

WRITE YOURSELF INTO YOUR *Dreams*

Guidelines for Reading ELS Letters

If you're reading this, you've been asked to read a Response Letter to your friend or writing partner, which is a great honor! The following tips will ensure that the process is beneficial and enjoyable for both of you.

1. REVIEW BOTH ELS LETTERS.

Before reading your partner's Response Letter, review the written versions of both their Expression Letter and Response Letter to make sure the instructions from chapter 5 were followed.

2. SCHEDULE A TIME TO READ.

I recommend setting aside an hour for every five pages of content in the Response Letter, and it's best to schedule a time when your partner won't have anything to do for at least a couple hours afterwards (right before bed is wonderful). I also recommend reading the Response Letter over the phone. If, for whatever reason, reading in person works best for you, that's totally fine. Just encourage your partner to close their eyes while you read to them, so it's easier for them to envision the words coming from the person with whom they wrote ELS Letters.

3. GET INTO CHARACTER.

Before reading, imagine stepping into the shoes of the *higher self* of the person the Response Letter is from (the person with whom your writing partner needs "completion"). This person's higher self is unconditionally loving and wanting to take full responsibility for all of their behavior. Say out loud: "I'm now stepping into the role of _____'s higher self." Then read the Response Letter word-for-word.

4. STICK TO THE SCRIPT.

Resist the temptation to change the words as you read them and never stop reading to give your partner any kind of advice, even if they start crying, which is common! Crying is a natural, healing, and cathartic result of hearing their Response Letter. Please be compassionate when they cry, pausing to let them catch their breath and process what they're hearing as needed, but then get back to reading as soon as it feels appropriate.

5. READ SLOWLY!

It's vitally important to read even more slowly than you think you "should" and provide lengthy pauses between significant apologies. Your partner has likely never heard anything like what they're receiving in the Response Letter before, and they need space and time to let the messages sink in.

6. STEP OUT OF CHARACTER.

After you've finished reading the Response Letter, pause for a few moments, and then say out loud: "Okay, I'm stepping out of the role of _____ and back into _____ (your name)."

7. LOVINGLY AND QUICKLY END THE CALL.

It's best to avoid talking after reading the Response Letter. There's no need for your writing partner to verbally process what they just experienced. Just tell them they did a great job and remind them that it's best for them to take a salt bath, drink plenty of water, and get plenty of rest. Their entire system will be detoxing and reorganizing itself around what they just heard.