

BLOCKED DEFENSE Set Script

Main Underlying Issue: Violation

- **Option:** Process with Inner Child Stage 3 scripts or CD's, Sexual Abuse Sets, Birth and/or play the 10th or the 12th Chakra CD's in the background for a deep release. Use the "Command" and "Quick Clean-Up" in all modalities at the end of each release paragraph.

Profile: Blocked Defense

- Unconsciously try to get you to define their ideas.
- Give you push-pull signals (I love you—I hate you.)
- Inability to tell difference between themselves and you ("We both know what I mean.")
- Like to engage in serious, heavy conversations.
- Sense of inertia and humiliation in the air, a sense that you are controlling them and that they can do nothing without you.
- Reject everything suggested to them.
- Head forward, heavy build, compressed body tension, cold buttocks.
- Hyperactive, internalized energy, boiling inside.
- Silent brooding.
- Evokes teasing.
- Language is whining, indirect manipulating using polite expressions ("I don't think so, Tim.")
- Holds in feelings and creativity.

Process Auditory, Memory, Visual, Recreate and Feeling Wand Techniques.

Release from Auditory: Humiliated / Unclean / Have to submit - can't submit / Being controlled / Never good enough / Defeated / Controlled / Can't be myself / Need to suffer / Need to whine and complain / Crushed / Interfered with / Robbed creativity / Parents stole my essence / anger / **Let it all go...**

Release from Memory: Guilty / Can't assert or express myself / Have to submit / Shame / Have to be polite / Helpless / Hopeless / Invaded / Used / Abused / Let down / Never good enough / **Release it from every neural pathway in the brain...**

Release from Visual: Anger / Have to hold everything in / Can't be independent / Disgusted / Need to manipulate / Control / Hate to be teased/ Dependent / Teased / Trying to please / Boiling up inside / Swamped / Smothered / Violated / Deep grief / Insecure / Unsafe / **Breathe it out of every cell...**

Release from Recreate: Fear / Afraid I'll explode / Afraid I'll be violent / Afraid of my rage/ Walking time bomb / Afraid of mom / Invaded / Have to submit / Resentful / Blame / Trapped / Powerless / Control / Hate / Need to be perfect / Stubborn /

Script to be used with wand techniques:

Inflexible / Fear of change / **Blink it all out...**

Release from Feelings: Pressured / Trapped / Controlled / Can't be creative / Spite / Everything's negative / Superiority / Hostility / Blocked / Complaining / Provoking / Holding in / Holding on / If I get angry I'll be humiliated - If I don't I'll be humiliated / I'll kill (hurt) myself before you kill (hurt) me / **Release it past, present and future...**

“Releasing it in all modalities... Release, Release, Release, Release, Release it!”

Do the Hammer, Release it to the Light, Desensitize, Fast Auditory, Pull it Up, Breathe it to the Light Wand Techniques.

End this script with the High Frequency Wand Technique

Reframe

Reframe with wand quickly in Auditory. Add any reframes that fit your client.

Thank You God...

I am life flows easily and joyfully for me

I am happy to be free

I am spiritually connected

I am loved and supported

I am powerful and content

Blink it in, Blink it in every cell... Blink it into all modalities.

(Move wand quickly through auditory, Memory, Visual, Recreate and Feeling modalities)

I am safe and secure

I am in touch with my feelings

I am redirecting my thinking

I am open to new possibilities

I am good natured

I am within

I am healed and whole and balanced

Blink it in, Blink it in every cell...

Thank You God...

I am creating my universe every day

I am God is my friend

AVOIDANCE DEFENSE Set Script

Main Underlying Issue: Rejection

Option: Process with Inner Child Stage 5, Sexual Abuse Sets scripts or CD's, Waiting Period, or play the 4th or the 5th Chakra CD's in the background for a deep release.

Use the "Command" and "Quick Clean-Up" in all modalities at the end of each release paragraph.

Avoidance Defense Profile:

- Completely removed emotionally from conversation.
- Can handle anything, everything is for appearance sake.
- Never has anything wrong or can fix it appropriately.
- Everything is "perfectly reasonable" and appropriate.
- Holds back feelings and actions in order not to look foolish.
- Tends to be worldly, lots of ambition and competitive.
- Communicates with qualifiers to remain uncommitted ("Yes, I agree with you 100%, BUT (or unless)...")
- Language is seductive, competitive ("Good idea. Let's do it this (his) way").
- Evokes competition, strong ego, have to one-up.
- Sex without love, unable to connect 2nd and 4th chakras.

