

## The Detox Letter

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The Detox Letter is a safe and effective way to release constrictive emotions so that you can be happier, healthier and more successful.

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Detoxing your emotions is one of the fastest ways to change your life because like energy attracts like energy. When you're filled with negativity, you attract more negativity, but when you vent and release it, you free yourself to attract what you want – not what you don't want.

Anyone can use this technique. It's deceptively simple and requires very little skill. In fact, you don't have to have any experience processing your emotions for it to work. You just need to be willing.

### Technique:

- Day One.** Write a letter to whomever or whatever you choose. Let yourself express everything that you are feeling and thinking. Don't monitor or try to control what you write – this is for your eyes only. Write, write, write. Feel, feel, feel. Don't worry about punctuation, spelling or grammar – just write as quickly as you can, as much as you can. When you're done, sign it. Fold the pages, put them in an envelope and then hide the envelope in a safe, private place.
- Day Two.** The next day (and it doesn't have to be 24 hours, just the next day), retrieve the envelope and pull out your pages. Read every single word you've written, allowing yourself to feel your feelings all over again, plus! Let yourself amplify. Write in the margins, underline, add sentences, paragraphs, pages – do whatever it takes to amplify. Write, write, write. Feel, feel, feel. When you're done, sign it, put the pages back in the envelope and hide it away again in a safe, private place.
- Day Three.** The next day (day three of this process) retrieve the envelope, pull out your pages and read every single word again until you're bored. You might need to read your letter a few times. Take your time, paying close attention to everything you've written. If you don't get bored after reading it a few times, that's okay, you can still proceed.

Now make the decision to fully release everything you've expressed in your letter. Acting upon this decision, destroy the letter by burning it in a precise way (making sure that you're doing this in a safe place):

- Hold the top of each page and light the page from the bottom.
- At a certain point you'll need to let go of the paper/what you've expressed in order to avoid being burned (a clear message to your Subconscious Mind that you want to release what you've expressed rather than being hurt by it).
- When you're done burning all the pages, safely scatter the cold ashes.

Note: If you still have constrictive emotions that you want to release, start the process all over again. Depending upon the emotions you are dealing with, it can take more than one Detox Letter to release them all. Be patient and value yourself enough to write as many Detox Letters as it takes, knowing that you are freeing yourself with each action that you take.

