



Fast Track Technique Generic Releasing Phrases 1 & 2

These phrases are found in your manual but please print off a copy for use during training

Releasing Phrase 1 – Resistance to Change

I Fast Track the release of all: Resistance to Change –
Fear of Change - Secondary Gain - Social Conditioning
from my body, mind and life.

I forgive myself and anyone else involved – NOW!!!

(State which particular resistance you are releasing)

Releasing Phrase 2

I Fast Track the release of all..... name card/issue
connected to (name issue)
from my body, mind and life.

I forgive myself and anyone else involved – NOW!!!