

FIELD RESET

HOW TO STOP ENERGY
LEAKS AND ANCHOR YOUR
PURPOSE



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by ANGEL DIMITROV



Holistical Method



FIELD RESET

A Self-Healing Practice to Clear What the Mind Can't Touch

By Angel Dimitrov

INTRODUCTION

You've done the journaling.
You've spoken the affirmations.
You've tried to shift your mindset.
But nothing sticks. The same emotions return. The same patterns repeat.
Why?

Because true healing doesn't begin in the mind.
It begins in the field — the invisible layer of energy around and within you.
It's where emotional imprints live. Where trauma lingers. Where inherited pain echoes.

Until you clear what's stored there, transformation can't take root.

This practice is your return to that space.

To your body.

To your breath.

To the field that remembers everything — and is ready to let it go.

Take five minutes. Breathe. Tap. Release.

And experience the shift your mind has been begging for.

Follow for daily healing tools, energy resets, and conscious awakening.

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1. Return to Presence

Place your hands over your heart.
Close your eyes.
Breathe in through your nose...
Exhale through your mouth — slow and steady.
Feel your body.
Feel your breath.
Feel the quiet space between both.
Say out loud:
“I am here. In my body. In my field. I am safe.”



2. Sense What Doesn't Belong

Ask gently:
“What am I holding that isn't mine?”
Notice what comes.
A weight in your chest? A tightness in your gut? A fog in your mind?
You don't need to name it.
Just feel it. Witness it.
It's been here long enough.



3. Release the Frequency

Begin tapping gently on your chest — the center of your truth.

Say:

“I release this energy from my field.
This emotion. This imprint. This story.
It is not mine anymore.
I thank it, and I release it.”
Visualize it dissolving — like smoke leaving the body.
Give it back to the Earth. Let it go.

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4. Reprogram with Light

Ask:

“What frequency do I need right now?”
A color may appear. A word. A feeling. Trust it.

Say:

“I breathe in [color or feeling].
I fill my field with peace.
With strength. With clarity.
This is my new energetic truth.”
Let it pour through your chest and radiate outward in all directions.
You are not empty — you are restored.

5. Anchor It

Place both hands gently over your chest.
Breathe into the space you've just reclaimed.

Say:

“My energy is clear.
My body is safe.
My truth is returning.
I am home in myself.”
Feel the stillness.
Not in your mind — in your field.

Closing Line

This is how healing begins —
Not with a thought,
But with a shift in your frequency. _____
If you felt this...
You're ready to go deeper.
DM me “FIELD” and I'll show you how far this goes.



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Ready for a True Healing Journey?

Content Block:

The Holistical Method is a complete healing system that blends energy work, subconscious rewiring, and quantum restoration.

I'll guide you step-by-step based on your emotional patterns and energetic blueprint.

🌿 DM "FIELD" on Instagram [@holisticalmetod](https://www.instagram.com/holisticalmetod)
✉️ Or email me at: contact@holisticalmethod.com

🌟 **Start My Healing
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A Guide to Self-Healing —
Rooted in Truth, Energy, and Consciousness.