As Sigmund Freud's opinion that the impulse or memory that is too scary or painful excluded from consciousness to unconsciousness. Memory that cause embarrassment, guilt, or self-deprecating often repressed too. So many negative feelings or emotions that are stored in the subconscious mind. Willi Wong and Andri Hakim, *Dahsyatnya Hipnosis*, Visimedia, Jakarta, 2010, p. 16

be like a time bomb are walking, which could explode at any time, and it will be too late to fix it. In a study of people who always suppress shows that, people who often presses have a high level of susceptibility to coronary heart disease and cancer.⁹

But, press the feelings, emotions, or desires are not always be a bad thing Because, there are few conditions will be better if the emphasis was done.¹⁰ Then, what about expressing feelings?

Expressing is raised the feeling into a form of behavior that appear and represent the feelings that experienced. Expressing is also means putting the feelings into action. If a person feels upset, he will express it by shouting or yelling at a subject that causes the resentment. On the other hand, if someone feels sad he would express his sadness by crying. For some people, expressing feelings is better than pressing it, they will feel relieved and better after that.

Although in psychology view, express feelings, emotions, or particular desire is better than holding it down. However, often the culture has a different assessment.¹¹ Even the positive thing was to express emotions or feelings are still many that are considered taboo, such as a man who declared his love to a woman who is admired by him. The Acts that are done by man is not a negative action

⁹ The negative effects of the press was also expressed by Sigmund Freud, he believed that repression rarely succeed fully. It means that the most of people who do it is not get goodness for the personal growth. People who are more often doing repression will more often have anxiety without realizing the reason, he will also use some other defensive method to maintain feelings or impulses that are repressed in order not to fall into consciousness. Rita L. Atkinson, dkk, *Pengantar Psikologi*, p. 384

¹⁰ Examples of condition which the press will be better, for example a student who is being scolded by his lecture because he was late to collect duties, while he has a justifiable reason why he was late to collect duties. Although he felt annoyed, but he had to suppress it, he does not need to be angry at his lecture does not give tolerated. *Ibid.*

¹¹ Express the feelings or emotions more negatively assessed by most cultures around the world, for example, when a woman who wept as offended by the words of a friend of him, then the environment will tend to vote as a sensitive, easily offended, and so on. Another example, someone accidentally upset when someone else is using their own without permission, when he was annoyed and then angry, people will judge it as a bad-tempered or stingy. See Daniel Goleman, *Emotional Intelligence*, Translated by T. Hermaya, Gramedia Pustaka Utama, Jakarta, 2006, p. 411

and committed man is not a negative action and he also not harm to others, but some cultures judge that as immoral or taboo acts.¹²

Either suppresses or express, each has advantages and disadvantages. Therefore, the release technique is a technique that is considered as a balance between them.¹³

Basically, people have had a natural ability to letting go that not be aware. For example, there is a little boy who fell, then he saw around, is there any reason to get upset or cry? When the child feels no one look at him, instantly he will stand, remove it, and act as if nothing happened. In the same conditions, when the child fell and saw there are chance of getting attention, he would cry, and ran to his mother's arms.

However, the ability of this natural release, as the example of a child above, finally that ability will disappear in most people as the maturity increases. Because of their development, they more trained to suppress or restrain. Thus, ability of natural releasing is lost. Environment even gives maturity category to someone that person is able to cope with her emotions or if he is able to suppress or hold back emotions, feelings, or desires as well.

In psychology, there were no significant literatures or theory related to the release or letting go. However, the term of release is more widely used in contemporary terms, especially in the books of self-help that related to the emotions, changes in the attitudes, feelings, grief, creativity, management, or terminal illness.

In the Sedona Method, the object of release or letting go is the feeling, emotion, and desire. Those objects must be understood well. Because people who do the release have to know what is released, whether it is the form of feelings, emotions, or Want, do not just letting go as they pleased.

