

Stain Remover Tool – Check your Understanding

1. We cannot release a B_____ until we release the T_____ E_____.
2. We release E_____ back into P_____ energy form.
3. Label the actual E_____ and allow it to come to the S_____.
4. Focus on the emotion for _____ seconds.
5. See or feel or imagine the emotion L_____ by I_____.
6. After its R_____, it can feel like a M_____ with any E_____ attached.
7. Replace with L_____, fill up your C_____!
8. If it doesn't release, ask W_____ does it belong to?
9. Once you know who's it was, it will L_____.