Script to be used with wand techniques:

Process Auditory, Memory, Visual, Recreate and Feeling Wand Techniques.

Release from Auditory: Denial / Not real / Need to be perfect / I don't exist / Have to keep up appearances / No faults / No weaknesses / Have to look good in order to survive / Anger / I have to run things / Control / Have to be in control / Control yourself / Guilt / Denial / Afraid to feel / **Let it all go...**

Release from Memory: Fear / Afraid of imperfection / Not in control / Need to be perfect / Have to be split to survive / Afraid to be real / Afraid someone will see my real self / Life is meaningless / Afraid to express myself / Afraid to know myself / Don't know that I'm real / Can't feel / If I surrender I'll die / nothing to be concerned about / It didn't really happen / Sad / Helpless / **Release it from every neural pathway in the brain...**

Release from Visual: Guilt / Should / Ought to / Need to / You can do better / What's wrong with you / Have to act appropriately / Never good enough / Need to have strong boundaries / Image is everything / Hurt feelings / What will other people think of me? / Fear / Anger / Rage / **Breathe it out of every cell...**

Release from Recreate: Afraid / Life is passing me by / Can't express / There is no real me / Unsafe / Insecure / No self / Betrayed / Afraid to let go / Sex with contempt / Pride / Afraid to surrender / Don't know how to love / Afraid to love / Afraid to be intimate / Afraid others will see I'm imperfect / Vulnerable / If I don't feel it,

it isn't real / I'll get caught / Fear / Sad / Helpless / **Blink it all out...**

Release from Feelings: Anger / Competitiveness / Holding back / Double bind / Either choice is wrong / "Yes, but ..." / I won't love you / Never good enough / Have to be better than / Aggressive / Have to do it right / I have to manipulate others to get what I want / Rejection / Foolish / Terror of betrayal / **Release it past, present and future...**

"Releasing it in all modalities... Release, Release, Release, Release, Release it!"

Do the Hammer, Release it to the Light, Desensitize, Fast Auditory, Pull it Up, Breathe it to the Light Wand Techniques.

"How do you feel?"

End this script with the High Frequency Wand Process

Reframe

Reframe with wand quickly in Auditory

Thank You God...

I am mature

I am free and happy

I am spiritually connected

I am doing it now

I am procrastination free

Blink it in, Blink it in every cell... Blink it into all modalities.

(Move wand quickly through Auditory, Memory, Visual, Recreate and Feeling modalities)

I am safe and secure

I am okay to create and express

I am safe to relax

I am able to receive assistance

I am composed and valuable

I am healed and whole and balanced

Blink it in, Blink it in every cell...

I am comprehending and clear

I am able to fill my own basic needs

I am real and in the moment

I am connecting to others

I am appreciating the past

I am living in the present

I am looking forward to the future

I am equal and adaptable

Blink it in, Blink it in every cell... Blink it into all modalities.

I am trusting

I am serving and congruent

I am liberated

I am true to myself

I am centered and vibrate at high joy

I am interdependent

I am fulfilled and positive

Blink it in, Blink it in every cell...

I am self-reliant

I am completion

I am feeling good when I get it done

I am I know how to love

I am enough

I am safe to be intimate

Blink it in, Blink it in every cell... Blink it into all modalities.

I am anything I want to be

I am safe to surrender to Source

I am perfect just as God created me

I am honor and gratitude

I accept all negative and positive as a gift

I am grateful for the learning

Blink it in, Blink it in every cell...

I am loved and good enough

I am cherished and real

I am free to enjoy life

I am okay to be human

I am more than survival

I am that I am

I am whatever I think I am

I am perfect just as God created me

Blink it in, Blink it in every cell and all modalities. Blink it in, blink it in, blink it in, blink it in, blink in for you and blink it in for your family.

SPLIT DEFENSE Set Script

Main Underlying Issue: Terror

- **Option:** *Process with Inner Child Stage 6, Pre-Birth, Birth, Sexual Abuse Sets, Birth Story scripts or CD's and/or play the 2nd or the 10th Chakra CD's in the background for a deep release.*

Use the "Command" and "Quick Clean-Up" in all modalities at the end of each release paragraph.