¹² In expressing the feelings and emotions, people have to understand truly how to express and when the time is right for express. Because, the inaccuracies to express the emotions and feelings, it will lead to greater conflict and uncontrollable, both within people itself and in relation to others. *Ibid.*

¹³ Hale Dwoskin, *The Sedona Method*, p. 13

1. Releasing Feelings

Feeling is a condition caused by the perception of the stimulus that appears.¹⁴ However, everyone has a different perception, so that the same stimulus, a feeling that can appear will be different. For example, people who have lost their keys or glasses, his mind then perceives that it is something very bad. He became worried because he not able to lock up the house and the burglar could enter easily, or when the lost glasses, office jobs will be messed up, so the boss will scold him. In the end, people will surround the whole house even when he despaired, he will unload the garbage. However, for other people when they are experiencing the same thing, they can be calmer. He would prefer to sit and recall the last use.¹⁵

A feeling of worry, as the example above, is a feeling that no need, because the feeling is simply lying, as it is said in the Sedona Method, that feelings does not need to be serviced. From the examples above, form of serve feeling that is obey the worries with seek-searching for other parts of the home in a state of tension. Therefore, the Sedona method advocated for release that fears and for chooses to sit, calm, and think what to do, call a locksmith or remember where last used.¹⁶

In addition the releasing feelings in the form of psychological or psychiatric, the Sedona method also release form feeling physically or Heavens.¹⁷ As experienced by the Duke, he experienced fatigue syndrome for six years. The main symptoms of the disease, as well as fatigue is also due to the emergence of pain in the feet and palms. In the six years, he tried to

¹⁴ According to Chaplin (1972) feeling is a state of people as a result of the perception of external and internal stimuli. The appear of stimulus may have different feelings for each people. This is because the feelings are subjective, even more subjective than the other psychic events. Bimo Walgito, *Pengantar Psikologi Umum*, Andi, Yogyakarta, 1980, p. 203

¹⁵ See, Hale Dwoskin, *The Sedona Method*, p. 15

¹⁶ *Ibid*, p. 27

¹⁷ According to Bigot, the feelings can be classified into two: the heaven feelings and the psychological or psychiatric feelings. Heaven feelings is the feelings associated with sensory organs, such as feeling associated with taste, salty, bitter, sweet, and so forth. Included in this heaven feelings are also feeling hungry, thirsty, tired, sick, and so on. The feeling of psychological or psychiatric is divided into several types, namely (a) the intellectual sense; (b) feelings of decency; (c) sense of beauty; (d) sense of social and civic; (e) feelings of self esteem, and (f) feelings to the God. Bimo Walgito, *Pengantar Psikologi Umum*, p. 207

prevent the pain by taking a variety of medications. However, nothing that makes the situation better. Then, after Duke knows Sedona method, he began to release the pain. Duke began to feel the benefits appear to let the pain rather than prevent it by taking a variety of drugs.¹⁸

If people have trouble to identifying the feelings that come up, whether it is angry, sad, disappointed, or worried. Then people can be identified by distinguishing between pleasant feelings and unpleasant feelings. Pleasant feeling is the feeling that gives comfort, peace, and prosperity. The unpleasant feelings are the opposite of it.

In recognizing the feeling, people itself that is able to do that. Therefore, people can decide which should be released and the feeling which should be presented.

In Sedona method is also emphasizes that did not to say "I am sad" or "I am angry", because people referred to himself as sadness or anger indirectly. This will make it difficult to release, because of his sadness or his anger into one. Different if people say "I feel sad" or "I feel angry" its mean that himself and his sadness is not one. Therefore, it would be easy for him to remove. Better, to say "I feel sad" because the feeling is not fused with him and of course it would be easy to be released.¹⁹

2. Releasing of Emotions

Emotion is a form of stronger feeling. Emotions Occurs more intense than feelings, so that emotions often leads to changes in behavior or corporality. In addition, sometimes, emotion also can cause the relationship with the environment become distracted. Therefore, this is the reason why the need to release emotions, especially the negative emotions or detrimental to people in his life.²⁰

¹⁸ Hale Dwoskin, *The Sedona Method*, p. 411

¹⁹ *Ibid*, p. 92

²⁰ Until now, the meaning of emotions is still difficult to define by psychologists and philosophers. In the most literal, of the Oxford English Dictionary defines emotion as "any activity or agitation of mind, feeling, passion, every great turbulence mind and overwhelming". According to Daniel Goleman, emotion refers to a feeling and thoughts of his trademark, a biological and

