

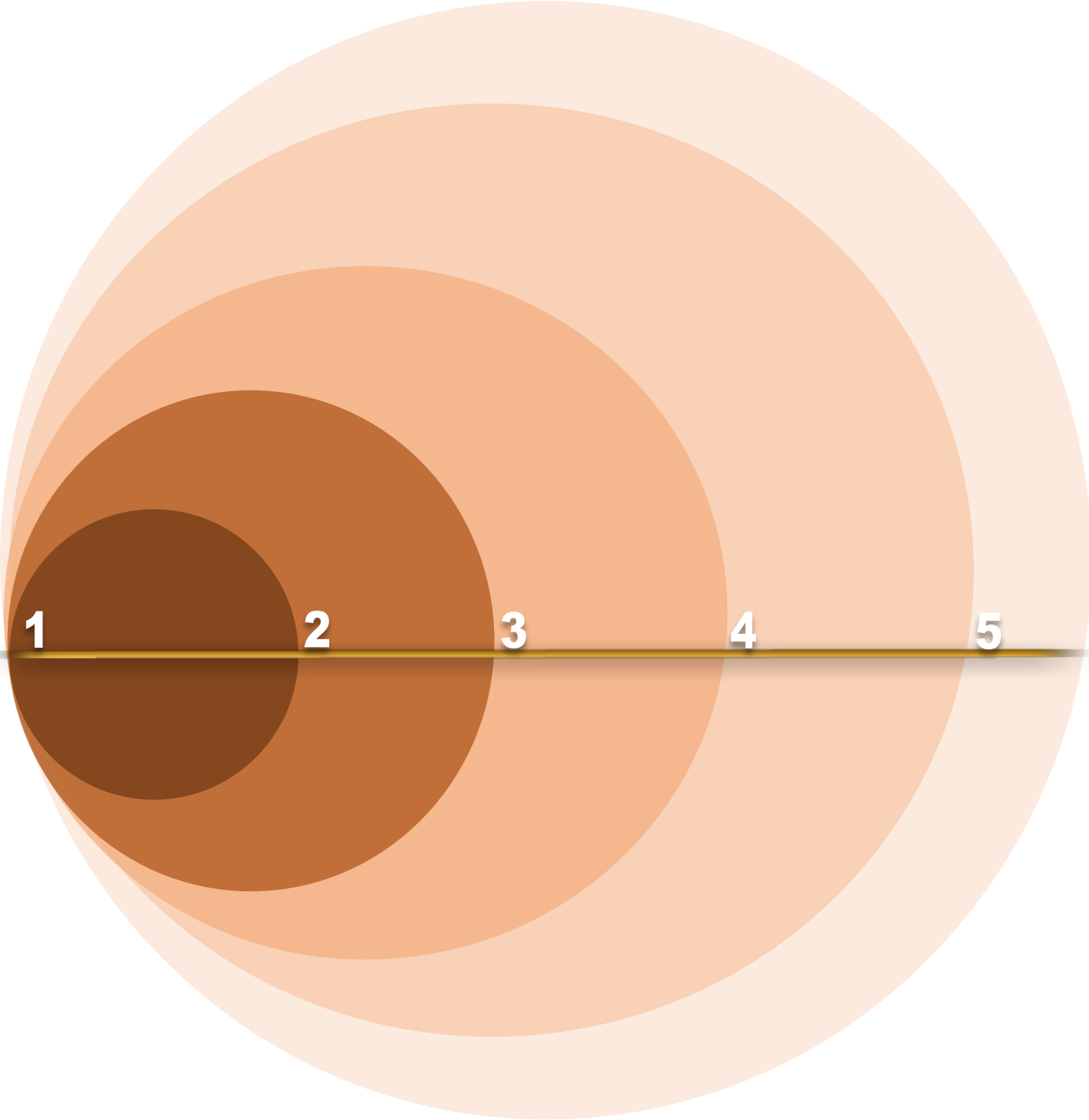
# **APPENDICES**

**“5 Keys to Emotional Oneness Detox System”**

**EXERCISES**

**APPENDIX 1**

**CIRCLES OF TRUST**





# 5 KEY TO EMOTIONAL ONENESS DETOX SYSTEM CURRICULUM OVERVIEW



What is Emotional Detox?

What is the impact of the preliminary exploratory exercises: Heartwave/  
life timeline, pre-journaling, and global story?

What are the effects of the “Five Keys to Oneness?”

## APPLICATION

What are the applications of the “5 Key Detox System?”

