

Conference call for Wellness: Are any emotions blocking you to get well?

Three easy steps to change emotions that are unconsciously blocking us from achieving our wellness goals:

Over twenty years ago I attended an emotional release training with Gary Young. He used color to identify the intensity of emotions that were blocking. To this day I use this process to either check how I am doing in finishing an issue or to work on releasing the emotions behind it. On the call I will share a true story how profound this process can be.

Color

- Close your eyes and focus on the area of discomfort
- What color do you see? Write it down. If you don't see a color you may be trying to hard.
- There is no good or bad color, it just gives you insight into the emotions involved in the discomfort.

Choose an essential oil you love to smell or the essential oil blend Release

- Take an empty note book or loose pages and start to write out any negative thoughts coming to your mind in connection with your discomfort.
- Like: I can never get well, or how can I be so stupid, or I hate youits o.k. if the words are awful or don't make sense.
- Keep writing until nothing else comes. Then smell the essential oil and burn the page or pages. Important: Do not reread what you wrote nor share or repeat what you wrote with anyone and please do not keep the pages.

Color

- Close your eyes and watch what color do you see now in connection with the discomfort

Following you will find what colors can tell you: (During the call I will discuss that you can see multiple colors and even geometrical shapes).

Interfering colors:

any red: active anger
black: anger, death of emotions
grey: lack of emotions
muddied colors: confusion, anger involved
specks: outer influences that are interfering
metallic specks: EMF waves
or other strange interferences

Supportive colors:

pink: love
blue: strength, energy
yellow: wisdom
green: healing
on the call I will share more colors

You know the emotions are cleared for that issue when the color you see is white.

Disclaimer: This information is for educational purpose only and not to diagnose and prescribe. If you are dealing with emotional or other illness please see your health professional.