According to C.T. Morgan, not all theories about emotion have the same starting point. There is some starting point that used to discuss about emotion, which is as follows:

- a) Emotion is something that related to the condition of closely, such as heart rate, blood circulation, and respiration.
- b) Emotion is something that is expressed, such as smiling, laughing, crying, and so on.
- c) Emotion is something that can be felt, because emotion is the form of feelings, but emotion is stronger, as the previous explanation. For examples, happy, disappointed, sad, and so forth. Some figures in this aspect breaks it down into eight sections, it is anger, sadness, fear, enjoyment, love, surprise, annoyance, and embarrassment.²¹ Here is the starting point in talking about the Sedona method which then classifies that emotions into nine groups, namely apathy (lethargy), sadness, fear, lust, anger, pride, passion, and willingly accept. Emotions groups are released in the Sedona method are lethargy, sadness, fear, lust, anger, and pride. While, the three emotions after is a positive emotion that can bring happiness, and that often people need.²²
- d) Emotion is also a motive, which is to encourage someone to do something if people pleased, or prevent people doing something if he was not happy.²³

3. Releasing of Wants

Having the want is a good thing, but if it's over want or exceeds its limit, it will cause mental disorder or some actions that conflict with existing

psychological state, and series of tendencies to act. Meanwhile, according to Chaplin, the definition emotions can be generalized, that is complexes reaction that containing a high degree of activity and a change in corporality that is associated with strong feelings. Daniel Goleman, *Emotional Intelligence*, p. 411

²¹ There are a hundred of emotions, along with, mixed, variation, mutation, and nuance indeed, there is more refinement than the emotions that people have to mention or renamed before. *Ibid*, p. 412

²² Hale Dwoskin, *The Sedona Method*, p. 63-95

²³ Bimo Walgito, *Pengantar Psikologi Umum*, p. 211

regulations. Desire according to the Sedona Method is a form of self-incompetence or restrictions that prevent self.

In Sedona method, there is four of wanting that should be immediately released, namely:

a) *Wanting to control*

The wanting to control is wanting to controlling person or something else to fit the way. Wanting to control shows people that people do not have the ability to control actually. Wanting to control are not fulfilled will mislead someone desperate or losing motivation to succeed. Another part of the wanting to control is the power that is opponents that is the wanting for be controlled. Wanting to be controlled by other people, its means they want to others to responsible for anything that relates to him. In other words, people would rather be a follower than a leader. Because be controlled is lighter accountability something.²⁴

b) *Wanting for Approval*

Wanting for approval or be loved is a wanting in order to everything presented to him. To get recognition or love, most of people will be focusing the opinions or expectations of others about him. So that, to get recognition or love, people will do anything despite the fact he refuses or does not suit him. People who want recognition usually feel that as if he does not get the recognition and love. Synonym of a wanting to be recognized there are wanting to be loved, supported, praised, handled, considered, understood, maintained, and be liked well.²⁵

c) *Wanting for Sense of security*

Wanting for Security will always make someone feel threatened and in desperate need of security. People feel that everything around him is a threat to himself. Even, people will avoid anything that could give him success for the future to avoid the risk that is not necessarily the case. Wanting for sense of security will only make people depressed and

²⁴ *Ibid*, p. 157

²⁵ *Ibid*, p. 164

become weak. At its core the desire of security will deter people to come forward. This is contrary to the purpose of release which is for personal growth. Therefore, the wanting of security needs to be released.²⁶

d) *Wanting to Separate*

Wanting to separate is wants to be not owned by others. The wanting to be separated is also driven by the wanting to be different from everyone else, have a distinctive identity, or have a certain privilege. The wanting to be separated also a form of wanting to show the existence of self. The wanting to be separate is a positive form in which people will more independent and responsible for them self. However, at the extreme things, the wanting to be separate can be people withdrawal from their environment, reject everything that comes from outside, and so on. The extreme of this wanting to separate that will be released in order to achieve a harmonious life in the society, because people are social creatures.²⁷

Furthermore, in the Fortunas research about letting go, he also found that the process of letting go has an analogy with the process of solving problems that related to the change away from something that has caught it. As well as the technique of letting go in the Sedona Method. Technique of letting go in Sedona method trying to free the people from the six negative emotions towards three positive emotions at the next, as has been the writer explained earlier.

