

# CLEARING EMOTIONAL PATTERNS WORKSHEET

Clearing an emotional pattern requires accessing all areas: mental, emotion, spiritual and physical.

Acknowledgment brings the pattern to conscious awareness – mental.

Feeling both the negative and the positive polarities of the emotion releases the emotion.

Focusing on or saying the statement that provides a way out allows you to learn the lesson accessing the spiritual.

Applying the oil to the alarm and emotional points accesses the physical, releasing the conditioned response held in the DNA and cellular memory.

Once we learn the lesson, and clear the DNA, the pattern is no longer an issue – we are free.

## Clearing Procedure

1) Identify and **FEEL** the EMOTION: **BURDENED**

2) Smell the appropriate Oil: **HYSSOP**

3) **FEEL** the other side of the emotion: **RELIEF**

4) Apply the oil to the ALARM POINTS.

**SPINAL CORD**



5) Apply the oil to, or simply touch, the EMOTIONAL POINTS. VERTEX, RELEASE and FILTER points are optional.

6) Focus on, or say, the STATEMENT that provides a way out, this allows you to move from a negative to a more positive state:

**I RECEIVE**

7) Repeat as needed – may be once, 3, 7, 10 or 18 times (which is essentially every waking hour) for 1, 3 or 7 weeks. You can apply the oil at night before you go to bed, in the morning when setting the tone for the day, and any other time during the day when you happen to think about it or when the issue comes up.

**NOTE:** Application frequency is determined by the depth of the emotional pattern. The quickest way to clear deep seated or core issues is 18 times per day for 7 weeks, but remember, you are free to choose your pace. The length of time is immaterial. Whether you take 7 weeks or 7 months is up to you. Since every waking hour is often impractical, the procedure can be done as close as every 15 minutes, allowing you to do it perhaps 4 to 6 times before work, several times during the day, and complete it at night when you get home.

Since some of the alarm points on the body are hard to access, such as the liver point, you may wish to use the corresponding point on the hand at times. Refer to the hand chart for the exact location.

Clearing may also be done by placing the oil in a diffuser on your night stand. Go through the clearing procedure and place oil on a cotton ball or diffuser. This allows the sub-conscious to continue working on the emotional clearing throughout the night.

As emotions surface, they need to be released. Writing, talking, exercise, salt or sweat baths are often helpful. If the emotional release becomes too intense, reduce the frequency or take a break and extend the time. Corresponding or related emotions may need to be addressed before a core issue can be completely cleared. You can treat different emotions that use the same oil or related emotions that use different oils. One oil and/or emotion can immediately follow another. Honor yourself and pay attention to what is best for you.

