

BREAK THE BAGGAGE, CALM THE CHAOS

7 STEPS TO RECLAIM YOUR POWER

with Emotional Detox



Emotional Detox Specialists
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A photograph of a smiling couple standing together against a light background. The woman on the left has blonde hair and is wearing a blue top, with a tattoo visible on her right arm. The man on the right is bald and wearing a light blue button-down shirt.

Welcome

In this guide, we're walking you through seven essential steps to reclaim your power and find emotional freedom through Emotional Detox. We'll cover everything from recognizing the weight of emotional baggage and clearing out trapped emotions, to addressing your inner child and creating a healthier environment.


You'll learn the importance of focusing your mental energy, and most importantly, how to turn these lessons into lasting change in your daily life. This isn't just about temporary relief—it's about real, long-term growth and **emotional balance**.

Let's dive in and get you started on the path to reclaiming your peace.

Amanda & Ty

STEP 01

Accept That You Need Help Recognize The Need



Everyone carries emotional baggage—nagging doubts and unresolved feelings we've buried because we think we have to be strong. The thing is, those feelings don't just go away. They stay with you, making you feel heavier and heavier, stealing your joy little by little. The longer you ignore them, the worse it gets.

A group of diverse people, including a man with glasses and a woman with curly hair, are smiling and looking at a laptop screen. The image is faded and serves as a background for the text.

You are worthy

There is no shame in needing help. You are not broken, and you are not weak. You have emotional clutter in your heart, and that's totally normal. We've all been there. What matters is that you deserve healing. Yes, you! To get it, you have to admit that this emotional baggage isn't helping you. If you don't, you'll keep feeling stuck, drained, and wondering why things never change. But when you accept that you need an Emotional Detox, you can finally give yourself permission to let go.

Think of it like solving a puzzle, not fixing a flaw. Take a look at where you've been, notice what keeps showing up in your life, and allow yourself to ask for help. It is not weakness—it's wisdom. Once you take that first step, you'll feel lighter, freer, and so much better. You are worth the freedom that's waiting on the other side!

STEP 02

Energy Clearing and Releasing Trapped Emotions



You know those feelings you've stuffed down over the years? The heartaches, the disappointments, maybe even some old wounds you've been pretending aren't there or didn't happen? While you think you are successfully ignoring them, they don't just disappear. Those unresolved emotions are like a traffic jam on a four-lane highway,



keep pushing through

Clogging your energy body and causing all sorts of trouble. No wonder you're feeling anxious, stressed, and just plain run down. Some of that heavy energy may not even be yours. It could have been passed down through generations or even picked up from someone else, like a random encounter at the grocery store. Clearing out negative energies clears the blockages and helps your body come back into balance.

Here's the deal: if you do not release the unresolved trapped emotions from your body, they weigh you down like a heavy backpack you've been carrying for far too long. They lead to stress, anxiety, physical pain, and so much more. We've been there, thinking we could just keep pushing through and be "fine."



Set yourself free

But no one can carry that load forever, and you don't have to. You deserve to let go of it. Techniques like Emotion Code®, Body Code, or Soul Trauma Clearing can help you clear the energy and release those trapped emotions. When you finally unpack those burdens, suddenly, you can breathe again, feel lighter, and finally move forward. Do not let those negative feelings and energies keep weighing you down.

You were never meant to carry that burden. It is time to set yourself free.

STEP 03

Subconscious, Shadow, and Inner Child Work



There is a whole lot going on inside that amazing head of yours that you don't even know about. We're talking about the stuff you've tucked away—negative experiences, unresolved events from your past, and that little voice that, at the very worst time, tells you you're not good enough (even though deep down, you know you are... or hope you are).



You take control

That's your subconscious, your shadow, and your inner child all doing their thing, even if you don't realize it. And guess what? If you do not take some time to understand and heal these parts of yourself, they keep running the show. You'll keep reacting to things without knowing why. Ever wonder why the same stuff keeps happening in your life? That's the reason.