The underlying reason why the six negative emotions must be released while the next three positive emotions to be preserved is to avoid the negative energy from the outside into the self as drawn by the negative emotions that have been held within. Similarly, the reason why the next three positive emotions to be preserved, that is because positive emotions also will attract positive energy

²⁶ *Ibid*, p. 170

²⁷ *Ibid*, p. 177

around him. Then, this is called by Remez Sasson as the electromagnetic field of the Law of Attraction.²⁸

So, it is not surprising if inside of people always overshadowed by negative emotions or feelings, then that will happen is interested or negative things as it exists in the mind or feelings. Therefore, there are six negative emotions of people as above must be removed. That way, people can achieve next three emotions that are spirit, receive or sincerity.

Technique of letting go in the Sedona Method will experience development, it's mean that not only release the emotions, feelings, or specific desires, but also the release of the developing health, relieving pain, and so on. Besides of that, letting go technique will not show results quickly, but gradually in line with how much do the release. The more someone does release, it will be more sensitive to the feelings, emotions, or wants that are supposed to be released. It is no different with the result of Fortunas research, that letting go is a process of transition that will gradually widened over time, and in uncertainty period.²⁹

In the Sedona method, the technique can be done through the release of the three approaches, as follow:

1. Choosing to Release

The release of this approach is by doing a release of the unwanted sensation directly, be it in the form of feelings, emotions, wanting, and disease. When people chooses this technique, he should focus on what he felt

²⁸ Remez Sasson is an author and owner website.successconsciousness.com. he has shared many method of self development and spiritual growth. As for some of the books he wrote is *Peace of Mind in Daily Life*, *Will Power and Self Discipline*, *Visualize and Achieve*, *Affirmations-Word of Power*. Law of Attraction Electromagnetic field is where the power of magnets can attract the same energy of the universe. This law will be implemented in many ways, including people are thinking or feeling. In one self there is a field strength of electromagnetic to pull the similar things around him. When he focused on something positive, which is interested in is a positive thing too, when he pulled by something negative then the interest is a negative thing too. Actually, Law of attraction has been around since the first, but has not been realized. Generally, people are more familiar as a suggestion. In the *Kamus Besar Bahasa Indonesia*, the influence of suggestion can move one's heart. A lot of Suggestion is practiced at therapy, especially in hypnotherapy, SEFT, and soon. Downloaded at 27 March 2013. http://www.selfgrowth.com/experts/remez_sasson.html and <http://www.successconsciousness.com/law-of-attraction-definitions.htm>. Downloaded at 27 of March 2013.

²⁹ Hale Dvoskin, *The Sedona Method*, p. 35

now, not the past or the future. He should be able to know what he really feels now.³⁰

After knowing what people is feeling now, people can initiate the release stage by asking the following questions,

- Can I let go of that feeling?
- Can I allow this feeling here?
- Would I accept this feeling?

The answer “yes” or “no” to the question, both are acceptable answer. Release process will continue to occur, even though the answer to that question is always "no". Actually, these questions are not important questions, but the most important is to avoid the debate about the consequences of the answers given. Because, the question was intended to stop the habit that be held.

Then, the next is by question, which is a form of request to release feelings or emotions that exist today, for example with the following question:

- Would I let it go?
- Would I set him free?

In the above question, although people still answer "no", he can still continue to the next question. At this stage, it is an invitation to let go of emotions right away with an easy question,³¹

³⁰ *Ibid*, p. 21

³¹ These questions are easy questions. The question is designed to stop the habit of holding. So that any answer is given is not to be an important thing. *Ibid*, p. 22

- When?
- When I release it?

The decision to release is the people right that can be done at any time. He can repeat the questions steps above as often as he needs. The advantage from this release will also be more visible, observable, and can be felt when done continuously.

