


How to Get FREED: Fast Release of Emotional Energy Drains

Everything, including emotions, is energy vibrating at different frequencies. Negative fear-based emotions and ancestral fear blocks in your DNA vibrate at a low frequency and DO drain your energy. You can boost your energy by clearing these low frequency fears from one major energy meridian called the Governing Vessel Meridian (GVM). **As you release your fear blocks you will change your energy and release your stress. You may feel more physical energy, motivation, mental focus and clarity.**

CAUTION: Use these powerful techniques at YOUR OWN RISK!

Below is a very basic FREED technique to release stress, which is a FEAR-BASED condition. You may be stressed out about all the work you have to do (fear of failure to do it right and on time), or about your new business (fear you can't handle the success), or being under emotional attack (fear of not being safe), that a difficult situation won't stop (fear that the bad times will never end) or that you'll lose a loved one (fears of rejection or abandonment).

Which fear is stressing you out and when did it begin? Focus on the thought or situation associated with the fear. Then, with the intent to release it, follow the instructions shown below. These actions clear and rebalance the GVM, affecting the entire energy system. Relief of stress and fear may occur within moments.

	<p>The Governing Vessel Meridian (GVM) runs in a straight line from the tailbone along your spine, over the center back of your head and face, ending under your nose.</p> <p>Using any fingertip, continuously and gently tap or massage under your nose, above your upper lip. (See star area indicated in drawing to the left.) Repeat aloud or to yourself the below phrases 3X as you BREATHE NORMALLY.</p>
I NOW release all stress and fears of failure about <situation> in my ancestral DNA and this life. I forgive and bless myself and everyone involved.	
I NOW release all stress and fears of success about <situation> in my ancestral DNA and this life. I forgive and bless myself and everyone involved.	
I NOW release all fears and stress in this life and in my ancestral DNA that I am not safe because of <situation> . I forgive and bless myself and everyone involved.	
I NOW release all fears and stress , in this life and in my ancestral DNA that the bad times will never end because of <situation> . I forgive and bless myself and everyone involved.	
I NOW release all stress and fears of being rejected and abandoned , in my ancestral DNA and in this life, because of <situation> . I forgive and bless myself and everyone involved.	

When your energy system is clear of negative emotions about a disturbing event (real or imagined), you should be able to think about it without feeling fear. If you still feel afraid, then apply more FREED to your GVM. FREED is versatile and doesn't have to be done perfectly for it to work.

The "Get FREED" advanced techniques e-book is NOW available on www.EmoRescue.com. To schedule a free consultation with Colleen on how FREED can help you, your animals and your loved ones, please email Colleen@EmoRescue.com. Thank you!