

*Quickstart Guide to*

# Emotional Healing

A step-by-step guide to begin  
healing emotional wounds

BY  
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# Welcome!

I'm glad you're here! You deserve to feel more peace and joy in your life, and I have a beautifully simple and powerful solution to share with you. My hope and desire is that you'll find principles and techniques that are helpful to you within these pages. And, as you begin feeling relief and hope, you'll share this wisdom with those you care about.



## *important tip*

In between the words you read here, you may receive impressions that are inspiring or instructive. I invite you to listen carefully, write them down, and act on them as soon as possible.

In life, you are on a miraculous journey to become the best version of yourself. I promise that as you let go of the wounds of the past and begin creating a vision of your future, you will finally be free to dream and achieve those dreams.

I believe in you and know that you can find the nuggets of wisdom you're looking for. Lean into the change you desire to make. Open your heart to the healing that's ready to come, and you'll discover greater peace, hope, and success in all your endeavors.

“

Millions of us are under the weight of mental and emotional burdens like never before.... We need a way to create peace in a stressful world.

We need to heal.

## "It was a dark and stormy night..."

Natural disasters, political conflict, wars, economic strain, pestilence, and all kinds of chaos seem to rule over our lives right now. It's no wonder that stress levels and anxieties have become common topics nearly everywhere we look.

This intensity of worldwide struggle is taking its toll on all of us, and conversation about mental health is not limited to the therapist's office. It's in the news, political forums, influencers' email campaigns, and YouTubers' video channels. Mental health awareness is reaching epic proportions, and it's about time.

Millions of us are under the weight of mental and emotional burdens like never before. We're feeling anxiety, depression, overwhelm, powerlessness, and even hopelessness. And, the previous solutions are not sufficient. There needs to be a better way to combat the endless landslide of trauma and tragedy. We need a way to resolve old and new wounds that weaken us and a way to build up our capacity to handle this new intensity of life. We need a way to create peace in a stressful world. We need to heal.

## I figured it out...

For 18 years I struggled under the weight of three chronic illnesses. The debilitating pains, mind-numbing fatigue, foggy brain, and a myriad of other challenges caused me to fight for an ounce of hope and, at times, wish that morning wouldn't come.

I did fight though. I had a gift early on that gave me hope of eventual healing, so I fought as I went to doctors and all kinds of therapists. I fought as I tried herbs, crazy diets, martial arts, and essential oils. I even experimented with weird emotional healing techniques, because I knew the answer was out there somewhere even if it was way outside my box. And, by this time, my box was pretty big.

The beginning of the homestretch was when I was introduced to dōTERRA essential oils. Their unique quality and remarkable supplements shifted me into a new space where I could begin healing. I will be forever grateful to this amazing company, its beautiful people, and its incredible products that pulled me out of a deep hole. *(Learn more about these at*

*[www.TiffanyGarvin.com/wellness](http://www.TiffanyGarvin.com/wellness))*





## *important tip*

Pay attention to the thoughts and feelings you're having while you read. Keep a list if there are a lot. They may be clues to what you need to heal first.

The emotional healing techniques were the next level for me. They helped me gain even more relief and more energy. I remember the first time I used one of these techniques and felt the pain in my neck calm. I was stunned that I could change how I felt. I had the power to ease my own pain! I was thrilled and angry at the same time. Why didn't I know about this years earlier??

I was getting cautiously excited about the possibilities. I used a couple different techniques for the next few weeks and was feeling more and more relief. One day as I was sitting on my bed and healing through emotions, I discovered that I healed an emotion without doing this one specific modality's technique.

I soon realized that my intention was what healed my wound, not the technique. In fact, the modality was simply a tool to help me focus my intention on a specific, desired change. My whole perception of healing blew open!

## A New Way to Think

There were a few key things that prepared me to defy the odds and actually heal from my chronic illnesses: hope that my life could be better, belief that I would eventually heal, willingness to own my weaknesses, trust that life was helping me become the best version of myself, and an increasing desire to help others because of my challenges.

**Hope** was the first key and an uplifting influence throughout the years of struggle. My hope was and is grounded in my faith in God. He is as real to me as every smile I see, each hug I receive from loved ones, and the peace I feel even in the face of this chaotic world. If you don't have that faith, I pray that you can find your source for hope.

