

7/18/2018



JEROME COTTONWOOD SMT READING

www.EmoRescue.com | Colleen Flanagan

All memories that arise as you clear your emotions are clues to the events that contributed to the condition - clear all fear and associated emotions from those memories, too.

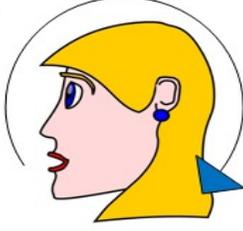
**PLEASE READ THESE INSTRUCTIONS BEFORE DOING THE CLEARING EXERCISES
USE THIS POWERFUL INFORMATION AT YOUR OWN RISK.**

Using your hand as a tool, you will clear your governing vessel meridian as YOU SPEAK THE RELEASING STATEMENTS, which clears non-beneficial emotions from your energy system.

CLEARING YOUR GOVERNING VESSEL MERIDIAN (GVM)

(2) Continuously skim your palm (facing your head) in the air over the center of your face, over the center of your head down to your neck, following the line of the below arrow. **Repeat 3X, "I now release (name the fear)..."**

(1) Start here, your palm facing your upper lip, 1-3 inches from your mouth, at the GVM endpoint.



(3) End here, your palm facing the back of your neck. Pull your hand away and begin again at step one.

Although the GVM runs down to the base of your spine, you do NOT have to clear that area. Only the simple gesture above is needed. **DO NOT run your hand back and forth** (in reverse) over the GVM. You may scramble the energy rather than clear the energy.

IF physical immobility or arm/shoulder/back conditions do not allow you to do the above over the head clearing, use the below tapping method to clear your GVM.

CLEARING YOUR GOVERNING VESSEL MERIDIAN ENDPOINT UNDER YOUR NOSE, ABOVE YOUR UPPER LIP



1) Gently and continuously tap or massage the area under your nose, above your upper lip, the GVME: Governing Vessel Meridian Endpoint.

2) As you continuously tap or massage the GVME, talk out loud or in your mind about **RELEASING YOUR SPECIFIC FEAR OR PAINFUL EMOTION.**

3) Continue to breathe normally during this process.

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Question / Notes	Reading for Jerome Cottonwood 7-18-2018
How do I use this information and clear myself via FREED?	<p style="text-align: center;">HOW TO USE THIS INFORMATION</p> <ul style="list-style-type: none">✓ Clear each of the fears in the order they are listed for each question, one at a time by clearing your Governing Vessel Meridian as shown above.✓ NEVER randomly or partially clear fears or skip statements. The information is listed in the order to be cleared by YOU.✓ If this type of clearing is new to you, please consider clearing only 1 page/1 question's fears a day, as the emotional detox will continue for 5-7 days afterward.✓ ALWAYS relax and breathe normally when you do this emotional release work.✓ Drink plenty of water during and after your emotional release work. If you feel tired afterward, your energy should return in about 30 minutes. Many feel exhilarated, lighter, and refreshed after clearing. <p>To clear the listed fears / emotions, follow these steps:</p> <p>Step 1) Continuously clear the GVM as shown on the previous page. You can switch hands if one arm gets tired, use either hand or both hands. This modality is quite flexible.</p> <p>Step 2) Repeat 3X each clearing statement, running your hand over your GVM. You can use your own words instead of those provided.</p> <p>Step 3) Test that your clearing is complete, severity = ZERO:</p> <ul style="list-style-type: none">❖ Ask yourself, "What's the worst that could happen about this situation?" When you <u>cannot</u> think of anything, or feel that you can stay calm and handle anything that happens, you are likely 100% clear, at severity zero.❖ When clearing fears based on past trauma(s), think about the traumatic event. When you have NO negative emotional reaction, you're likely 100% clear.❖ If you can dowse or muscle test, or know someone who can test you either surrogately or via a 2-person muscle test, ask "Is my fear about ____ now 100% clear?"❖ Watch YouTube.com Sway Test self-dowsing demos and test yourself. Remember to face north before testing. <p>When you no longer are afraid and you feel that the fear is 100% cleared then work on the next fear listed. Otherwise, do the clearings again.</p>