If you don't do this inner work, these hidden parts of you are going to keep steering the ship, and it will not end well. But when you take the time to face these parts of yourself—when you heal that inner child and confront your shadow—you take control of the steering wheel again. You'll gain self-awareness, break those patterns that keep holding you back, and find emotional balance. You deserve that kind of peace. So, grab a journal, try some meditation, or consider diving deep into the subconscious with hypnosis. It's time to show some love to that inner child and take charge of your life. You'll be amazed at how much lighter and freer you'll feel.

STEP 04

Little t vs Big T



The big, obvious things, like being hurt or losing someone—we call "Big T Trauma." That's the stuff that hits you hard and leaves a mark. But here's the kicker: there's also "Little t Trauma," and that's the stuff you didn't get, like love, support, or someone telling you you're enough when you needed to hear it most. It's the quiet, sneaky kind of hurt that can mess you up just as much as the big stuff.



Start to recognize

It's the presence of absence. Even though they may seem small compared to bigger life events, they can leave holes in your heart that still need filling.

Taking a look at the emotional support you didn't receive as a kid, like attention or encouragement, can really help you see why it hurts so much when you don't receive them in your life now. When those needs continue to go unmet, especially as an adult, it can make you feel worse, more disconnected, and even blind to how to grow. But when you start to recognize the missing pieces—love, support, validation—you give yourself the chance to heal. It's not too late to get what you've always needed, and once you do, it's like finally filling in the missing pieces. You'll feel stronger, more whole, and ready to take on life in a way you never have before.

STEP 05

Physically Detoxing of Possessions, Food, and Chemicals



Sometimes, it's not just emotional baggage holding you back—it's all the stuff around you, too. Your environment matters far more than you think. How can you expect to feel mentally clear when you're walking through piles of clutter, eating unhealthy food, and using toxic chemicals in your home that are actually harder on your body than you ever dreamed? That junk drawer you've been avoiding?




Start detoxing

It's more than just a drawer—it is a symbol of what is going on inside you. All that physical clutter, processed food, and harsh chemicals are silently adding to your stress and throwing you off balance. You would not believe how freeing it is to clear that stuff out. Oh, and the air freshener, the plugins... don't help— we can all still smell it and now we have a headache too!

If you don't clear it out it will just keep piling up, both physically and emotionally. You'll feel heavier, distracted, and off-balance, no matter how much emotional work you're doing. You need a clean space to support a clear mind. When you start detoxing your environment—whether it's donating clothes you haven't worn in years or switching to whole foods and natural products—you create room to breathe, think, and just be. So go ahead, clear the clutter from your space and your body. When you do, you'll be ready for the emotional breakthroughs that are waiting for you.

STEP 06

Where's Your Focus?



Alright, let's talk about that mind of yours. Ever notice how, when you think about the bad stuff, everything feels worse? That's because where your focus goes, your energy flows. If you spend all your time thinking about past hurts or negative thoughts, you're just making them stronger. But if you shift your focus to healing and growth, things can start to change.

A person is holding a glass of water with a flower inside. The person's face is visible through the glass, looking directly at the camera. The background is a soft, out-of-focus green, suggesting an outdoor setting. The title 'Paying attention' is written in a large, elegant, cursive script across the middle of the image.

Paying attention

It's like watering the flowers instead of the weeds—one grows, and the other dies off.

If you don't change your focus you'll stay stuck in that same cycle, wondering why nothing is getting better. We've been there too, feeling frustrated and going nowhere. It wasn't until we started paying attention to where we were putting our mental energy that things started to improve. Start being aware of your thoughts. Take a deep breath, and just notice when your mind starts to drift to the negative. Then,

flip the script—choose, actively, to focus on the positive, the healing, and the growth. Set daily intentions, especially small ones, that moves you forward. You feel lighter and more empowered when your focus is right where it should be.

STEP 07

Integration and Implementation



Doing the Emotional Detox is only the first step. Yes, you've cleared out the emotional baggage and had some big "AHA" moments, but if you don't take what you've learned and use it in your daily life, it's like cleaning your room and leaving the door wide open for the dust to come right back in. Integration is all about turning those breakthroughs into real, lasting change.



Act and treat others

Implementation? That's when you show up every day and applying those new insights to how you think, act, and treat others.

If you don't, you'll find yourself right back where you started, wondering why all that emotional clarity didn't stick around. We know you've been there—feeling great one day, and then back to square one because the changes didn't last.



