

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

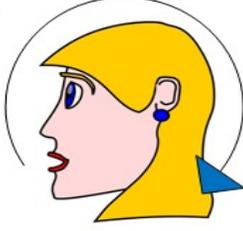
USE THIS POWERFUL INFORMATION AT YOUR OWN RISK.

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.

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.

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) Use your own words to create your clearing statements, then repeat EACH ONE 3X, running your hand over your GVM.</p> <p>Step 3) Test that your clearing is complete:</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.❖ 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>

<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.</p> <p>You can create your OWN clearing statements by putting these in front of each listed fear:</p> <ul style="list-style-type: none">✓ "I, Jerome, now release this fear that..."✓ "I, Jerome, now let go of this fear that..."✓ "I, Jerome, now clear out this fear that..." <p><i>As you use this information to clear your Governing Vessel Meridian (or using whatever modality you prefer), repeat these clearing statements three times.</i></p> <p>Your fear-based blocks to your prosperity are listed below.</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> <ul style="list-style-type: none">♥ Fear of failure since childhood about seeing my family's fears about money/income.♥ Fears of financial failure and never recovering.♥ Thousands of years of fears of poverty consciousness in DNA and genes.♥ Fear of failure to ever be worth millions because of past failures.
--	--

- ♥ Fear of failure blocking my action (long term) on all ideas, goals or plans to become wealthy.
- ♥ Fear of failure to achieve clarity and mental focus for ideas to bring wealth.
- ♥ Fear, shame, humiliation of being an unchanging financial failure.

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

- ♥ Poverty consciousness beliefs SINCE AGE 3 by authority figures and family members.
- ♥ Fears of wealth after witnessing people who stole from others.
- ♥ Fears of not being safe because others will ask for loans and gifts of money.
- ♥ Fears of mismanaging money, others will judge me and laugh at me.
- ♥ Fears that the low income won't end.
- ♥ Anger at money and wealth, the struggle for it, the constant attempts to earn it, and the lack of it in life.

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

- ♥ Self-imposed income ceiling of \$20,000 a year.
- ♥ Fears of being abandoned by God and life.
- ♥ Fear that "Being rich is not meant to happen to me and I want to give up."

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.

	<p>REMEMBER to <u>now</u> go to page 3, and do all of Step 3: Test that your clearing is complete.</p>
--	---

Jerome, thank you for this opportunity to help you with my gifts.

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