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<p>QUESTION: What are my blockages to financial success?</p> <p>I wish to live well and take good care of myself and family, but every time I earn over \$20K a year, things break in my car or our house.</p> <p>My parents told us many times that we're a poor family, and to not expect much. I want so much more for my kids.</p> <p>Please help!</p>	<p>Dear Jerome,</p> <p>Thank you for ordering this reading. Your fear-based blocks to your prosperity are listed below, with the severity of the fear, 0 thru 10. Your mission is to clear all fears and emotions to SEVERITY ZERO.</p> <p>WRITE DOWN ALL MEMORIES that arise as you clear each fear out. Think about additional emotions or traumas you had or have about that memory or event. Clear those out too, no matter how trivial.</p> <p>EXAMPLE: while clearing, you recall when a classmate said you were just poor trailer park trash. How did you feel, what were your fears then?</p> <p>MEMORY CLEARING EXAMPLE: I now release the shame and humiliation, the fear of being a poor kid and a failure when Johnny said I was poor trailer park trash</p> <p><i>As you use the above information to clear your Governing Vessel Meridian, repeat these clearing statements three times.</i></p> <p>I Jerome now release my fears of failure that are preventing and blocking my abundance. I specifically...</p> <ul style="list-style-type: none">♥ Clear all my fears of failure since childhood about seeing my family's fears about money/income, my fears of financial failure and loss that are bringing more of the same lower vibrational energies to me. (Severity 10)♥ I release the thousands of years of ancestral poverty consciousness in my DNA and genes. (Severity 8)♥ I now let go of all conscious and subconscious beliefs that I could never be worth millions, because everything I've tried hasn't worked well enough so far. (Severity 9) I open my energy to extreme wealth!
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- ♥ I now clear all fears of failure to successfully following and taking action (long term) on all ideas, goals or plans to become wealthy. (Severity 10)
- ♥ I let go of my fears of failure that cause my lack of clarity and mental focus, blocking ideas to bring wealth to me fast, forever! (Severity 6)
- ♥ I also release my feelings that I am a financial failure, and the Universe is giving me more of what I feel and energetically project and I fear this will never change. (Severity 10)

The next layer of fears include not being safe if you become wealthy and that your poverty-stricken times will never end.

I Jerome release all my fears of not being safe when prosperity flows to me, and that my poverty will never end. I specifically...

- ♥ Let go of all the poverty consciousness beliefs instilled in me SINCE AGE 3 by authority figures and family members that "Our family isn't wealthy, money doesn't grow on trees, a penny saved is a penny earned, you have to work real hard to be rich". (Severity 10)
- ♥ I release my fears of wealth because I witnessed people who stole from others, and I'm terrified my wealth will be stolen, my family left destitute. (Severity 10)
- ♥ I now clear my fears of not being safe when I have plenty of money because others will ask for loans and gifts of my money. (Severity 8)
- ♥ I let go of my fears that I will be mismanaging my money when I become wealthy and lose it all, feel ashamed and humiliated; others will judge me and laugh at me. (Severity 10)

- ♥ I release fears that no matter what I do, the low income won't end and I'll never find a way out of this poverty. (Severity 10)
- ♥ I clear out these feelings of terror that these bad times will never end. (Severity 10) I know this fear is so strong that it is like a magnet, bringing more of the same to me, and I choose to release it NOW!
- ♥ I let go of all anger at money and wealth, the struggle for it, the constant attempts to earn it, and the lack of it in my life. (Severity 7)

The final layer of emotional wealth blocks is about feeling abandoned by life and prosperity.

I Jerome now let go of all my fears of rejection and abandonment by life and by wealth in every area of my life. I specifically...

- ♥ Release this self-imposed income ceiling of \$20,000 a year, because when I earned more than that, terrible things happened in my life, including the rejection of family. (Severity 7)
- ♥ I clear my fears of being abandoned by God and life since my difficult childhood. (Severity 8)
- ♥ I let go of my conscious and subconscious fears that I've been denied the wealth that I seek, that "It's not meant to happen to me." (Severity 10)
- ♥ I release from my DNA and genes, out to a quantum level, all my fears and feelings of abandonment that others are blessed by wealth but not me nor my family. (Severity 6)
- ♥ AFFIRM: by (month/year) I create the reality that I have found a job or means to create extreme prosperity of \$_____ a year. My family and I help others succeed via charitable donations and gifts.

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	<p>Now say 3X while clearing your meridians: "I NOW clear all emotions in this life, all timelines and my DNA of being abandoned by the Universe in LOVE and MONEY, of being betrayed and left behind.</p> <p>I release these residual feelings of insecurity, vulnerability, anxiety, despair, helplessness, hopelessness, shame, humiliation, feeling unworthy, worthless, overwhelmed, angry, bitter, and resentful.</p> <p>So be it!"</p>
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Jerome, thank you for this opportunity to help you with my gifts.

Wishing you EXTREME healing success, peace, love, and immense success!
Colleen Flanagan