

Simple Steps to your Fanning Practice

Overview – Sometimes, we can make changes in the way we think or how we are feeling by choosing a different environment, taking a break, moving to another room, or going for a walk outdoors. Other times, we make effective changes by shifting our own behaviors – moving our bodies, altering our posture, changing what we focus on, or using our imagination. Fanning is a simple, easy to do process which can serve as a highly effective, 'all purpose' state shifter, as your body and your breath lead your shift into the positive, connecting with resources.

Preparation – As you are first learning and practicing, choose minor irritations or small discomforts to place outside yourself, to one side or the other, rather than deeper or super intense issues. When your body and brain learn Fanning thoroughly, then you might choose to practice with more challenging ones. Before you begin the movement and breathing steps, choose what you want to work with and clear. Be specific. If there is a person that generally gets on your nerves, pick one recent example of exactly when that happened. Allow yourself to remember thoroughly – where did it happen; who was there; what happened and how did you react.

Then set that whole episode aside, literally imaging that the whole scenario leaves your body along with all the symptoms and sensations. You may see it as an image, as if you were watching it play out as a TV show or movie. You might hear the sounds within that scenario as if they were coming from outside of yourself. Or you may simply have a sense that it has moved away, into a space outside of your body, as far away as you want it to be. However you notice the separation is fine for you. It may also help to hum a fun song; do a little jig; speak a positive statement out loud; or imagine some wonderful place that you love so that you shift your attention completely to something positive, or at least neutral.

Positioning your Body – Before each round of practice, get comfortable and remove yourself from any distractions. You can practice Fanning either seated or standing, whichever feels right for you. Without changing your breath, begin by simply noticing it. Let your awareness linger for one or two cycles, just noticing your breath through your inhalation and past your exhalation.

Steps for Fanning – Movement

1. Begin to move your head in a gentle turning all the way to the left, looking over your left shoulder, and then easily and gracefully, move your head back to the right, once again looking over your right shoulder. Repeat this motion, moving your head comfortably and completely, all the way over to the left and then easily back to center and over to the right. Keep the motion fluid, with no pauses or stops, a continuous movement – side to side in an easy, natural cadence.

You may want to adjust your posture or your stance. Shift your body so that it can support the movement. You may find it more comfortable to do this with your eyes closed, or open, whatever works for you. Find your own pace and rhythm, allowing the movement to become more and more relaxed and easy.

Steps for Fanning – Breathing

2. Now add the breath. Pick a direction, either to the right or the left. You may choose to move to the right and exhale, breathing out over your right shoulder. Then moving back to center, you will begin to inhale so that as you move back to the left shoulder, you are taking in a full breath, filling your lungs. And as the movement toward one shoulder shifts direction, then it is time to shift from inhaling and back to exhaling, and vice versa.

Move and practice a few times, again finding your own pace and rhythm so that with each cycle of your breath, you are moving and exhaling - **RELEASING** in one direction; then beginning to shift your breathing, moving in the opposite direction, switching to inhaling - **RECEIVING**.

3. Repeat the movement, in time with your breath, for a few more cycles ... until you know that you can easily move and breathe in a consistent and relaxed pace; moving in one direction to exhale; moving in the opposite direction as you inhale. When your body and your breath are moving easily, so that the movement is in sync with the cycle of your breathing, then you can begin to add the third element.

Steps for Fanning – Imagination and Release

4. Whatever you have chosen to clear ... whatever is causing you stress or discomfort - perhaps a negative emotional state; or obsessive thoughts that you can't seem to stop; or an old habit; or even a physical symptom - begin to imagine it outside of yourself. Some find moving their hands as if scooping the discomfort out of one's body and then placing it outside and away is easier. Place whatever it is, in whatever way seems right for you, to one side ... the side where you are exhaling.

Move it as far away as feels right. You can notice how this seems to you ... perhaps having a sense of how it feels to move this outside your body. Or you might notice how that discomfort looks over there, off to the side, away from you ... perhaps seeing some image or representation, noticing the size or shape or color. Or you may notice any sounds associated with what you are releasing, again out there away from you.