The Split Defense Profile:

- Weak, sensitive body often with twisted spine and body stance.
- Experiences all time as now, unaware of linear time.
- Eyes appear vacant, not in their body.
- You can feel fear all around them.
- They seem to be not paying attention (spacey). Processing DNA
- Weak 3rd and 4th chakras, don't know how to connect them, energy leaks at the joints of aura (usually near skull).
- Feels separate.
- Uncoordinated, weak joints, ringing in ears.
- Cold hands, feet, cut off from their unique point in the center of the Earth.
- Hyperactive, ungrounded, frozen core.
- Evokes intellectualization.

- Communicates in absolutes, language depersonalized.

Script to be used with wand techniques:

Process Auditory, Memory, Visual, Recreate and Feeling Wand Techniques.

Release from Auditory: Terror / Have to escape / Physical body is dangerous / Afraid / People are hostile / Attacked / Others angry with me / Afraid to be here / Want to leave / Twisted / Lopsided / Unsafe / Weak boundaries / Penetrated / Life is dangerous / **Let it all go...**

Release from Memory: Vulnerable / Can't be myself / Relationships are dangerous / Disconnected / Scary to be in here / Have to run / Releasing DNA family patterns / Trapped / Too weak to stay / To exist is to die / No right to exist / Have to split to survive / Terrified to exist / Sad / Lonely

Release it from every neural pathway in the brain...

Release from Visual: Anger / Past, present, and future are the same / Frustrated / Never changing / Hopeless / Nothing will ever change / Disrespected / Rejected / Unwanted / Hopeless / I'll reject you before you can reject me / Afraid / **Breathe it out of every cell...**

Release from Recreate: Powerless / Humans are dangerous / Scattered / No love for me / Have to get away / She's mad at me / Anxious / Afraid of boundaries / Blame / Can't communicate / Beside myself / I have to be above this / Don't understand / Get out

/ Unwise / Troubled / Anger / **Blink it all out...**

Release from Feelings: Guilty / Disassociated / Hate the way I feel / Awkward / Denial / Afraid of my body / Hearing voices / Ungrounded / Sensitive / Afraid of energy / Ashamed / Claustrophobic / Separated / Unwanted / Controlled / Sad / Spiteful / Unloved / Too hard / Why bother / Helplessness / Deep grief / **Release it—past, present and future...**

“Releasing it in all modalities... Release, Release, Release, Release, Release it!”

Do the Hammer, Release it to the Light, Desensitize, Fast Auditory, Pull it Up, Breathe it to the Light Wand Techniques.

“How do you feel?”

End this script with the High Frequency Wand Process

Reframe

Reframe with wand quickly in Auditory

Thank You God...

I am grounded to my unique point in the center of the Earth

I am real and purposeful

I am connecting to others

I am bonded and cared for

I am interesting and beautiful

I create at the perfect pacing for me

I am clean and decent

I am spiritually connected

I am prosperous

I am comforted and unshaken

Blink it in, Blink it in every cell... Blink it into all modalities.

(Move wand quickly through auditory, Memory, Visual, Recreate and Feeling modalities)

I am safe and secure

I am okay to create

I am okay to express

I am in the moment

I am within

I am healed and whole and balanced

Blink it in, Blink it in every cell...

I am individuated

I am tolerant and reasonable

I am loving and lovable

I am intelligent

I am equal and relaxed

Blink it in, Blink it in every cell... Blink it into all modalities.

I am trusting

I am productive and important

I am discerning and affable

I am untroubled and tender-hearted

I am centered and grounded

I am respectful and respected

I am open minded and embracing truth

Blink it in, Blink it in every cell...

I am self-acceptance and complete

I am the source of my happiness

I am enough

I am doing it for myself...**Blink it in, Blink it in every cell... Blink it into all modalities.**

I am industrious

I am perfect just as God created me

I am honor and gratitude

I accept all negative and positive as a gift

I am all my parts work together

I am grateful for the learning

Blink it in, Blink it in every cell... Blink it into all modalities.

I am loved and valiant

I am cherished and considerate

I am confident in my own abilities

I am sensible and disciplined

I am noble and masterful

I am perfect just as God created me

I am that I am

I am whatever I think I am

Blink it in, Blink it in every cell and all modalities. Blink it in, blink it in, blink it in, blink it in, blink in for you and blink it in for your family.

EXTERNAL DEFENSE Set Script

Main Underlying Issue: Abandonment

Option: Process with Inner Child Stage 1 and 2, Conception in Birth Story scripts or CD's, and/or play the 1st, 2nd, 7th or 8th Chakra CD's in the background for a deep release.

Use the "Command" and "Quick Clean-Up" in all modalities at the end of each release paragraph.