**Belief** was the second key and a driving force for that 18-year treasure hunt for healing. I believed that I would heal because of an answer to prayer when I first got sick. I knew it was real, and it sustained me through fear, depression, horrendous pain, and even moments of doubt. Belief is also about choice. I chose to believe again and again and again. I know you can too.

**Willingness** to own my weaknesses was definitely a key I grew into. It was difficult at first not to blame something or feel sorry for myself for

“Belief is also about choice. I chose to believe again and again and again.”





lost opportunities. I was only 22 when I got sick with plenty of dreams for my future that wouldn't happen. I finally realized that this was my journey, and, somehow, it was perfect. My weaknesses eventually became my strengths. I believe the same about yours.

**Trust** that life would help me become the best version of myself was also a later understanding. I knew it in theory long ago, but I didn't own it until well into my journey. Every time I chose to hold on and fight a little longer, I got stronger. Every time I chose to make the best of my circumstances, I grew more skilled. And every time I chose to believe in a happy ending, I gained more faith.

My journey of personal growth isn't over yet, but I'm pleased with who I'm becoming. The fact that I love myself now, yes this is huge, makes me that much more capable of loving you. And, I'm so grateful.

This leads to the final key: an increasing **desire** to help others, you, because of my challenges. Because I felt anxiety and fear, I want to help you feel peace. Because I felt intense pain, I want to bring you relief. Because I felt lost, foggy, and invisible, I want to help you find clarity and purpose. Because I felt depression and despair, I want to lift you.



*important tip*

Consider what beliefs you have around your healing, your happiness, and your success.

## "We are creators..."

This desire of serving my community grew so strongly inside of me while I was sick that I dreamed of ways I could serve with whatever strengths I had. This desire fostered a strong love for people and visions of what I could accomplish when I got well. While I never envisioned this work I'm doing now since I healed, I began creating all different kinds of scenarios. That creation mindset infused me with new energy and desire to live bigger.

What does your heart desire to create? If health issues, stress, financial struggles, and all the limitations in your life ceased, what would you create? We are creators, and the path of creating helps bring us to life in powerful ways. It gives us motivation through hard things, energy when we're discouraged, strength when we feel powerless, and peace in a chaotic world.

This has been very true for me. I didn't even realize how much it saved me until my dad reflected on it years later. When I had a project to work

on or something to look forward to, he saw my energy increase many times over. During these times, I didn't notice the pain, fatigue or other symptoms nearly as much as when I wasn't working toward something meaningful. What's that thing for you?

If you don't know what you're meant to create yet, keep working on it. It will come. Consider your interests, talents, and special gifts people compliment you on. What can you spend hours doing, not notice the time passing, and feel energized when you're done? What makes you happy? I know, this can be a tricky one, but let the question live in you until you find it.

You have beautiful things inside of you that can bless the world around you. As you discover and develop these gifts and learn to serve others with them, you will find greater purpose and joy in your life. The more you share and serve in this way, the more good will overtake the hard around you. Envision something so big, happy, and wonderful that all your challenges shrink in comparison. Peace, and more, is possible.

“What makes you happy? I know, this can be a tricky one, but let the question live in you until you find it.





The healing process is quite simple....desire, believe, be willing, get clear, and focus...to make the shift.

## So, how does healing work?

When you're envisioning and acting on all these inspiring and uplifting things, life can still present difficulties that aren't easily resolved. Illness, trauma, work and family issues, and even old wounds can creep in to limit your joy. Yes, emotional wounds aren't gone, they're hibernating until they get triggered and demand to be healed. This is where learning some helpful techniques comes in.

You can learn more about these techniques in my bestselling book *Life Above the Line: Living the Life You're Meant to Live*, but for now I want to empower you with my simple, yet powerful technique for releasing emotional wounds. The Vibrational Release Technique works reactively when you're feeling the strain in the moment, and it also works proactively when you know a stressful experience or potential trigger is coming. So, it will be helpful as you work to create more peace in your life.

