

FREED: Fast Release of Emotional Energy Drains

Everything is composed of energy vibrating at different frequencies. *Fear-based emotions vibrate at a low frequency. As you use FREED to clear fears from your Governing Vessel Meridian (GVM), you may feel more energy and confidence.*

CAUTION: Use these powerful techniques at YOUR OWN RISK!

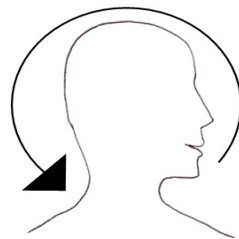
Step 1. Identify all fears stressing you out now, e.g. ...

1. Fear of failure in love, income, or work
2. Fear that success brings consequences, like more work or pain
3. Fear of not being safe and/or of being attacked, wars or world issues
4. Fear that the tough times and suffering will never end for you or loved ones
5. Fears of the pain of loss, trauma of rejection or abandonment

Step 2. Select ONE FEAR to clear. Focus on the people and/or trauma associated with the fear, and any other emotions. (Write them down so you don't miss any.)

Step 3. Follow the instructions below. Talking about releasing the fear while doing the GVM clearing effectively clears trauma. You can also tap under your nose.

Clearing Your Governing Vessel Meridian (GVM)

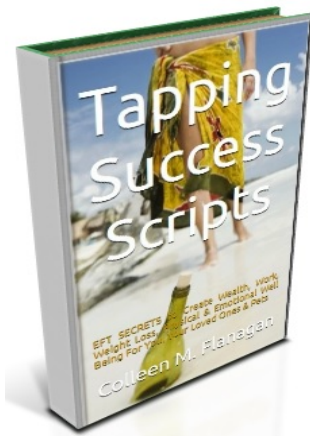


Skim your palm (facing mouth) in an arc over the center of face/head.

Repeat the clearing statements 3X, e.g., "I now clear my fear that..."

Step 4. Check in with your emotions. When you're clear of painful emotions about a disturbing event (real or imagined), you should be able to think about it without feeling fear or upset. You may feel confident to forgive and let it go!

Step 5. If you still feel afraid or stressed, apply more FREED to the rest of the fears you identified. FREED doesn't have to be done perfectly to work well.



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