The External Defense Profile:

- Suck energy in through the eyes will often look at you longingly, even while blinking.
- Indulgence in long boring conversations.
- Speak too softly to be heard, makes others come to them with their soft talk, acting shy.
- Evokes mothering, gladly sucking in all the advice you give and asking for more, communicating in questions, indirect language.
- Focused on getting filled from the outside.
- Weak chakras and fields, dependent on other's fields.
- Act helpless - want you to do things for them or take care of them in ways that are not normal for an adult.
- Do a lot to have eye contact - pleading eyes.

- Thin body, collapsed chest, smooth muscles held tight.
- Verbal denial and hysteria (panic attacks).
- Hyperactive, low energy.

Script to be used with wand techniques:

Process Auditory, Memory, Visual, Recreate and Feeling Wand Techniques.

Release from Auditory: Afraid / Not enough / Lack / Abandoned / Alone / Never enough time / Angry / Unfulfilled / Never satisfied / Pulled away / Separate / Nobody there for me / Not good enough / Want to take longer / Helpless / Hopeless / **Let it all go...**

Release from Memory: Deep grief / Abandoned / Loss / Sorry for myself / Helpless / Sorry for myself / Rejected / I'll abandon you before you abandon me. / Take care of me. / If I ask, it's not love; If I don't ask, I won't get it. I don't need you so I won't ask / Fear / Sad / Unsafe / **Release it from every neural pathway in the brain...**

Release from Visual: Not enough / Weak / Sucking energy away / Powerless / Un-nurtured / Dependent / Disliked / Hated / Abandoned / Avoided / Never enough / Helpless / Pleading / I needed more from her / Can't stand up for myself / Never enough time for me / Dishonor / sad / **Breathe it out of every cell...**

Release from Recreate: Abandoned / Do it for me / Take care of me / Need help / I miss my mother / She was never there for me / Hurried / Have to do it all myself / Impatient / Deep grief / Left alone / Nervous / Can't take in / I give up / Helpless / Hopeless / Sad / **Blink it all out...**

Release from Feelings: Confused / Taking too long / Abandoned self / Fighting time / Never good enough / Disrespect / Angry / Rage / Frustration / Have to escape / Blaming others / Revenge / Need to look outside self for answers / Sad / Apathy / Despair / Things are never going to change / Don't want to deal with it / Too difficult / Deep grief / **Release it past, present and future...**

“Releasing it in all modalities... Release, Release, Release, Release, Release it!”

Do the Hammer, Release it to the Light, Desensitize, Fast Auditory, Pull it Up, Breathe it to the Light Wand Techniques.

“How do you feel?”

End this script with the High Frequency Wand Technique

Reframe

Reframe with wand quickly in Auditory

Thank You God...

I am within

I am responsible for things that happen to me

I am spiritually connected

I am yielding and accessible

I am managing quite successfully

I am outgoing

Blink it in, Blink it in every cell... Blink it into all modalities.

(Move wand quickly through Auditory, Memory, Visual, Recreate and Feeling modalities)

I am warm and inviting

I am processing my own feelings

I am okay to express

I am in the moment

I am within and without

I am healed and whole and balanced

Blink it in, Blink it in every cell...

I am individuated

I am here and real

I am honest and organized

I am at ease and serene

I am lifted-up and invigorated

I am looking forward to the future

I am equal and abundant

Blink it in, Blink it in every cell... Blink it into all modalities.

I am trusting and serving others

I am seeing things from God's point of view

I am light and compassion

I am joy and happiness

I am willing to explore within

I am vital and feeling

Blink it in, Blink it in every cell...

I am merciful

I am released

I am forgiving

I am others are enough

I am effective and demonstrate love easily

Blink it in, Blink it in every cell... Blink it into all modalities.

I am pardoned

I am accountable for my actions

I am gentle with others

I am perfect just as God created me

I am honor and gratitude

I accept all negative and positive as a gift

I am grateful for the learning

Blink it in, Blink it in every cell...

I am loved and cherished

I am judgment free

I am unconditional love

I am perfect just as God created me

I am God's gift to the world

I am that I am

I am whatever I think I am

Blink it in, Blink it in every cell and all modalities. Blink it in, blink it in, blink it in, blink it in, blink in for you and blink it in for your family.

DISPLACED DEFENSE Set Script

Main Underlying Issue: Betrayal

Option: Process with Inner Child Stage 4 of Inner Child scripts or CD's, Family, Sexual Abuse Sets, Tunnel in Birth Story scripts or CD's, and/or play the 3rd or the 5th Chakra CD's in the background for a deep release.