2. **Choosing to receive**

At the release of this approach, the sensation has been recognized then released. But, technique of this release approach is different to previous approaches. Sensation is present is not allowed but released to rise to the surface without the slightest rejection. When people sad then he will cry, and then just shout when angry. Why is that? Because when emotions or feelings inside of a person then they will disappear by itself surely, will not occur permanently. Different if the emotions and feelings are suppressed, they seem to disappear, but actually still there, always looming, and will probably emerge with a stronger intensity at any time. So, accept and allow that feeling arises is better, because after that they would be lost, regardless of people.³²

At the release of this approach, the first stage is same as the previous of the release approach, people who practice have to focus on the sensations that arise now and in the strong sensations. Usually release with this approach was to release anxiety. For example, the anxiety experienced by people who are driving, he worried voices other vehicles around it will cause an accident and hurt him. Anxiety experienced by people is allowed to emerge and the stopping of the vehicle turned up nothing happened. Similarly in the next people travels, so in the people minds will record that what he is worried about is not real.

From the experience above, people will learn. He will know that when the emotions or feelings that arise, nothing will happen and do not need to

³² *Ibid*, 24

worry. They will disappear by it self certainly. In the end, people will not be distracted by the arrival of unpleasant emotions or feelings in him, because they will go away by it self, disappeared. So, when there is a same sensation or the other, people does not feel anxious or overwhelmed again.

In psychology, release technique by through this approach is known as a state of mindfulness.³³ In addition to the Sedona method, Mindfulness is also used in the practice of meditation widely.³⁴ Therefore, it is not surprising that letting go is also claimed to be the best technique in meditation. But, it different with the Sedona method, which is released in meditation is all of repressed mental contents. While the release of the Sedona method remove the feelings only or emotions are not just desirable.³⁵

The meditation practice that same with the release of the Sedona method is letting meditation. Where in the letting meditation everything is left as it is aware, do not give orders, do not complain, and do not say anything. Whatever comes to people whether it is good or bad remains left as is, with no reaction at all.³⁶

3. Choosing to Explore

The release of feelings, emotions, and wants to further approach is choosing to explore. Exploring is focus towards the core of sensation that present. On this release process, people need a calmness and leisure time in order to really focus inside. Focus into inside to find out what the core of

³³ Mindfulness is a quality of self awareness is defined as increasing of attention and conscious awareness of the reality of existence is happening now, in this place without elaboration, without judgment, and accept all thoughts, feelings, sensations that arise from the canter consciousness now..http://en.wikipedia.org/wiki/Mindfulness_%28psychology%29. Downloaded at 20 March 2013

³⁴ According to Linda L. Davidoff, she said in her book by the title *Introduction to Psychology* that meditation can be identified as a certain method of practicing that aims to transform the consciousness. Linda L. Davidoff, *Psikologi Suatu Pengantar*, Translated by Mari Juniati, Penerbit Erlangga, Jakarta, 1988, p. 304

³⁵ Meditation is a relaxation practice that involves the release of the mind of all things interesting, over burden, or worrying in the daily of life. <http://id.wikipedia.org/wiki/Semadi>. Downloaded at 13 March 2013.

³⁶ See, Ajahn Brahm, *Super Power Mindfulness*, Translated by Chuang, Ehipassiko Foundation, Denpasar, 2012, p. 101

sensation exactly. Why do they appear? And what is the actual in that sensation?³⁷

Actually, sensations that arise both in the form of feelings, emotions, or desires is just the surface. Under the surface there is a core of human sensations are often not aware of. In general, people are afraid to explore into the core, because they fear it will become worse. Nevertheless, in reality is very different in the core surface.

In the core, there is peace and truth only. For example, a feeling of disappointment to someone who is actually a form common to the surface, when seen far into again, it was no disappointment there, but only a sense of belonging and love strong. As Margie experience, he was very sad because he felt betrayed by a non-governmental organization staff. While following courses Sedona method, Margie tried to explore the grief. Margie surprise, he can enter a state of peace in a short time. Finally, he realized that his sadness is an empty space, there is peace only.³⁸

Therefore, the Sedona method assumes that sensation, especially feelings and emotions actually just a lying. Because when that sensation is rationalized, it will bring up the question, what is that be served for? Or why they should be retained? And so on.