Visualization I: “The Emotional Video”

Visualization II: “From the past to the present me”

Emotional Balance Barometer

Internal Balance Routine

The Body Sensitization Indicator

Impact of Feelings

The Release

Exercises

## PROCESS

What is involved in the “5 Key Detox System?”

HeartWaves/Life Timeline

Pre-Journaling/Global Story

Cleanse: Releasing, Blocked, Stopped and Flatlined Memories and Emotions

Restore: Releasing, Forgiveness, Growing into Wisdom

Clarity: Releasing, Truths and Realities’ of past painful memories to opening  
pathways to purpose

Rejuvenations: Bridging Passions with Mishaps and Entering your Purpose

Transformation: Releasing of Emotional; Toxicities, Fragmentations, Impostor  
Perceptiveness, Disconnections and Reconnecting and Receiving  
your Purpose

Creating a “Symphony in the Key of Oneness.”

## APPENDIX 3



**INSTRUCTIONS:** (make copies of 3a, 4 and 5a for documenting responses)  
In each of the three “Heart” exercise centers, you will document 5-years of memories. For documenting in ages 0-5 years old; it is helpful to speak to family member, look at old photos, school reports (if kept) and others who you are close to. If any timeline is too painful, put an “X” to indicate the inability to respond. If no memory available, put a “O” to indicate that this time period has been lost. In the Broken Heart; put a “B” to indicate that this is the most painful and “T” for most traumatizing. (optional). In the Loved heart; put a “L” indicating this being the strongest love felt. There will be some uneventful years, can leave empty.

### **THE HEART WAVES – LIFE TIMELINE:**

This exercise allows for exploring of our past memories, moments, experiences and exposures, and offers a space for documentation and later aligning the responses to developing our “Inner Culture/Tree of Authenticity.”

### **“TOUCHED HEART”**

This is positive and negative memories/feelings that helped in weaving our emotional tapestry. This heart allows us the opportunity to understand how these emotions imprinted and impacted our emotional content and behaviors. Looking into the “Who we are.” When working in this area identify ‘+’ for positive response and ‘-’ for negative response, indicate your age at time of event, the event, and if you chose; who was involved (example: ‘+’ 14, moved with Dad, ‘-’ 10 bike was stolen)

### **“BROKEN HEART”**

These are the more painful and sad memories/feelings that bring about deep pain and perhaps traumatic responses. Here you will write on the right side of the heart the sad and painful events and on the left side will be the traumatic events. If you recall, include your age, person involved (optional) and the event itself. (for example: right side: 8 years old, parent’s divorce; left side: 19 years old domestic violence by husband).

### **“LOVE HEART”**

This is the heart that provides ego structuring, character balancing, resilience building, survival managing and healing, frontal lobe agility, and emotional fluidity. This is your roots, your grounding, your bounce back, and your internal strengths. Here you will identify all those who loved you unconditionally, how they loved you, how they were connected to you (grandparent, teacher, neighbor etc.). Try to identify how they impacted you and molded your walk today.



**“TOUCHED HEART”**





**21-25 Years**



**26-30 Years**



**31-35 Years**



**36-40 Years**



**41-45 Years**



**46-50 Years**



**51-55 Years**



**56-60 Years**

**APPENDIX 3A**



**“BROKEN HEART”**



**0-5 Years**



**6-10 Years**



**11-15 Years**



**16-20 Years**





**21-25 Years**



**26-30 Years**



**31-35 Years**



**36-40 Years**



**41-45 Years**



**46-50 Years**



**51-55 Years**



**56-60 Years**



**“LOVED HEART”**





**21-25 Years**



**26-30 Years**



**31-35 Years**



**36-40 Years**



**41-45 Years**



**46-50 Years**



**51-55 Years**



**56-60 Years**











## **EXPLORING INNER CULTURE THE TREE OF AUTHENTICITY (TOA)**

### **INSTRUCTIONS**

The “Tree of Authenticity” data is compiled from the HeartWaves (Life Timeline), Mapping, and Life Experiences and Exposures exercises. The following instructions will assist in proceeding through the process of “Exploring Inner Culture.”

### **TO THE LEFT OF TOA:**

The patterning process that occurs on the left side of the ToA recognizes what is authentically predisposed. These are characteristics that are innate, and truly part of your DNA. These characteristics are plotted as follows:

1. Leaves: The leaves on the left side are for the authentic characteristic that you take ownership of. These are the characteristic that show up organically. Many of these patterns will be recognized through the timeline and mapping process.
2. Trunk: Alongside both sides of the left truck and inner branches; you will plot the innate gifts that you possess, again, organically. These gifts are usually known, present or sometimes appear surprisingly as they continue to emerge and cultivate.

