

**Documentation Sheet**

- 1. (Sensation) \_\_\_\_\_
  - a. Type of emotion
    - i. Trapped Emotion
    - ii. Heart Wall
  - b. Inherited

- 2. (Formula to release)
  - a. (Emotion) \_\_\_\_\_
  - b. (Which Direction)
    - i. Front to Back
    - ii. Back to Front
  - c. (# of Passes) \_\_\_\_\_
  - d. (Which Hand)
    - i. Left
    - ii. Right

- e. (Additional Information)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- f. I am releasing the (1a) \_\_\_\_\_ of  
(2a) \_\_\_\_\_ related to  
(1) \_\_\_\_\_  
(2h) \_\_\_\_\_

from my (whatever you feel led to release for example; what I see, touch, taste, feel, smell, family lineage, cells, etc....)

3. 😊

4. (Replacement)\_\_\_\_\_
- a. (Which Direction)
    - i. Front to Back
    - ii. Back to Front
  - b. (# of Passes)\_\_\_\_\_
  - c. (Which Hand)
    - i. Left
    - ii. Right
  - d. Just Hand
  - e. (Which Tool)
    - i. Magnet
    - ii. Other\_\_\_\_\_
  - f. I am filling myself with (4)\_\_\_\_\_,  
(4)\_\_\_\_\_, (4)\_\_\_\_\_.

## Can I release an emotion connected to

- Receiving information from my subconscious mind
- Dowsing/kinesiology
- My ability to connect to my higher-self
- A need to function in my lower-self
- My pain body
- My emotional body
- My energy field
- Manifestation
- Opulence
- Person(s) in my life (past/present, good/bad any emotional connection)
- Situations (past/present, good/bad any emotional connection)
- My Christ essence
- My ego
- Reptilian mind
- Self-confidence
- Love of myself
- Buddha mind
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