Lower Frequency Emotions Flow Diagram

Do I have an emotion to release, NOWait a few days and try again clear or liberate from my body, YES Am I ready to identify the emotion? energy systems or causal field? If YES, use the Lower Frequency Emotions Chart and Continue the Process Is it in Column A? Column B? Column C? Determine Correct Column Determine Correct Row Is it in Row 1? in Row 2? in Row 3? **Determine Exact Emotion** Is it the Word 1, 2, 3 etc.? Identify the Type of Low Frequency Emotion TRAPPED EMOTION **ENERGY BLOCK** CAUSAL FIELD PATTERN Is this emotion INHERITED? Am I ready to **RELEASE** this trapped emotion? Is this emotion ACQUIRED? Am I ready to **CLEAR** this emotion from my energy system? Is this emotion from a PAST LIFE? Am I ready to LIBERATE the Refer to instructions for guiding questions pattern from my causal field to help identify the circumstances Set the intention to release, clear or be liberated from the emotion Slide the magnet up from your navel to the middle of your forehead, over the top of your head and down past your neck. Repeat the process three (3) times or ten (10) times for inherited and past life emotions Did I successfully **RELEASE** the trapped emotion, CLEAR the energy block or LIBERATE the pattern? If NO, wait a few days and try again Repeat the process until you confirm that you have no more emotions to be released from your BODY, cleared from your ENERGY SYSTEM or liberated from your CAUSAL FIELD