### **Overview of Left Side Characteristics:**

1. Pure Hearted Characteristics that are genuine attributes representing your true and valuable self.
2. Disposition Characteristics that are consistently present and patterned through your inner and outer presentations.
3. Emotional Characteristics that feels, fits, and respond emotionally in all areas of engagement.
4. Perceptive Characteristics that embrace inclusive perceptions of realities, that many times go unnoticed.
5. Communicative Characteristics the ability to express self with clarity, honesty, thoughtfulness, openness and display qualities of being approachable, inoffensive, and emotionally reachable.

## **1 Overview of Both Sides of Trucks and inner branches; gifts and challenges:**

1. Innate Gift are those gifts given naturally, groomed and sustained. These are pure and true gifts that are part of your existence.
2. Nestled within these gifts are the seeds planted by God far before your birth, which nurture and grow the truly authentic you.

In our walk-through life we collect many variations of what we begin to believe are versions of ourselves. Some of these variation fix and complement our characteristics; while other variations may cause distortions, emotional harm, detachments, inadequacies, fears and many other unmanageable emotions, behaviors and characteristics. These characteristics are those that need unlocked, unveiled, and possibly unleashed.

### **Right Side TOA:**

The patterning process that occurs on the right side of the ToA recognizes the patterns identified in the “Touched and Broken Heart” process of HeartWaves. As well as, the exploration through the timeline and mapping for: life experiences and exposures, culture, genetics, community and various environments. These characteristics are plotted as follows:

Leaves on upper area: These leaves on the upper right side are for identifying the characteristic that have been molded from areas outside of your authentic self. Many of these areas are complementary and have contributed to growth in various ways (i.e., culture, genetic, environments). Those characteristics plotted on the upper area are the characteristics that you agree are complimentary and need to remain.

Trunk: Alongside the right trunk is for gifts that may have been given through negativity, challenges, demeaning personal attacks but created a positive reaction for growth. These are motivators that you may want to keep and incorporate.

### **Rejected/Released:**

The outer area of the tree is to plot those memories, characteristic, emotions that are no long needed, feel unhealthy, add to emotional toxicity and negative shifts that are very upsetting and many times difficult to manage. These are to be released and redirected. Here you will identify characteristics that are not complementary to your authentic self but, over time, have been infiltrated into your characteristics and have the tendency to invoke “Hidden Imposter Perceptiveness” These are the characteristic that will be needed to be processed, understand and released.

### **Roots:**

The roots signify the strengths, resilience, coping and balancing that exist from our development and relationships. These patterns will be recognized through the “Loved Heart” of the Heartwave and other areas of the mapping. Here you will write your deeply rooted gifts which were derived from your DNA, Culture, Country of origin and Environmental Communal factors that were deeply engrained

### **Center Heart:**

Here is where you identify your “alter ego.” What would that be??

