



Deep Breathing



Phrases

Say Phrases Silently During HOLD Breath

Releasing:

"I Release all Negative Emotion with Belief."

OR

"I Release all BLOCKS to Positive Emotion with Belief."

Rewiring:

"I'm so happy, grateful & thankful New Belief"

Identifying the Emotions & Beliefs

Ask:

Releasing -

"What is the key unsupportive emotion I'm feeling right now?"

"What is the unedited inner dialogue or belief?"

Rewiring:

"What are the key desired emotions & beliefs?"