Set clear goals

- Reflect on what you've learned during your Emotional Detox.
- Set clear goals to keep that growth alive in your life—whether it's through daily self-care, setting boundaries, or changing how you interact in relationships.
- Regular check-ins with yourself, and with us, will help keep you on track. You've come this far; now it is time to make those positive changes stick.

A photograph of a narrow path or stream cutting through a vast field of tall, purple flowering grasses under a soft, hazy sky.

Testimonial

LOVE

FROM OUR CLIENTS



“ The shift I experienced after one session with Amanda and Tj is noticeable and not just to me!!

- Nancy W



“ Their unique blend of skills is unlike anything I have ever experienced before. I haven't slept that good in years! This tune-up was just what I needed. Can't wait to do more!

- Ava K



“ I wanted to tell you that ever since you did the sessions for me, I feel so much better! I am back to creating and tattooing and feeling way less nervous and so happy! Thank you so much!!

- Lauren K



“ Amanda and T.J. have truly helped me get well! I have struggled with Crohn's disease since I was a teenager. And while I can manage it with holistic treatments, I can still have issues. What I have come to realize is that there is an emotional component to healing. I had to address the emotional trauma. And by no coincidence I found Soul Quest Energetics. I feel like a different person! They both guided me through the feelings. I felt safe and comforted in their care! Cannot thank you enough!

- Jill P



“ Working with Amanda and Tj, they made me feel like I could express the emotions I needed to move forward with my life. Even after visiting a therapist, I still felt like I needed some extra help. With their expertise, I was able to release my trapped emotions.

- Darlene P

A silhouette of a family walking away from the viewer towards a bright sunset. A man carries a young child on his shoulders. A woman walks in the center, holding the hand of a young girl on the right. The sky is a mix of orange, yellow, and purple, with soft clouds. The overall mood is peaceful and hopeful.

Conclusion

Alright, listen up! This is it

—you've already proven yourself in so many ways in The Game of Life. You've built, you've achieved, you've pushed through all kinds of challenges. But there's one thing still holding you back, one thing weighing you down—the emotional baggage, the pain, the stuff you haven't let go of yet. And you know what? It's time. It's time to face it, time to break free from it. You didn't come this far to stop now.

You've fought through tough battles. You're well on your way to conquering the outside world. But the greatest victory, the one that will change everything, is waiting inside of you. It's that emotional weight—the hurt, the trauma, the wounds you've been carrying around for years. It's been dragging you down long enough. Now is the time to rise above it.

You deserve freedom

This is your moment. This is the decision that changes everything, brings it all together. You've already proven you're willing to do the work—you've got the grit, the determination, and the drive—but now, you need to go deeper. To heal. To let go of the old pain that's been holding you back from your best life. You've been through too much to let this stop you. You know you're capable of greatness, and this? This is just the next move.

Here's what we are going to do: We are going to clear out the past. We are going to detox the emotional junk that's been piling up, the stuff that keeps you stuck. Because you deserve freedom — freedom from what has been keeping you down, freedom to step into the full version of yourself.

YOU *Are Ready*



Do not let old programming stop you now.

Step into this moment, and let's do this together. This is your time to heal, to rise, to reclaim everything that is waiting for you. You've got this. Your best life is just one step away, and it starts right here, right now.

Let's get to work!

Your breakthrough is NOW!



Be Transformed By The Renewing Of Your Mind.

Romans 12:2

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CLICK HERE

CONTACT US

A couple, a woman with blonde hair and a man with a beard, are standing outdoors in a field. The woman is smiling and looking towards the camera, while the man is looking slightly off-camera. In the foreground, there is a large, dark purple flower. The background is a soft-focus landscape with trees and a clear sky.

Thank you

We truly appreciate you taking the time to dive into this guide. Your time and energy are valuable, and we are honored that you've chosen to spend some of it with us. Remember, your emotional well-being is the foundation for everything else in your life. By embracing the power of an Emotional Detox, you are giving yourself the gift of freedom, balance, and renewed strength.

We believe in the transformative power of this journey, and we believe in YOU.

Here's to your healing, your growth, and your greatness!

Amanda & Ty

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