

How To Release Stored Emotions

Liver, Gallbladder

Negative Emotions
Anger, Frustration,
Resentment
Positive Emotion to
shift into:
Joy, Peace, Relief

Lungs, L Intestine

Native Emotions
Grief, Depression
Positive Emotion
to shift into:
Happiness, Hope

Kidney, Ears, Bladder

Negative Emotions
Fear, Insecure,
Rejection
Positive Emotion to
shift into:
Love, Empowerment,
Peace, Safe

Heart, S Intestine

Negative Emotions
Fear, Grief, Sadness
Positive Emotion to
shift into:
Courage, Joy,
Calmness

Spleen, Stomach, Panceas

Negative Emotions
Worry, Anxiety, Fear
Positive Emotions to
shift into:
Calm, Peace, Trust

Say this positive affirmation while
placing your hand on the involved organ

"I expose and release any (name emotion) from my
body, sprit and aura. I let go of you now and let
pass through me into the universe to be
neutralized"

TIP:

The subconscious brain keeps us safe.
When we release it creates a gap. Gaps are unsafe to the
subconscious brian so it fills it in with past experiences
Now we need to fill the gap

Fill in the gap

Take 3 deep breaths in your nose and out your mouth. Allow
negativity to release through the exhale.
Put in the positve emotion:
"I fill any holes, voids or spaces with (Positive emotion) and light
and ask any and all damage to be healed in my organs