

RESET

FROM THE ROOT

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



by ANGEL DIMITROV



Holistical Method

RESET FROM THE ROOT

A 5-Minute Self-Healing Method to Release Emotional
Loops and Reclaim Your Energy

By Angel Dimitrov

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 [@holisticalmethod](https://www.instagram.com/holisticalmethod)
and I’ll guide you personally.

**With truth, light, and clarity,
Angel Dimitrov**

You've found the root. Now reset it fully.

This guide gave you the method.

The Extended Edition gives you the complete system
a deeper root-level clearing protocol, somatic release
sequences,
and a guided meditation to dissolve what has been held
in the body since the beginning.

Healing doesn't start in the mind. It starts at the root.

GET THE EXTENDED EDITION — 9,99 €

HOLISTICAL METHOD.COM