

CHECK IF IN ALIGNMENT:

Q. Am I in alignment with my source energy? YES / NO *(Make sure it's yes before continuing!)*

Now do your energy shielding which was shown in Module 3 – lessons 13 & 14 *(this only needs to be done on the first session – but you need to remember to say shields up every morning)*

Say: I have a list of questions that I want to address. *(read out all the questions and find out which one you need to address first. Count 1 – 8 slowly and what number you rock forward on will be the question your source energy wants you to focus on first.)*

EXAMPLE SESSION – Trapped emotions:

DATE: 07.05.20

SESSION NO: 1

QUESTIONS:

1.	5.
2.	6.
3.	7. Do I have any trapped emotions causing my ankle pain?
4.	8.

Q7: Do I have any trapped emotions causing my ankle pain?

YES *(Sway forward)*

Can we address this now?

YES

Is the emotion in the red / blue column? *(Find out which column it is in)*

Is the emotion in A, B, C, D, E or F? *(Find out which row it is in and go through each emotion in that block to find out which emotion it is)*

Do we need to know more about this emotion? *(If yes ask questions to find out what it relates to)*

Is it ok to release this emotion now? YES *(roll magnet from forehead over the top of your head down to the back of your neck 3 times)*

Complete all emotions it allows in the 20 minutes.

TE *(Trapped emotion)*– Abandonment – due to *(if need to know reason)*

Now cleared.

Are there any other emotions to release relating to this question? YES

TE – Anxiety – due to

Now cleared.

TE - Anger – due to

Now cleared.

TE - Bitterness – due to

Now cleared.

NOTE: *At the end of the session – you probably would not have covered everything to do with your question – so continue the same question next time and each session until you have covered it. Then ask all questions again and determine which one to address next.*