5. Continue to move and breathe, and now as you exhale and release, begin to sense that you are letting go of anything that does not work for you, any inappropriate energetic connections. Breathe out all heaviness, contraction, physical distress or negative emotional states, moving more and more out with each out-breath, exhaling and releasing.

If you have chosen to work with a person that you care for, or will continue to have interactions with, note that you are NOT releasing the relationship. You are releasing your own negative reaction, your contraction or pain or suffering. Fanning is designed to allow you to release what no longer serves – inappropriate energetic connections, whether directed at you from another or projected from you towards the other. Many begin to notice that a particular area of the body begins to feel lighter. Some even see tendrils of energy or filaments of light beginning to dissolve or disappear in some way.

6. Now you can begin to notice what you want instead ... perhaps noticing the opposite of the former discomfort. So that as you breathe in, you can fill yourself up with talents, gifts, wisdom. You can connect with immediate and reliable access to resources, positive energy, pure Light, Love or Joy. You can fill yourself with what you want and the resources needed to create your positive outcome.
7. Continue to move and breathe, with no pauses or stops. Keep moving, keep breathing, in a continuous cycle ... exhaling and releasing; inhaling and receiving, filling yourself up with what works. Do this until you notice an energetic shift, a subtle signal from your body that you are "*done for now*".

Fanning – Options

Sometimes you may want to add a sound, or words, or a gesture ... so that as you exhale your body or your voice can support the release. Exhale and push ... exhale and release ... exhale as you speak, grunt, or shout it out.

Other times, as you continue through several cycles of breathing, calmly and easily moving your head from side to side, then moving back to center and shifting to the other direction, inhaling and receiving – you might notice a sense of empty space inside. As you continue to inhale and receive, you can begin to notice filling yourself up, perhaps feeling that unique sense of fullness from positive thoughts, good memories, or new and better choices and habits.

Sometimes you will have clear images, sometimes sounds or music, and other times you will simply feel a sense of -- Exhale and Release; exhaling and letting go, emptying out any garbage. And then as you move back to center, you can notice -- Inhale and Receive, filling yourself up with new and positive.

For each practice round, you can continue Fanning for ~3-5 minutes, or as long as you like. You can maintain your Fanning session, with continuous movement and breathing, as long as your body wants to move and breathe -- Exhale and Release, emptying out; Inhale and Receive, filling up. Keep moving and breathing until your body gives you a signal ... until you feel some subtle change that lets you know that you are "*done for now*".

Whatever you were exhaling, releasing and emptying out may not be completely changed or utterly transformed for all times. Yet your body can feel a definite sensation of completion – a "done for now" kind of completion. Each person may have a different signal, or your own signal may shift each time you experience the Practice of Fanning. However the signal may be for you in that moment, you can absolutely know when it is time to stop, noticing precisely when you have concluded your round of Fanning.

Noticing:

How do you feel now versus when you started? What are your thoughts like now? What is your emotional state? What is the status of your physical relaxation or stress level? Many report a more relaxed body, a stronger sense of well-being, feelings of increased calm and balance with more clarity in their mental state or thinking. The content – and the structure – of what and how they are thinking often changes as well. Sometimes when you breathe your way out of a negative state, so that your body and mind can work better, more in harmony, then you can notice a choice point. You can choose to move toward what you want, creating new habits and more resourceful patterns. You can see connections and access memories that put all the pieces of the puzzle in place.

You may want to journal, take notes, or start writing down some of your positive results. After Fanning may be a good time to concentrate on setting goals, answering your outcome questions, enjoying gratitude or Counting your Blessings.

When you have time and space to yourself, you can spend a few minutes each day or each week with your Fanning Practice. Each time you begin, and as you are first learning this, make sure you have plenty of uninterrupted time to complete the process.

Continue to observe how it works for you over time. How does Fanning feel to you? What do you notice that works? Is there any way you can adapt these simple steps to make them even more effective? What other areas of your life could this be applied to, creating positive results? Be willing to play and experiment.

[Adapted from Fanning for Impeccability; Don Americo Yabar and Don Juan Mateus]

To schedule an individual NLP changework session, Spiritual Mastery coaching session, or **VISIBLE WOMAN** empowerment encounter – by phone or in person – please contact us at JoyTech – – joytechconnect@yahoo.com, or visit us at www.joytechconnect.com. *Mahalo.*