
LIBERATING - U

The 7 Minute Method

*Remove limiting beliefs
in just 7 minutes.*

BY GAVIN SPEAKS

COMPANION HANDBOOK

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Welcome

What You're About to Learn

This workbook contains a powerful technique that has been used for over 2,000 years.

Your meridians are energy channels in your body. Everybody has them. You need them to survive. Acupuncture has used this system for centuries to heal, restore energy, and reorganize the body's energy systems.

We're going to tap into this ancient technology and use it to release the limiting beliefs that are stopping you from achieving your goals.

Whether you're experiencing procrastination, self-doubt, fear of failure, fear of success, or feeling not enough... this method can release all of these things.

WHAT YOU'LL NEED

- A magnet (fridge magnet works perfectly)
- OR your phone (put it in airplane mode first)
- OR just your fingertips (rub hands together for 10-20 seconds first)
- 5-7 minutes of uninterrupted time

This entire process takes approximately 5-7 minutes

The Governing Meridian

The Main Energy Channel

The Governing Meridian is the main energy channel of the entire body. It runs from:

- The groove above your upper lip (the philtrum)
- Up your nose and across your third eye area
- Over the middle of your brain (corpus callosum)
- Down your spine to your tailbone

You have hundreds of other energy channels, but this particular one is the most powerful meridian to use to release limiting beliefs, emotions, and states that are stopping you from achieving your goals.

WHY THIS WORKS

Think of a credit card with its black magnetic stripe. When you swipe it through a machine, the machine reads the data. If you rub a magnet over that stripe, the data gets disrupted and the card won't work anymore.

It's a similar principle. When you focus on releasing something specific and swipe over your governing meridian, it sends a signal to your body to release that particular emotion, state, or limiting belief.

The Swiping Technique

Take your magnet (or phone, or fingertips) and swipe from front to back over your governing meridian. Start at your forehead and swipe back over your head.

You don't need to touch your skin or hair. You can swipe in the air just above your head and it works just as well.

Step 1: Identify Your Block

Write down your limiting belief as a statement. Examples:

"I am not enough"

"I feel like I will fail"

"Something is stopping me"

"I'm a procrastinator"

"I'm afraid of confrontation"

MY LIMITING BELIEF:

BEFORE YOU BEGIN: Rate the intensity of this belief (0-10)

0 = doesn't affect me at all 10 = completely controls my life



Step 2: Flip It to the Positive

Now flip your negative statement into its positive opposite. Something that feels congruent and right... something you'd love to install into your subconscious.

"I know I will succeed" "I feel more than enough" "I welcome all emotions"

MY POSITIVE STATEMENT:

Step 3: The 13 Core Beliefs

While holding your positive statement in mind, swipe 10 times on each of these:

- 1 I love myself
- 2 I can
- 3 The universe is a friendly place
- 4 I forgive myself and others and I take responsibility for my own life
- 5 I want to live
- 6 I am worthy
- 7 I am safe
- 8 I am connected to God
- 9 I trust myself
- 10 I deserve to be happy
- 11 I release the past and I am open to change
- 12 I have a clear sense of purpose
- 13 I am in harmony with life

Check each box as you complete 10 swipes on that belief

Step 4: Check In

How Do You Feel Now?

After completing all 13 statements, you should feel like the belief has gone or that the energy of that belief has changed.

AFTER: Rate the intensity of this belief now (0-10)

0 = completely gone 10 = still feels the same

0 1 2 3 4 5 6 7 8 9 10

Still feeling it? Go through the 13 statements again.

Repeat until the belief is no longer limiting you.

SIGNS YOUR BODY IS RELEASING

- Yawning (a sign of emotional release)
- Deep breaths or sighs
- Sneezing or tears in your eyes
- Sweating
- Feeling tired afterwards (this is normal... drink water!)

IMPORTANT: You don't need to get to zero. As long as the belief is no longer limiting you or affecting you, that's more than enough.

Session Notes

Use this space to track your sessions and note any shifts you experience:

What's Next

This Is Just the Beginning

What you just experienced is the surface. There is so much more underneath.

Over the next few days, weeks, and months, I'm going to share with you the real juicy stuff to truly transform your life. This is just the icing on the cake.

Watch your inbox for:

- A story I've never told publicly that will change how you see what's blocking you
- A framework that rebuilt my entire life from nothing (not theory... the actual system)
- A belief challenge that most people get offended by... but the ones who hear it? Everything shifts.

If this training moved something in you, the emails are going to change your life.

Did Something Shift For You?

If you experienced a release or transformation, I'd love to hear about it. Leave a testimonial at:

liberatingu.com/shift

With gratitude,

Gavin Speaks

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