The healing process is quite simple. It can even work with just a few seconds of instruction. However, to understand its process, power, and scope better and empower you for greater depth of healing, there are five conditions that you need to know. You must desire change, believe that things can change, be willing to let go of old ways, get clear on what needs to change, and focus your [intention to make the shift. You may recognize these from earlier.](#)



1. **Desire change** - Before anything can change, we must want it to be different. We need to consciously choose change for it to have a chance. Where do you want to go? What do you want to improve? Begin creating a vision for how you want your life to be. Identify what you want less of and what you want more of and why. If you really do want peace instead of stress, start there first. Write down new concerns on a list as you recognize them. Keep in the front of your mind why you want these changes.

2. **Believe that things can change** - Sometimes we get stuck and can't imagine how things could be different. For at least a moment, we need to allow hope and belief to be the strongest influence so change can actually happen. Even if you can't see logically how the issue can be different, choose to believe anyway. If you can't fully

believe, give space in you to hope. Plant the seed of hope and allow it to grow into belief. Lean on my belief in you to start if you can't find it in yourself. I've seen so many miracles happen. You don't have to be perfect in these conditions or in the techniques to follow, you just have to do your best. The more you do, the better you'll get. Peace is possible and so is clarity, confidence, and joy.



## *important tip*

You have greater capacity and influence for good in your life than you realize.

- 3. Be willing to let go of old ways** - This is not always as simple as we might like. As difficult as our miserable conditions can be, it's possible to simply stay in the comfortable misery. If you've struggled with stress or some other issue for a long time and have linked your identity to it, letting it go can be even more of a stretch. It's familiar and has served you in some way, even though it wasn't good for you. Change takes effort, and the unknown can be scary. Ultimately, what you're going for is so much better than what you're giving up.
- 4. Get clear on what needs to change** - Having a too broad or undefined change in mind can inhibit successful change. Target a specific shift that needs to take place. It can be a physical pain or lack of energy, an emotional burden or excessive stress, a negative thought or mental foggy, a bad memory or unresolved wound of some sort. Do you want to break through blocks personally or professionally? Break down your challenge into its smallest parts and tackle each one at a time. Specifically, which thoughts or emotions need to resolve? Which aches, pains, or fatigue need help?

5. **Focus your intention to make the shift** - I mentioned before about my powerful realization: intention is the catalyst for real and lasting change. This is not the superficial “good intentions” that don’t really amount to anything. This is a deep, committed desire and belief to make change happen. Let me say that again. You need to have a strong desire and belief to create power in your intention. Clear, focused intention shifts the energy containing your emotional wounds that hold you back. Think of an athlete visualizing herself doing her sport, creating the experience and result before she physically engages in the actions.

Alright, now that we’re clear on how to engage in healing. Let’s get to healing.

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## The Vibrational Release Technique

The Vibrational Release Technique heals thoughts and beliefs as well as emotions. There are four main steps: Identify the first issue to address, Change the external environment, Heal the internal environment, and Listen and learn. We’ll walk through the technique together in a moment. But first, here’s how it works.

# Vibrational Release Technique

1. **Identify the first issue to address -**

Emotional wounds can manifest in a variety of ways. Of all the potential emotional issues bothering you, choose one to focus on first. You can also create a list of things that are weighing you down to choose from.

