

The NPA process takes you from contraction to flow, in an amazingly short time. Whether the contraction prevents energy flowing in, or flowing out – the absence of flow causes stagnation and suffering. As flow returns, life flourishes!

Elicitation

Elicit the 'Cookie Cutter' or Label whose presence or absence is causing you stress. This may already be clear to you, and it may help to use Q1 or Q2 below (whichever feels the more appropriate).

Ask yourself the appropriate question, then write your response in the 'spew box' in an unedited stream of consciousness.

Q1... What are you experiencing, that you would like to allow to pass?

Q2... What are you not experiencing, that you would like to allow to come?

Spew box

As you look over what you have written, identify the 'cookie cutter(s)' and highlight, circle or underline it. Now, using that cookie cutter, you can go ahead and apply 'The Process'.

The Process

Now you have the 'Cookie Cutter' or Label, use it to fill in the blanks as you say the sentences below **OUT LOUD!**

Stay present to your experience. As you say the words, allow yourself to feel them as much as feels natural to you.

This _____

This Energy of _____

This Pure Energy of _____, is not personal

This Pure Energy of _____, is not personal

This Pure Energy of _____, is not personal

And I am willing to experience it

Now be inwardly still. Let go and give yourself the time and space to simply be with your experience. If emotion, physical sensation or thought arises, simply be still and allow the process to unfold until you feel a natural completion. *When you feel a sense of **release**, expansion, ease or similar – you're done!*