

hold hands in the "before" position

Use acupressure points & begin again

# step 1 Tuning In

Tuning in to that emotional reaction...

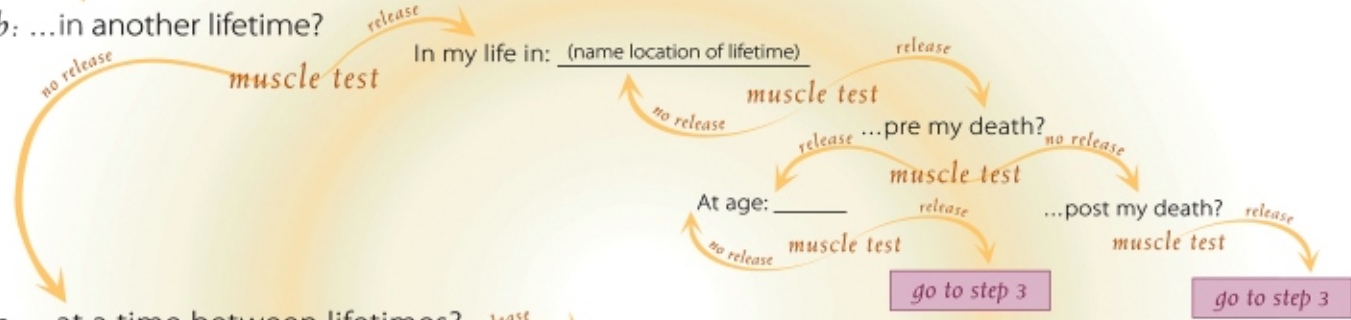
## step 2 When did the root occur?

The root of this (name emotional reaction) began...

2a: ...in this lifetime?



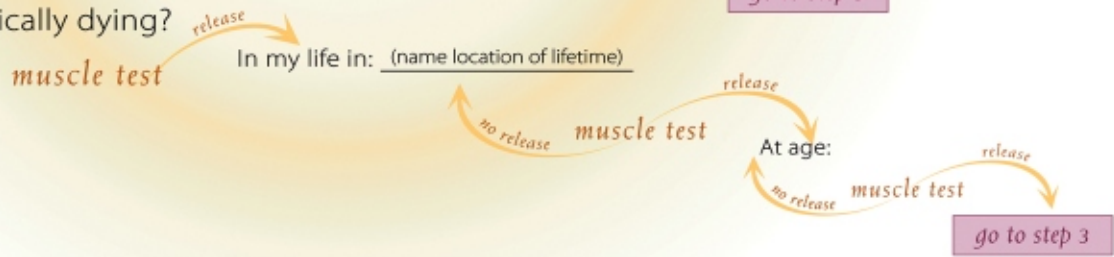
2b: ...in another lifetime?



2c: ...at a time between lifetimes?



2d: ...while I was physically dying?

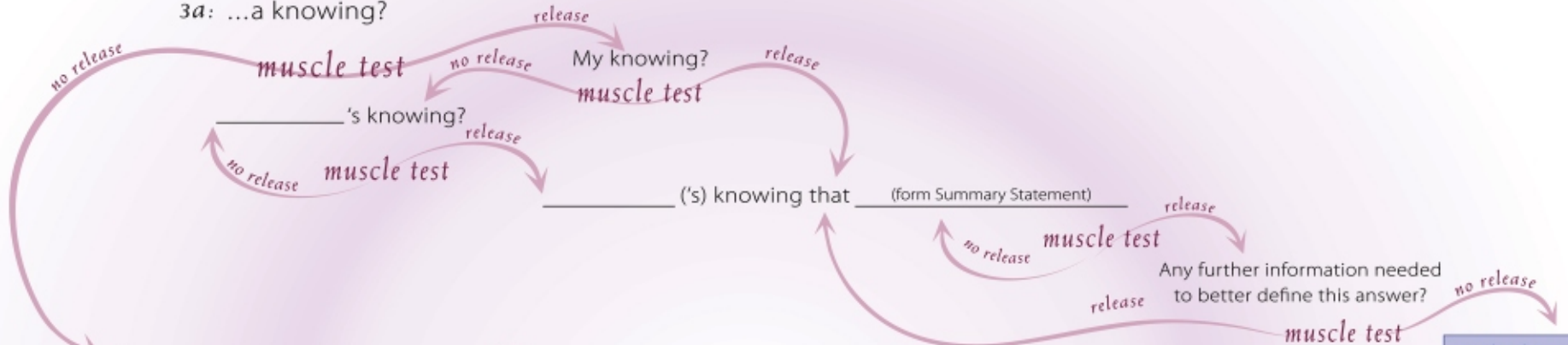


step 3

# Defining the root – What really happened?

The root of this (name emotional reaction) is...

3a: ...a knowing?



3b: ...an imagining?



3c: ...a vibration?



step

4

## Emotional Release

Perform Emotional Release



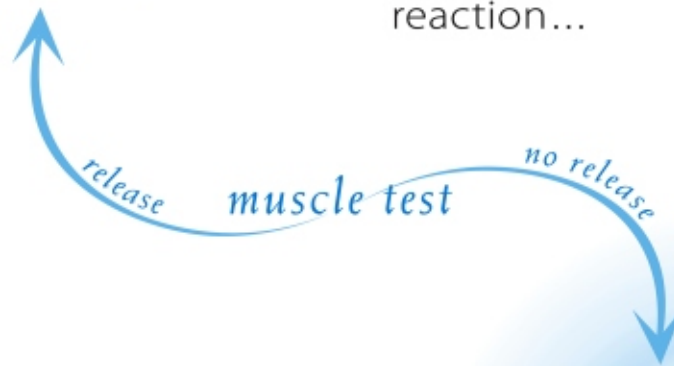
go to step 5

step 5

## Final Step

Tuning in to that emotional reaction...

go to step 4



end of process