People can choose one of the most effective techniques for him self from three technical approaches above. Effectiveness in this release can be felt only when people do it by the heart, not by head. It means that people do not need to think about how this process can work. But, how people can feel the positive changes of the release technique which they did.

³⁷ Hale Dwoskin, *The Sedona Method*, p. 24

³⁸ *Ibid*, p. 27

D. The Release Steps of Sedona Method

The release of this Sedona method is aware release that can be learned and taught to others, it is not like unconscious release as in children who do not have a formula or specific techniques that can be explained.

In Sedona method, there are steps that be done in a release, that is preparation step, implementation step, and development step.

1. Preparation Step

In the preparation step, there are two things have to note that is diagnose and select the right strategies or approaches of release according to the sensation that arise.

a) Diagnose

Diagnose is step to know the sensation that present. Diagnose step is a very important step for further processing. Because of this step people will decide the next of release technique or proper treatment. Similarly, if people cannot know the sensations are present, it is not accurate at recognizing sensations are present, it will lead to the selection of techniques that are not right anyway.

Diagnose technique in Sedona can be done by the following steps:

- 1) By open or close the eyes. Generally, at therapeutic techniques and relaxation technique to recognize the sensation that arises will be easier to do by close the eyes. Because when the eyes closed, people will not be distracted easily by the surrounding circumstances, so that they will easy to focus on what he felt.³⁹
- 2) To focus the mind on something that can make a better mind. For example, people can imagine being in a quiet, peaceful, relaxed, and very comfortable.⁴⁰

³⁹ *Ibid*, p. 21

⁴⁰ *Ibid*.

- 3) After feel better or more calm and relaxed, people can imagine what they feel exactly, what he wants or he has experienced. After people can recognize emotions, feelings, or desires, then he can let them present in him.

If individuals have difficulty in recognizing the sensations are present. People can write what they feel or happened on a piece of paper or a notebook with spiral binding. In this paper people can write everything in mind, anything that makes disrupted and so on.⁴¹

If these people do not know about what he feels, he should not move towards the next step, until he can identify these feelings. Because, if this identification process is not appropriate, then the feeling that want released is also inaccurate. And finally the release process does not give results as expected.

- b) Determine the release technique

When people determine the release technique, it must be ascertained he had done the diagnosis properly. Because of the diagnosis, people will know how the feeling, emotion, or wanting that turbulent. People also know when it happened, and what is the purpose they want.

Individuals can choose one of three approaches in the release technique as has been mentioned earlier by the writer, choosing to release, choosing to receive, and the last is choosing to explore. For the strong feeling or strong emotions, people may use the approach of release technique by choosing to release or choosing to receive. While, for the feeling has passed but still have an effect on the present life or something that has not happened yet has disrupted life now, then people can choose the third approach of release technique that is choosing to explore.

⁴¹ The reason why people is recommended to use a paper with spiral note is the emotion or feeling that is wrote by people and after it has been released too. So that people do not come back to that feeling and emotion. *Ibid*, p. 30

2. Implementation step

Implementation Step is step of process of the release technique that is selected in accordance with the sensations that arise. Three techniques in the release approaches above is choosing to release, choosing to receive, and choosing to explore the core, they can be implemented by the following methods:

a) Visual method

Visual way is way to presenting the images when doing release questions.⁴² For example, people make a image or visualization of release by imagine a rope knot. The knot is a symbol of an emotion or unpleasant feelings that interfere or not required, or as a symbol of the desire to suppress mental. Then people giving questions for him self, such as:

- Can I let go of the knot it?
- Can I allow this rope knot here?
- Will I receive the knot this rope?

As saying of writer has been delivered before, that is answer “yes” or “no” still be received. The most important thing here is to avoid the debate about the consequence of the answer.

Then, people will continue to the next question, which is a form of request to release the feelings or emotions that exist now⁴³, for example by the following question:

- Would I parse the knot of the rope?
- Would I let go of the knot?

⁴² *Ibid*, p. 43

⁴³ *Ibid*.

With regardless of the answer yes or no, then go to the next question immediately. At this step, it is an invitation to let go of emotions right now by a simple question,⁴⁴

- When?
- When I will parse the knot?

