

The Foundational Guide to the Direct Surrender technique

by Sergio, The Desomatizer

Dear reader, welcome to your free guide to the Direct Surrender (DS) technique.

Before you jump in the practice, allow me to briefly share what you can expect from its application and who am I to teach it to you.

Benefits of DS

Implementing this simple yet effective liberation technique can radically change the way you relate to yourself and others.

As an entrepreneur or professional you're well aware that your performance depends on your ability to see and think clearly. You also know that your emotions can cloud your vision and your thoughts, and can often stress you out more than the challenges themselves.

With DS we go at the somatic core of the issue, releasing tension directly from your nervous system without complicated breathing techniques or hours long talking and introspection.

If you apply DS correctly you can expect immediate relief from any emotional burden. You'll feel lighter in your body and more clear in your mind. You will also notice how your attitude towards the situation that was causing stress until now will change for the better.

If you apply DS consistently over time, you'll find yourself being naturally calmer each time the same challenge presents itself.

There's a certain amount of "charge" inside each emotional blockage and every time it presents itself and you "DS it" the charge will diminish, to the point of not happening anymore.

This means that soon enough your body and mind will stop reacting to the situation that now triggers you. You will be free to act without internal noise.

this applies in every area of your life. I'm sure you noticed that your relationships can trigger you as much as work does. And so do the concerns for your health, finances, purpose in life. The good news is that behind each blockage there's a charge that you can release and face the challenges of life from a place of clarity.

I used DS to heal from an incurable illness I had from birth and a few chronic pains and conditions I was resigned to living with before I discovered the technique.

Moreover, I used it to become more authentic in my way of relating with others, to improve my sex life, to have deeper intimacy with my partner, to overcome addictions, let go of obsessions, to be more productive.

I hope this can inspire you in starting your liberation from today. One emotion at a time.

Why does it work?

So how come that such a simple process provides benefits in so many different areas of life?

Certain things happened in your life that got you traumatised, which caused a specific emotion or pain to remain stuck somewhere in your body.

Whenever a situation that reminds you of that trauma shows up, the program associated will start firing in both your body and mind.

It will warp your perception of reality, holding you back and leading you to make sub-optimal (sometimes catastrophic) decisions that will eventually make you feel like the first time the trauma happened.

With Ds, you release the contraction in your nervous system that fuels these emotional reactions. Your mind-body won't fire the usual blockage once the trigger situation happens again because there's no more stuck energy under that file in your system.

the more you do it the better you'll understand it.

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How to use the DS technique

I suggest you take around 15 minutes for your first session.

Then it's up to you how much you want to do it, I suggest you do 5 minutes to catch the habit then do it for progressively longer times (that's how I teach it to my clients). When a strong emotion comes up, make sure you take all the time you need to release it all. let's go.

The Core Practice

0 - RECOGNIZE the trigger. During your day, notice what makes you uncomfortable. It could be a remark from an employee, an email from the accountant, a discussion with your partner, the thought of a deal you have to sign soon... Some signs that tell you you're triggered can be your mind goes faster than usual, feeling nervous in the body, your heart racing, you may feel compulsions to release tension by smoking, checking the phone or by using any other coping mechanism you've developed. As soon as you notice these signs stop everything you're doing and move to point 1.

1 - CONNECT with your body. Sit down in a comfortable position. Close your eyes and take a few deep breaths. Follow your breath in your body with your attention. Notice where it

goes. Does it stay in the upper chest? can you breath down in your belly? just follow it as it moves, become familiar with it. Relax as you do it.

2 - SCAN your body. As you follow your breath, notice where it gets tight. The air flowing will highlight where your body is tense. You may notice some heaviness or constriction, you may experience some parts of your body as “occupied” by a more dense object or sensation. You may notice physical pain or muscular contraction. Take your time to breathe and notice all of this.

3 - LOCK-ON the sensation. Choose one of the tensions you just found (ideally the strongest you’re aware of) and bring your focus on it. You can breathe normally now, so it doesn’t take any effort away from your focus.

Observe the sensation of tension. Notice its shape, where it starts and where it ends. Maybe you see it having a color. Maybe it moves in a certain way. Become familiar with it as it appears in your experience. Take the time you need to explore it as a pure sensation, without trying to understand what it is. Enjoy the pure experience of having it in your body.

4 - PENETRATE it. When you feel ready, focus your awareness on the sensation. Gently penetrate it with your focus. Zoom in the center of it. Let your awareness sit in the midst of the tension.

5 - SURRENDER Now RELAX inside it. OPEN your awareness to feel every sensation that stems from there. The tension will eventually start changing on its own. It may get more intense, it may pulsate, it may change position, it may take over and discharge all over your body (that’s awesome if it happens!), it may disappear and reappear... No matter what happens, you remain focused on its center, welcoming every movement with your observation, allowing yourself to experience it fully. You may get distracted by thoughts and other sensations. You ALWAYS bring the focus back on the sensation you chose. Gently come back to it every time you notice you drift away. Do not move from the center of the tension. Don’t stop relaxing in it. If the tension changes, you’re doing it right. If it seems like it doesn’t change, keep staying in it, welcoming the direct experience of it without expectations. You’ll notice how the more you stay in it, the more it will transform. As you allow it to be felt by you, you’ll notice how it will reduce. Its charge will become less and less, until it will disappear. You’ll feel relieved. Your body will be lighter.

Congrats! You surrendered it!

6 - CHECK Take a deep breath again and notice if air can flow freely in the space that was occupied by the tension. There should be a noticeable difference. This is the signal you completed the process. Now see if your attitude towards the trigger changed. Think again of your employee, your accountant or your partner. Do you feel different? Do you notice different thoughts about the situation? If you still notice contraction repeat from step 3 to 6 until you can breathe fully and easily in that space and you feel relaxed about the issue that triggered you.

How to move forward

Congrats for getting here, I hope your first DS session went great and you found the relief you were looking for. If not, keep trying until you get it, I'm sure you will with enough trials.

This guide is a simplified version for you to start and see how well it works for you. If you notice the benefits, feel free to check out my other products on the store that will supercharge your results with it.

I've been teaching DS for 7 years now and I witnessed it all: clients attracting the right woman to be in a relationship with, reaching deeper levels of intimacy with existing partners, resolving long-standing chronic pains in their bodies, dropping addictions, finding more clients for their business, traders getting more profits with less stress and experienced more lightness and joy in their day to day life. They all moved up the spiral and lived a more relaxed and fulfilling life.

If you want to master your emotions and make your life less stressful, you can check the other products in my store to improve your DS skills. If you want more, the best I can offer you is my 1 to 1 mentorship. There I will teach you the ins and outs of DS and other powerful healing techniques and how to apply them to your life in a way that is tailored to your challenges and necessities.

Here's the link to my website
<https://desomatizer.com>

You can see the work i do with companies and with private clients. If you'd like to work with me you can apply here

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