

VISUALIZATION VIDEO PROCESS

KEY TO CLARITY: THE WISDOM KEY ADVENT: NEW UNDERSTANDINGS

Issue:		
EMOTIONAL VIDEO TITLE:	Date:	Time:
My Affirmation For Today	:	
what you still fear that is deceive	ving about you. Rec	presentation on self-trust. What you trust about yoursel cord these thoughts and feelings. Remember this is just to not fear being honest, for honesty and truth are important
collage should reflect your truth	ns and deceptions. T	of thought collage (<i>in words, picture, poetry etc</i>). The create a "Commitment" comment that relates to yours. For instance, I am committed to transitioning my was
EMOTIONAL BALANCE BAROME	TER: 0 to 10	
(0 no Impact 10 severe Impa	act)	
INTERNAL BALANCE ROUTINE FO	OR TODAY:	

RELEASING THE DECEPTIONS

1.	Create your wisdom directory by making a list of your deceptions and how you will reverse these deceptions: i.e., I lie to get my way but now I will divulge the truth to open my emotional awareness.
2.	Remove the mask: create a transparency script. This will involve your writing your story(s). This wil allow you to see through indiscriminating eyes.
3.	Evolving: Create a declaration of emotional evolution:
	I, do hereby acknowledge and declare that I will find emotional growth by hereby irrevocably undertake the oath to stop the behavior of I further undertake the oath of not continuing to allow the behavior of to consume me. I hereby declare that I will continue to exhibit the behavior of in order to achieve total internal peace harmony and emotional wisdom and clarity. (Sign and date)
4.	Seeing through a new set of eyes: Create your new story(s) through the eyes of wisdom.
5.	Symphony in the key of oneness: Create a musical verse that you can hum or sing easily. Use this to elicit a calming and reminder of emotional clarity.

NEW BELIEFS

- 1. Create an "*I believe*" list: These beliefs should be create from an insightful and true understanding of the past emotional challenge. Explore every belief possible that involves the event. Your interest is in reaching complete clarity of the event(s).
- 2. Write a daily belief affirmation (*or repeat the same*) on sticky paper and place it on a surface that you visit often (*i.e.*, *bedroom mirror*, *front door*). Read this affirmation an install it into your consciousness. Change the affirmations as new and deeper belief content emerges.
- 3. Create a Success Recipe Template: This template is for redefining purpose and internal data. For each "Blocker and Stopper," emotion that was identified in the Cleansing Chapter. You will fill in your template using each identified emotional challenge and create a success recipe.
 - a. List of ingredients for success; i.e. 10 lbs. of comfort, 15 lbs. of confidence, etc.
 - b. You will conclude with directions for preparation: *i.e.*, *Mix all ingredient, stir softly with loving hands, and pour out to the world.*

Once you have created your template remember the recipe, visualize its existence; body, mind and spand reward yourself with a gift of deep understanding. The importance of this template is to have an access system of inputting emotional data, creating a simplistic visual for coping and ongoing clarity on challenges.					

SENSITIZATION PROCESS

BODY SENSATION BAROMETER THE WISDOM KEY

BODY SCAN AND LOCATION OF SENSATION:			
Intensity Of Sensation: 0 to 10			
(0 no Impact 10 severe Impact)			
IMPACTED FEELINGS: (sad, mad, scared, happy, etc.)			
Internal Balance Routine for Today:			

RELEASE

THE KNOWLEDGE AND UNDERSTANDING OF BLOCK, STOP AND FLAT-LINE

1.	How did you gain full understanding of the event occurrence?
2.	How are you feeling about finding full understanding of this memory?
3.	What coping skill were installed?
4.	What helped you to understand this memory and bring closure to the story?
5.	Do you feel you have full understanding of the event and have received the gifts this event offered?
RE	SPONSE TO ABOVE 5 QUESTIONS:
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5.	

NOTES: FOR THE KEY TO CLARITY

(ADVENT/SENSITIZATION)

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REFLECTIONS

(BASED ON THE EMDR CONCEPT)

Take a deep breath, create a soothing environment, use bi-lateral music (optional), close your eyes and visualize your safe place. Open your eyes, remain in your soothing environment and if needed, close your eyes and return to your safe place. When you are ready visualize your progress and success accomplished on the past several weeks of emotional detoxing: Make the following notes:

1.	When I think of (a situation); these negative feelings surface:
2.	The positive feelings that I would like to believe about myself are:
3.	When I visualize that video I feel the words that I hear are (circle level): False 1 2 3 4 5 6 7 True
4.	When I reflect on the situation and the words the negative expression is and I am feeling
5.	On a scale of 0 to 10 ("0 being no bother and 10 being very bothered"); Right now I am feeling:
	0 1 2 3 4 5 6 7 8 9 10
6.	And the physical feelings are in my (body area).
7.	I have spent much time on this situation and today (date); I am feeling from a 0-10:
	0 1 2 3 4 5 6 7 8 9 10
8.	My new snapshot of this situation is
(L	Do not move on until the situation is resolved/manageable, bodily sensations have lessened, negative

words and feelings have decreased and you emotional scale is "3" or lower)