

Expression

To let go of our patterns, we must exercise our free will – choose to step out of a pattern, and take action using our **Voice, Body, and Intention**. We use our **Voice** to say “No” to the pattern and “Yes” to what we are moving toward. We use our **Body** to physically express ourselves. All the while, our **Intention** is to free ourselves of the pattern(s) we are working with, and get back in touch with our aliveness and authenticity. Our expression is not necessarily about anger – it’s about “claiming” our life. It’s about taking a stand. Sometimes that includes anger, but it can also be about joy, love, commitment, and empowerment.

- Say “no” to the pattern. Take a stand. “I don’t want this in my life. **I’m exercising my free will choice and taking action. I’m not (THAT), I am (THIS)!**”
- The “no” is most powerful when combined with a “yes” or claim. “I’m not that pattern of self-doubt! I claim my power!”
- In the Process, we said “no” to the parents. Now the “no” is to the pattern and to the Dark Side.
- Expression – bashing is one way, but there are many other forms:
 - **Voice – Body – Intention:** These are the components that must be present.
 - Your voice does not have to be loud, but sounds must be made; it can even be mumbling. Energy moves with the voice.
 - Bashing is not necessarily about anger. It’s about empowerment, it’s about joy, and it’s about claiming who you are. It’s about saying “no” to patterns. Sometimes there will be anger. But that is not the goal. The goal is expression and standing up for who you are, saying “no” to patterns.
 - Examples of forms of Expression:
 - Yellow bat and pillow
 - Using phone books (ripping them apart or scribbling in them)
 - Scribbling on paper, ripping it up, expressing with the voice
 - Power walking – imagine the trail paved with patterns, expressing as you stomp over them
 - Kick-boxing
 - Chopping wood
 - Standing up and stomping on patterns for 30 seconds
 - Simply using the voice, growling
 - Throwing rocks into a body of water (the ocean or a lake), or down a hill
 - Shaking the body