

Session 2: Working through Phobias

Hello everyone, I am Sun Zhihai. If you feel panic, fearful, stressful, sad, upset, or suffer from any other strong painful emotions when you see, hear or think of something, such as on the sight of a cockroach, a rat, a snake, or when you see, hear, or think of earthquake, death, or parting with family members, it is clear that you are seriously controlled, and hurt, by such things or occasions. Now the time has come for you to get rid of such control or hurts. If you are willing to do so, please follow my guidance and practice Jing-Guan with me. It will restore your inner freedom so that you can start a new journey in your life. Now please make a list of the objects that may cause your panic, the things or occasions that may make you feel sad, fearful or stressful. Bring these things or occasions one by one into the following guiding words of Jing-Guan. This Jing-Guan practice will improve your mental health, make you strong and calm. Please seize this opportunity and make good use of this practice. Now, please find a quiet place. You can sit or lie down, so long as you can keep your body still, undisturbed by others. Now, relax your shoulders, relax your heart. Then use your heart to think of a thing or an occasion from your list. Use your heart, physical heart, think of the thing or occasion. Now relax your shoulders again until you feel them drop. Relax your heart again until you feel no tightness around your chest and diaphragm. Now, please quietly feel your heart. Is there a feeling of panic, fear, stress, helplessness, hopelessness, impulsiveness, a blockage, excitement or any other uncomfortable feeling in your heart? If there are any, please use your body to feel the uncomfortable feelings until you feel your heart is clear, quiet and comfortable.

Do nothing and think nothing, but quietly feel it.

If you have several uncomfortable feelings in your heart at the same time, choose one at a time to feel. After one feeling is gone, go feel another feeling, until all the feelings or bodily sensations disappear, and your heart is clear and comfortable.

Please relax your shoulders again and relax your heart again, quietly feel the non-empty, restless feelings in your heart until your heart is clear and comfortable. Quietly feel them, feel them until your heart is clear and comfortable.

Please relax your shoulders again and relax your heart again, go on quietly to feel the non-empty, uncomfortable feelings in your heart until your heart is completely clear.

If your heart is clear now. Let's feel your brain. See if there are feelings of a blockage, tightness, or any other non-empty, restless feeling in your brain. If there are any, feel them quietly until your brain is clear and comfortable.

Please relax your shoulders again and relax your heart again, go on quietly to feel the non-empty, restless feelings in your brain until your brain is clear, quiet and comfortable. Relax. Feel them quietly.

Now, please relax your shoulders again and relax your heart again, quietly feel if there are any feelings of a blockage, excitement, tightness, or any other discomfort in your brain. If there are any, feel them quietly, until your brain is clear and comfortable. Relax. Feel them quietly until your brain becomes clear.

Please relax your shoulders again and relax your heart again, quietly feel the feelings of a blockage or excitement or discomfort in your brain until your brain becomes clear.

Again relax your shoulders and relax your heart. Go on to feel the feelings of a blockage or excitement in your brain until it becomes clear. If your brain is clear, see if you have any thoughts in your brain. If there are any thoughts in your brain, look at them quietly until they disappear.

Relax your shoulders a little more and relax your heart a little more. Quietly feel the feelings of a blockage or excitement, or any other feelings of non-emptiness, restlessness in your brain, until your brain becomes clear and comfortable.

Please relax your shoulders again and relax your heart again, quietly watch if there are any thoughts in your brain. No matter whatever thoughts in your brain, watch them quietly until they disappear. Relax. Look at it quietly, until there are no thoughts in your brain.

Please relax your shoulders again and relax your heart again, quietly look at the thoughts in your brain. No matter whatever thoughts in your brain, simply look at them quietly until they disappear.

Please relax your shoulders again, relax your heart again. Again quietly look if there are any thoughts in your brain. No matter whatever thoughts in your brain, look at them quietly until they completely disappear.

Now, please replay this audio and repeat the above practice several times until there are no discomforts in your heart and brain. Then please feel if there are any uncomfortable feelings in any other parts of your body. If there are any, follow this audio to quietly feel the uncomfortable feelings in your body in the same way. [\[You only need to make a small change: when I ask you to feel your heart, you could feel the uncomfortable feelings in any other parts of your body, or you can feel the uncomfortable parts of your body without the guidance of this audio, whichever is more convenient for you.\]](#) Keep practicing until there are no uncomfortable feelings in your heart, in your brain, or any other parts of your body, and there are no thoughts in your brain. The thing or the occasion you used to fear can no longer invoke negative emotions in your body. You are now free from its control.

Please bring the things or occasions in your list one by one into this guided session until you completely work them through. In this way, there will be a great change in your mindset and some of your mental problems will naturally disappear. Isn't that something you are longing for? Bear it in your mind: Repeat this practice and you will definitely achieve it.