**EXPLORING YOUR INNER CULTURE**  
**THE TREE OF AUTHENTICITY**



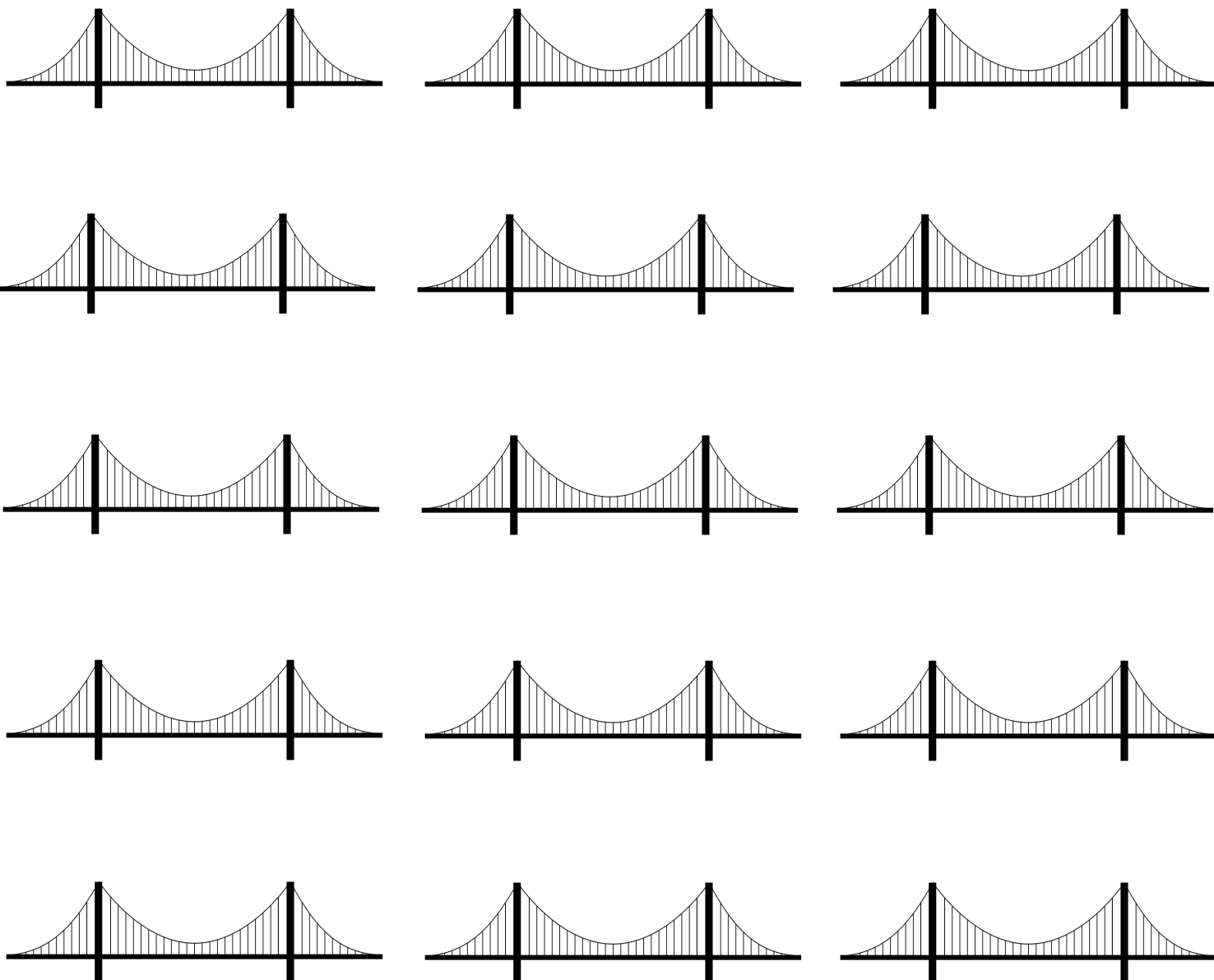
## APPENDIX 6

### BRIDGING THE GIFTS RECEIVED THROUGH THE PAST LESSONS AND PAINS

#### INSTRUCTIONS:

(Participants: Make copies of this page for documenting responses)

On the right side of the bridge identify the “Gift/Passion” on the Left side of the bridge identify the “Lesson Learned/Pain Endured” in the Center of the bridge identify the “Impact/Purpose/Growth” received from this joining. Also, how this feed an already Passion, Growth Behavior that has always been authentically you and was enhance/emerged.



### MANIFESTING MIRRORED VISUALIZATION “HIDDEN IMPOSTURE PERCEPTIVENESS”



#### INSTRUCTIONS:

(make several copies of “Story Board” for documentation and for additional scenes)

Each mirror represents reflections that are manifested from past experiences and exposures. Use these reflections to visualize the stories that are locked inside. When the story uploads find the key to unlocking the content to create the script through:

- Exploring Emerging Inner Thoughts; listening, hearing, understanding
- Visualizing the Inner View; focusing, sensory input, images
- Manifesting the Memories; seeking clarity, truths, realities
- Reach Deep into feeling the feelings; Emotionally connecting, attaching, loving
- Finding the Elements to the Impostor Perceptiveness (IP) Process: finding the untruths that have festered and camouflaged themselves into minuscule particles that create distortions of self and we believe them to be truths.

