

FIELD



R E S E T

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

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.

The loop has broken. Now clear the field completely.

This guide gave you the first reset.

The Extended Edition goes deeper into a full energetic field clearing protocol, somatic loop-release sequences, and a guided meditation to reclaim your energy from every pattern still running in the background.

Your energy field remembers everything.
Now teach it to let go.

GET THE EXTENDED EDITION — 9,99 €

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