

Trapped Emotion FlowChart

ASK: Do You(I) have a Trapped Emotion We(I) can release now?

if NO, Try Heart-Wall Flowchart

If YES

Determine Correct Column...

Is the Trapped Emotion in Col A?

if NO

Is the Trapped Emotion in Col B?

Determine Correct Row

Is the Trapped Emotion in an Odd Row?

if NO

Is the Trapped Emotion in an Even Row?

Is the Trapped Emotion in Row ___?

Determine Exact Emotion

Is the Trapped Emotion _____?

(Name emotions one by one)

If answer is unclear, ask "Is this an Inherited Emotion?" If YES, determine inherited emotion and genealogy

Do we need to know more about this emotion?

if NO

If YES

Optional Questions...

Ask when it occurred

Ask whose emotion this was

Ask where it is lodged

Release Trapped Emotion

Slide Magnet down back or over head 3X (10X for inherited emotions)

Ask: "Did we release that Trapped Emotion?"