If people choose to answer “yes”, then he will visualize their hand to parse the knot of the rope immediately, right now. Whereas, if the answer is “no”, people can repeat the earliest question and he still get a benefit that is skilled to stop the habit of suppress and express. People can repeat this visualization method as often as he needs.

The visualization of this knot of rope is as one of visual example. People can make a visualization by them self that can make them easier to do the release. For example, visualization by holding a heavy burden on their hands, and so on.

The another way of visualization is write the feeling, emotion, or wants in a piece of paper, as well as when people make a diagnosis. People can write down the questions like the example above, and then people answer them according to what he thinks or she feels.

b) Kinesthetic method

Kinesthetic Method is a method that is done by the release of the physical sensation. People give the sensation of touch or movement of certain parts that very strong when feeling, emotion, or want that is being churned.⁴⁵ Generally, part of the body that is very sensitive to the feelings or emotions is part of *the solar plexus*, the area around the abdomen and chest.

⁴⁴ *Ibid*, p. 22

⁴⁵ *Ibid*, p. 44

Basically, the release by the kinesthetic method is similar with the method before. People who release, he will provides release questions also as above, but in this kinesthetic method, there is form of visualization that involve the body movement significantly.

The following is one example of a method that is done by the release of kinesthetic method. People can make a strong of fist as a form of emotion or feeling pressed. Then, that fist placed on the *solar plexus*. Furthermore, people give the release question to instruct the fist to be open slowly. It is as a form of release of emotions or feelings, as well as the loss of tensions. If people still can not let it go, they should not deceive themselves by pretending to have been let go. Because, it is in the end it will them self only.

c) **Auditory Method**

As methods before, the auditory method is doing the release by release questions are guided by the audio program of release.⁴⁶ In this method, people will be facilitated by following the simply questions only, because that questions have be set in an audio program. This auditory method is also very appropriate to be used by people who experience anxiety, so they unable to control him self.

This auditory method, in addition to be done by using guide of audio programs that have been provided by the Sedona Method, it can also be done by listening to the instructions or manual release of a partner.⁴⁷ Each partner gives the question to his partner in turn. Because the questions in the release process are very important, therefore, as far as possible the questions are not ambiguous and confusing. So that, each partner should be able to choose the right words and practice to saying it. In addition, each partner can share each other before doing the release in order to know what had happened and what is wanted by their partner.

⁴⁶ *Ibid.*

⁴⁷ Auditory method is not only by listen the auditory program that has been provided by the Sedona. But it also can be done when people do it with their partner. *Ibid*, p. 46

Although the release of audio method with a partner more complicated and many aspects that must be considered, but this auditory method more precise and effective, because the release of questions to be flexible and significant, it is mean that it can be adjusted and focused on a specific feeling or emotion.

3. Evaluation Step

After going through the step of the release process, the next step is evaluation. Evaluation is intended to find out the success in doing the release. The change in shape can be a change in feelings or emotions better. Form of that change is a change of felling or emotion can be better. These changes will not only be felt by people itself, but people who are around people also.

Although the process of release has been managed by people is success, but the process does not necessarily stop after the release of feelings or emotions unwanted gone. Because of the release process will not be maximize by releasing certain feelings and emotions only. But, this release should be continued and should be applied in all aspects of life without the limited space and time. This means that letting go can be done anywhere and anytime.

As if people have not been successful or they are not felt well after the release, there are some strategies that can be done, namely:

a) Repeat the Method

When the release process does not give a positive result, people should repeat the release process, by the same method. Because of the failure could be occurred by a lack of focus, concentration, seriousness, and so on. However, if people have been repeated in many times and still do not give change or outcome, then people should do next strategy.

b) Evaluate the method of release

If people have been evaluated by repeat the same method, but the result is same, so people have to evaluate the method that is chosen, whether it is right or not. If the method is not appropriate, then people may change

by the other release method that appropriate with the feelings or emotions that arise.

c) Repeat to diagnose

If the evaluation of the method was also not given the results or the better change, people can make diagnose again. Because diagnose was very influential on later step of release. Therefore, if the diagnosis is not appropriate, then the release will not change for the better surely. So that in making diagnose, people should be really focus, concentration, and relax.⁴⁸

⁴⁸ *Ibid*, p. 23