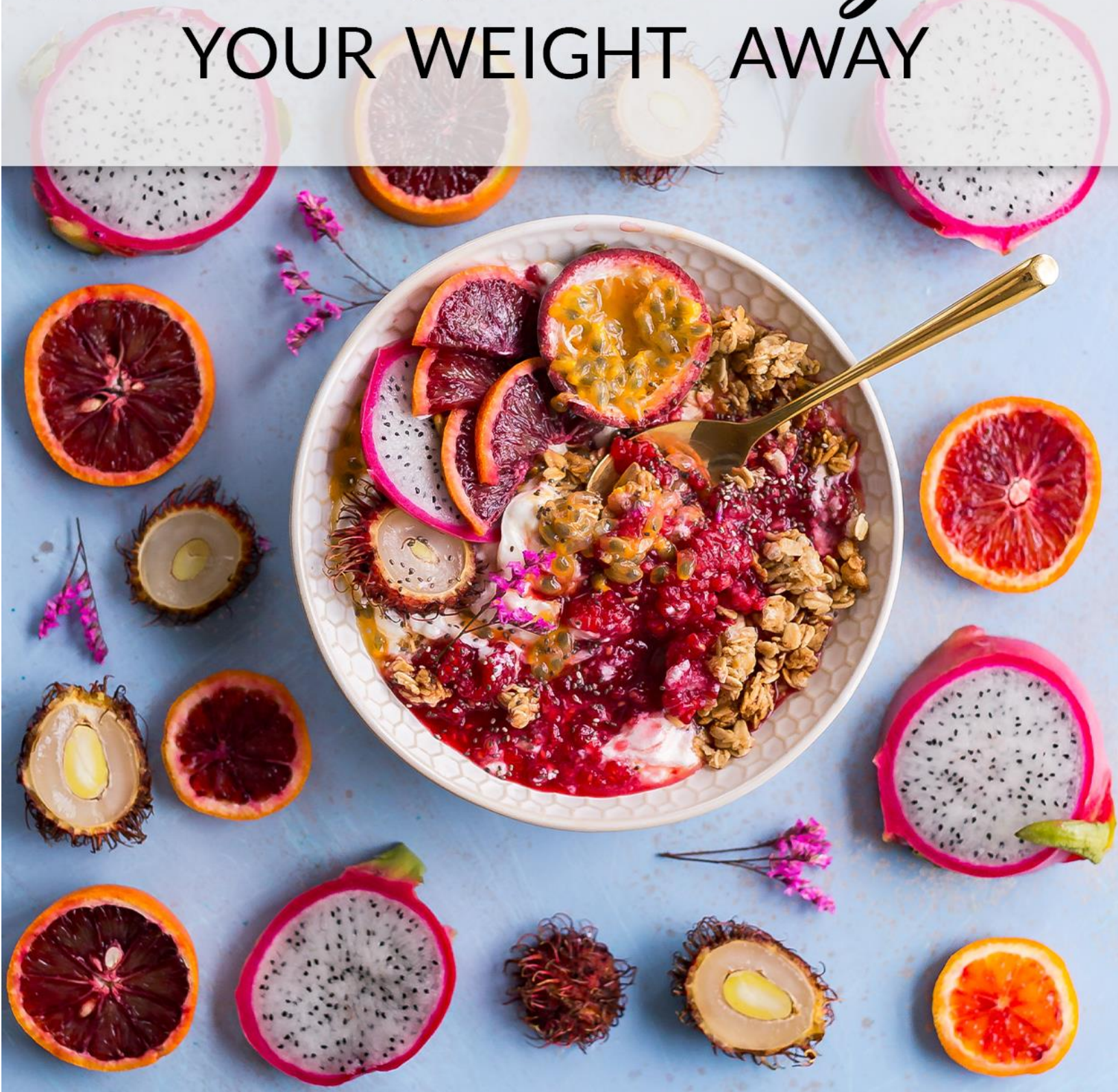


# *How to Write and Burn* YOUR WEIGHT AWAY





# WRITE AND BURN

Feeling depressed? Want to get rid of all the negative feelings? Well, you should. The old emotional crap and ill feelings of jealousy, hatred, sadness and some others ruin your mind and make your life miserable. Such state of emotional disturbance won't let you be happy, so it is important to let all those sentiments go. Forget everything and live a happy life. I know it is not easy to do, but this is not impossible as well. Strong determination is all that you need. Prepare your mind, say it to yourself that you allow yourself to forgive all and to let go of all the harsh and disturbing feelings.

Here is the simple and most effective way of emotional healing. It is a simple technique known as "**Write and Burn.**"

Let's have a look at how it works.

Sit down at a calm place to have some relaxing 'Me-Time.' Don't forget to bring a piece of paper and a pen with you. Make sure you have a peaceful time without any interruption and be there alone.

It is time to dump all your emotions on a piece of paper through your words.

## WRITE IT ALL

Remember, no one else can ever see what you are writing so don't hesitate to let it all out. Think of all the things that are disturbing you and pen them down. Make sure to include each and everything you are feeling because you will let it all go. All your regrets and causes of sadness should be there. Don't hesitate to mention all the things. Even the things on which you are most ashamed of should be added. Don't worry. Even if they make you feel bad about yourself. Use harsh words; transfer all your aggression to the page.

Take start with the most troubling thought. You can make a list of all those people whom you have a problem with. They can be your spouse, family members, friends or anyone.

Write as if you are directly communicating with the other individual and pass out all your anger and bad feelings about him/her. List down all complain that you have and all the thoughts that come to your mind about that person. No one is going to judge you for that ever. It is better to let these things out instead of keeping them in your mind.

After this honest expression of your emotions, you will feel a bit better. To make yourself light and comfortable, you can read that out loud as many times as you want. This will be very helpful, and you will feel the negative energy releasing out of your body. Emit out all your envious and bad sentiments, and you will feel the difference.

## BURN

Now after you are done with writing, it is time to get rid of this negativity that is accumulated on that piece of paper. All this negative energy is supposed to be delivered back to the universe which can be done by simply burning that paper.

Get up, go to a safe place where you can easily set up a little bonfire of your emotions. Set the fire up and throw your ill feelings (that are now in the form of paper) into the fire. Let the paper burn and enjoy paying back all the negativity back to the world that is finally converted into light.

Once you are done with all this, you will feel fresh. It works. Your mind that was previously occupied with all the junk is now clear, and you can think of better things and hope for a better and happier life now.

Repeating this activity now and then would be very helpful to you in the long run.