

THE EMOTION OBLITERATOR

1) "Close your eyes and rise up above the stream of time so that you have the past stretching off in one direction and the future in another, and now I want you to zoom rapidly and unconsciously all the way back into the past, all the way back to the very first event of that negative emotion, which when you disconnect it there will cause it to disappear for you forever as an issue in your life, and I want you to find yourself automatically in the learning position in relationship to that event so that you're directly above the event looking down on it.

2) Get affirmation from person.

3) Now, as you're in the learning position now, preserve the learnings. What are the positive learnings for yourself and for the future which when you preserve those learnings now will allow you to release the emotion easily and effortlessly. Allow those learnings to come to you now.

4) Wait for person to get some learnings.

If the person gets negative learnings you may need to coach them to convert them to the positive.

Once the person has the learnings

5) "Good, now I want you to take those positive learnings for yourself and the future and I want you to catalogue them at the unconscious level in that special place that you reserve for all such learnings in such a way that they can change the future for you in a powerful and positive way.

Now, I want you to move right back into the release position in relation to this event so that you at least one hour before this event ever occurred or any of the events that lead to this event and you're way up in the air looking down on it so its down below you and in front of you, and as you're looking down on the event now in the release position the question is... now... where did the emotion go? Did it disappear?

6) Have the person acknowledge (If yes.... Continue. If no... then utilise the 'If the person does not release the emotion immediately' script

7) That's right it did, very good. Now let's test.

So I want you to float right down inside the event, so that you inside the event looking through your own eyes hearing the sounds around you, feeling the feelings of being right there inside the event and just notice... is the emotion there... or has it disappeared now

8) Have the person acknowledge (If yes.... Continue. If no... then utilise the 'If the person does not release the emotion immediately' script

9) That's right it did.

Now rise back up into the air into the release position and come all the back until now, but only as quickly as you can release all of that emotion in the stream of time, so you may chose to pause in the release position above subsequent events preserving any additional learnings as you release all of that emotion and come back to now

10) Allow the person time to process

Break state

11) Test.

"Now, I want you to stop and think of any event upon which you used to feel that old negative emotion and notice is the emotion there or is flat now.) Do 2 more times to fill the 3 time convincer

12) Future pace

"So I want you to step out to some indefinite time in the future where in the past you might have felt that old emotion in an unwarranted or unnecessary place and notice what happens for you now."