

RESET FROM THE ROOT

A 5-MINUTE SELF-HEALING METHOD
TO RELEASE EMOTIONAL LOOPS AND
RECLAIM YOUR ENERGY



by ANGEL DIMITROV



Holistical Method

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INTRODUCTION

If you've tried mindset work, journaling, or meditation and still feel stuck, you're not broken.

You're just healing the wrong layer.

Most pain doesn't live in your conscious mind.

It's stored in your body, buried in your energy field.

This is your moment to go deeper.

This 5-minute practice is part of the Holistical Method - a path to reset your frequency, reclaim your clarity, and return to the truth of who you are.

Let's begin.

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



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STEP 1: NEUTRALIZE

Place one hand on your chest.

Take a deep breath in through your nose – exhale through your mouth.

Say aloud:

“I’m neutral. I choose to come back into alignment.”

STEP 2: NAME THE EMOTION

Ask yourself:

“What emotion am I holding in my body?”

Let it rise without judgment.

Say aloud:

“I feel [emotion] because...”

STEP 3: CLEAR THE PATTERN

Tap gently on your forehead and chest.

Say:

“I release this emotion from my body,

from my nervous system,

and from my subconscious field.

I let it go. I am safe to let it go.”

Repeat until you feel the charge soften.

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STEP 4: REPROGRAM THE FIELD

Close your eyes.

Ask: "What color would bring me peace?"

Breathe in that color.

Visualize it filling your chest and radiating through your field.

Say:

"I breathe in [color]. This is my new truth."

STEP 5: ANCHOR THE SHIFT

Say aloud:

"This no longer controls me.

I choose freedom. I choose healing. I am free."

Place both hands over your chest.

Pause. Feel the shift.

WHAT'S NEXT?

You just cleared the energy that most people carry for years.

This marks the beginning of genuine healing, rooted in the body, energy, and consciousness.

DM me "ROOT" on Instagram [@holisticalmetod](https://www.instagram.com/holisticalmetod) and I'll guide you personally.

With truth, light, and clarity,
Angel Dimitrov



Holistical Method

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 "ROOT" on Instagram [@holisticalmetod](https://www.instagram.com/holisticalmetod)

Or email me at: contact@holisticalmethod.com

**Start My Healing
Now**

THE
HOLISTICAL METHOD™

A Guide to Self-Healing —
Rooted in Truth, Energy, and Consciousness.