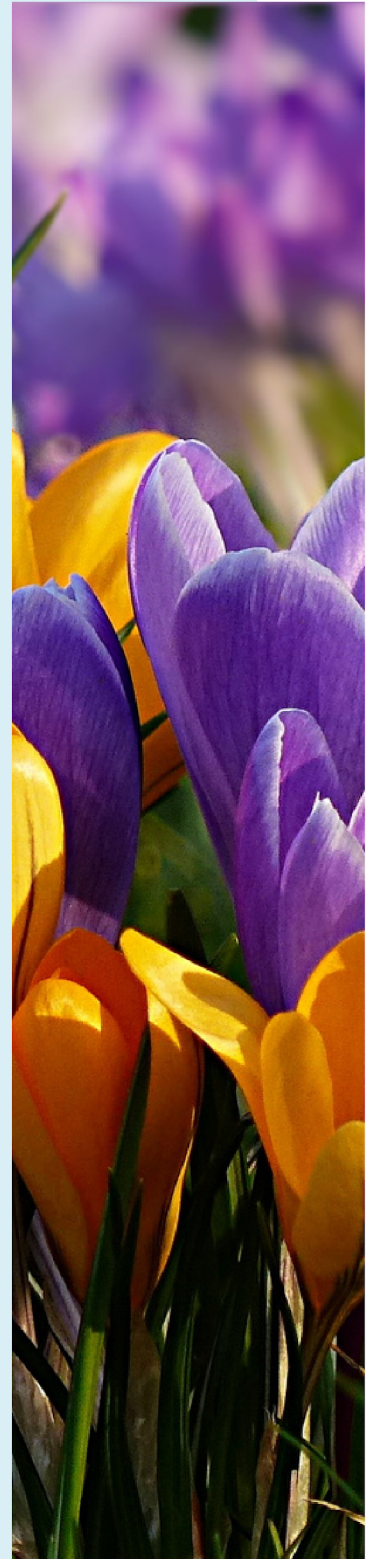
  - Physical discomfort - check in to see where you're feeling tightness, pain or discomfort
  - Emotional burden - stress, sadness, fear, anger, anxiety, overwhelm, etc.
  - Negative thought - do you have destructive stories playing out in your mind about your worth or abilities or future?
  - Difficult memory - is there something in your past that weighs on you?
  - What is the specific feeling, thought or agitation?

Rate the intensity of your issue - 1-10, small to big, quiet to loud.



## Vibrational Release Technique cont.

2. **Change the external environment -**
- Sometimes we need to get support, improve a behavior or change something in our environment that may be contributing to our issue
- Examine areas of your life, identify any changes that need to be made
    - How are your relationships at work or with family and friends
    - How do you treat yourself?
    - What is your self-care and health routine?
    - Do you need to forgive yourself for something?
  - Make a plan to shift a behavior
    - Eat better, exercise more, sleep earlier, take supplements, be kinder, etc.
    - Consider spending more time with people who lift you up rather than bring you down
    - Envision what you want your future to be like and identify steps to create it



## Vibrational Release Technique cont.

3. **Heal the internal environment** - Other times all it takes is an intentional desire to shift and move forward
- Make sure the desires around your issue are focused and clear - targeting a specific aspect of your issue delivers the right message within you to make the desired change and helps you recognize the shift when it happens
  - Engage your senses to help make the shift - our senses help us connect with the world around us and within us
    - Visualize like an athlete or picture a scale moving with your intention
    - Feel the physical sensation evolve toward relief
    - Move your body - stretch, wiggle, walk, etc. - to help focus and recognize the change
    - Hum or listen to helpful sounds - music, nature, etc.
    - Use aromatherapy like essential oils to help your mind and heart be more willing shift - I really love citrus oils to give me a lift
    - Think the word RELEASE to let go of the issue and allow it to dissipate - there's no magic in the word other than helping you focus your intention on a specific instruction to allow the wound to heal
  - Breathe - breathing helps make the shift so you can let go of the wound that's contributing to your struggle, it also helps you recognize the shift more easily