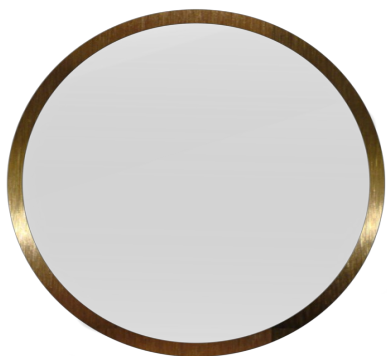
#### SUGGESTIONS FOR CREATING YOU STORY BOARD:

- Above each of the 6 mirrors, identify a reflective word that represent the theme of that mirror from the three-story points.
- At the bottom of the mirror next to subtitles are the three-story points which are based on the “Title” and “Scene” (in upper right corner).
- Once Scene is complete will move to next Scene (can label as Scene 2,3,4, etc) and follow same pattern
- Once all scenes are complete for “Mirrored Images, (feel free t change)” then you are ready to write the script. If you are not ready to write the script then move to the next step and create your script later.
- Once that script is written, will then move to another timeline story and continue above process
- The goal is to create the story board and ongoing scenes and scrips

# MANIFESTING MIRRORED VISUALIZATION “HIDDEN IMPOSTURE PERCEPTIVENESS”

## STORY BOARDS

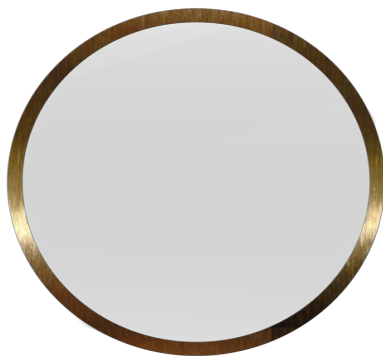
**TITLE: MIRRORED IMAGES**



1. Opening\_\_\_\_\_

2. \_\_\_\_\_

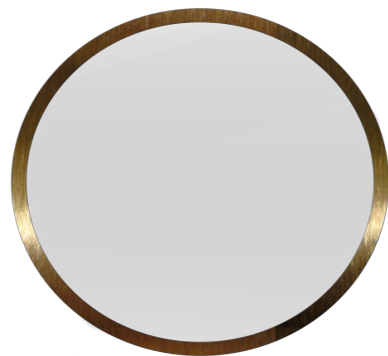
3. \_\_\_\_\_



1. Thoughts\_\_\_\_\_

2. \_\_\_\_\_

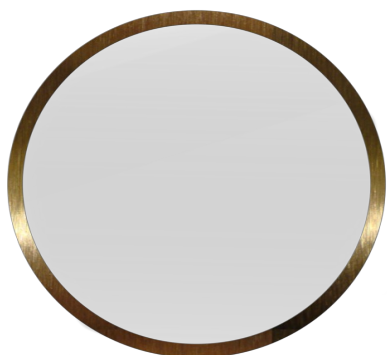
3. \_\_\_\_\_



1. Inner View\_\_\_\_\_

2. \_\_\_\_\_

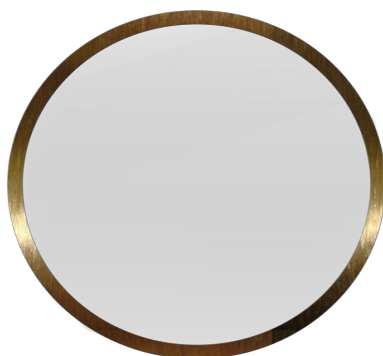
3. \_\_\_\_\_



1. Memory\_\_\_\_\_

2. \_\_\_\_\_

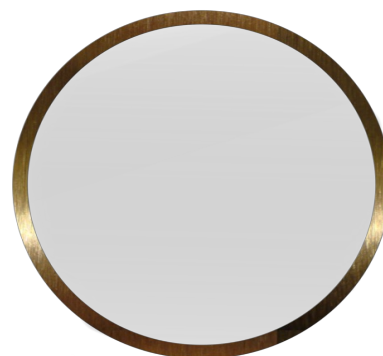
3. \_\_\_\_\_



1. Feelings\_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



1. IP\_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# DR. CELINA

FIVE KEYS TO EMOTIONAL ONENESS, DETOX SYSTEM

BRIDGING PASSIONS WITH MISHAPS

12-WEEK  
WOMEN'S GROUP

OPTIMIZING EMOTIONAL FREEDOM  
UNLOCK, UNVEIL, UNLEASH



Circle of Trust



Heatwave - Life Timeline



Mapping of Life Timeline



Exploring your Inner Culture;  
The Tree of Authenticity



"Bridging Passions with Mishaps"



Manifesting Mirrored Visualization;  
Story Board: "Hidden  
Imposture Perceptiveness."

Start Date: April 6, 2022  
Weekly Virtual Mtg: 6-7:30pm



REGISTER BY MARCH 20th

Contact Dr. Celina for Registration Information  
[EmotionalHealth@DrCelinaOneness.com](mailto:EmotionalHealth@DrCelinaOneness.com) | 508-696-4800