## Vibrational Release Technique cont.

### 3. **Heal the internal environment cont.**

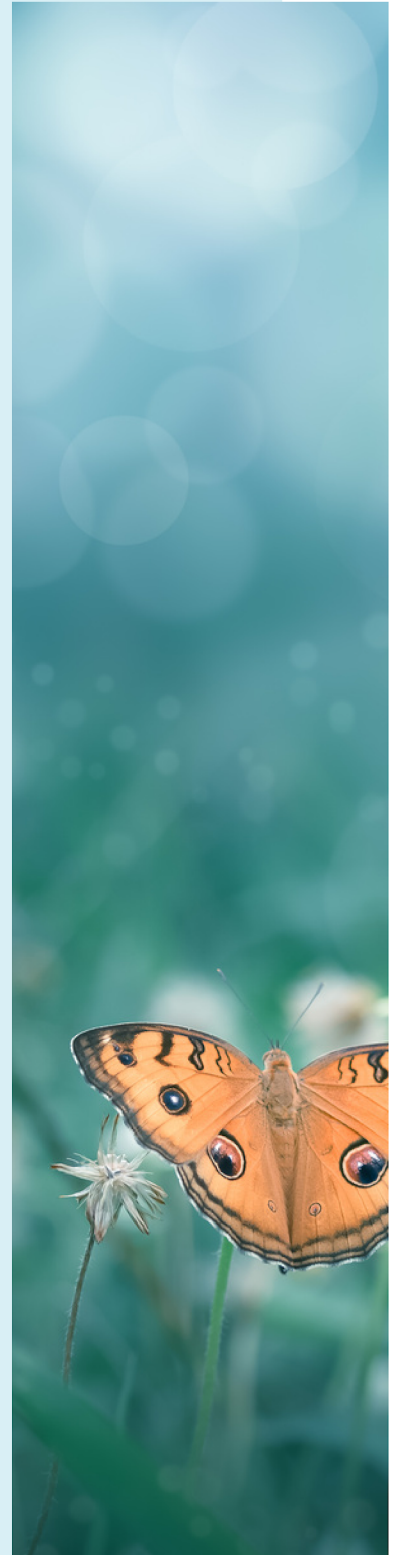
- Repeat the technique at least 3 times to calm down the intensity; in review
  - Focus on your issue
  - Notice its intensity
  - Engage your senses and think RELEASE
  - Take a deep breath
- Check in - evaluate the intensity of your issue after the each round of healing
  - Did it go down? If so, great. Keep going until it's all the way down
  - Is it completely gone? Amazing, you can feel grateful and relax or move onto your next issue
  - Did it go up? Don't worry. Ask if there's something you need to learn from it, listen, then repeat
  - Did it move to another spot? Either you finished the first issue and your body immediately volunteered the next one OR your body may be asking you to focus on a different issue first that's a higher priority
- Repeat the technique as necessary to resolve the original or new issue. Your body has been holding onto these wounds for a while and may be excited to heal or a bit hesitant. So, remember to be patient and compassionate with yourself as you begin healing.

## Vibrational Release Technique cont.

4. **Listen & Learn** - Write down your thoughts, impressions, lessons, insights, action steps that come while you go through the technique
- This process may help lessons surface that you need to learn from your struggle
  - You may receive insights about how to live better
  - You may be inspired to take action that will help you move forward in your life
  - Any number of messages may come, so it's important to learn to listen for them
  - If listening to your inner voice is a new skill for you, just be patient and open. You can do it!

Got it? Now, let's work through it together.

\*In addition to the Vibrational Release Technique Walkthrough on the following page, there is also a diagram for reference at the end of this PDF.



# Vibrational Release Technique Walkthrough

Are you ready to walk through the Vibrational Release Technique and begin healing your emotions? Great. Let's go.

## 1. **What issue do you want to address first?**

- Is it a physical discomfort, an emotional burden, a negative thought or difficult memory?
- If it's an experience, narrow it down to a specific discomfort
- What's the intensity 1-10? small or big? quiet or loud?

## 2. **Is there a change in your environment or your behavior that you need to make to help resolve your issue?**

- Consider what in your life may be out of alignment
- Write down any ideas that come of actions to take

## 3. **Now, let's heal the internal environment**

- Engage your senses to help make the shift and
- Think the word RELEASE and take a deep breath
  - Think RELEASE again and breathe
  - RELEASE one more time and breathe
- Check in - how is your issue feeling now?
  - Repeat the technique if necessary to resolve it completely

## 4. **Are there any messages for you in this issue?**

- Take a moment to listen for any helpful impressions (seriously, wait a minute before continuing reading so your heart and mind can talk to you)
- Remember to write them down and take action

Well done! Repeat this process anytime, anywhere!

## You're well on your way!

Great job! Here are my last tips for you. Use the Vibrational Release Technique daily in order to get the most out of it. Keep the diagram on the next page handy for quick reference. Remember to also use this technique in the moment when you're struggling with a challenge. Add it to your toolbox for health and wellness, and it will serve you well.

You are a beautiful soul and deserve more peace in your life. You're good and the emotional wounds you have are normal. Lean into these truths and techniques to help you create new peace and even joy. Envision the life you want for yourself and your future. You've got this!



*Thank you!*



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# Vibrational Release Technique

4 Easy steps to heal emotional wounds