Use the "Command" and "Quick Clean-Up" in all modalities at the end of each release paragraph.

The Displaced Defense Profile:

- Aggressive nature, 2nd chakra undercharged.
- Heart and sexuality fail to work together.
- Set others up for betrayal.
- Often pick fights with others and prove them wrong (and bad).
- Take on more than they can handle, give up personal needs, then finds some betrayal that makes them collapse.
- Work long hours, takes more responsibility than is healthy.
- May have back or joint problems.
- Never enough time to do it all
- Live in a future that never comes.
- Have no problems (if they did they would be bad (evil).
- Feelings of defeat.

- Inflated chest, top heavy, cold legs and pelvis.
- Hyperactivity followed by collapse.
- Evokes submission, exerts control, communicate in dictates, direct language ("you should").

Script to be used with wand techniques:

Process Auditory, Memory, Visual, Recreate and Feeling Wand Techniques.

Release from Auditory: Fear / Sacrifice / I have to be right / Betrayed / Overthrown by those I trusted most / I have to win / Right - wrong / Can't trust anyone / Have to fight and win to survive / Helpless / Hopeless / Unskilled / Afraid to be here / Insecure / Unsafe / Don't know where I belong / Deep grief / Sorrow / Poor me / **Let it all go...**

Release from Memory: Disappointed / Invalidated / Being better than Mom (Dad) / Can't be sexual and loving / Afraid I'll betray Mom (Dad) / Bad / Afraid of Mom (Dad) / I can't let down my guard / Fight to the end / Anger / rage / belligerent / refuse to give up / frustration / **Release it from every neural pathway in the brain...**

Release from Visual: Can't give in / Have to be bigger, faster, better / grow up! / Have to be aggressive / Weak / Unsupported / Vulnerable / Rug pulled out from under me / Afraid I will be the bad one / Have to control others to survive / Powerless / Blame / Incompetent / Have to / Must win / Rejected / **Breathe it out of every cell...**

Release from Recreate: Never enough time / Afraid to be in the moment / Afraid to stop / Can't trust anyone / Extreme terror / Surrender is death / Can't make a mistake / Have to be right / Angry / No rest / Constant struggle / I have to be right or I die / I'm right, you're wrong / I will control you / Sad / **Blink it all out...**

Release from Feelings: Vicious / Cornered / Fighting for my life / Blame / Boiling anger inside / Overreacting / Have to defend myself / Holding up / Hostile / Defeated / Have to be responsible for everything (everybody) / Have to be in charge / Lopsided and weak boundaries / overwhelmed. **Release it past, present and future...**

“Releasing it in all modalities... Release, Release, Release, Release, Release it!”

Do the Hammer, Release it to the Light, Desensitize, Fast Auditory, Pull it Up, Breathe it to the Light Wand Techniques.

“How do you feel?”

End this script with the High Frequency Wand Technique

Reframe

Reframe with wand quickly in Auditory

Thank You God...

I am connected to all other souls

I am free and happy

I am spiritually connected

I am free to express myself

I am powerful and content

Blink it in, Blink it in every cell... Blink it into all modalities.

(Move wand quickly through Auditory, Memory, Visual, Recreate and Feeling modalities)

I am hearing you in all things

I am reclaiming my abundance

I am grateful for the people who played the parts for me

I am “In” the moment

I am within

I am healed and whole and balanced

Blink it in, Blink it in every cell...

I am grateful for my adventures

I am forgiven for my perceptions

I am free of all fear energy

I am all the divine laws

I am in touch with my divine light

I am my auric field is clear

Blink it in, Blink it in every cell... Blink it into all modalities.

I am enjoying keeping my agreements

I am acceptance of my intentions

I am experiencing enough time and space for everything

I understanding that negative DNA is just a shadow

I am excited to be here to fulfill my contracts

Blink it in, Blink it in every cell... Blink it into all modalities.

I am doing everything from a point of gratitude

I am being the part

I understanding the divine way of manifesting

I am moving forward and I am free

I am releasing all boundaries and limitations for spiritual growth

I am flowing with divine energy

Blink it in, Blink it in every cell...

I am loved and belong to Source

I am balanced in every cell in my body

I am seeing the best in others

I am dissolved of all my judgements

I am losing myself to find myself

I am acceptance of the establishment

I am released from the pattern of controlling and manipulating

Blink it in, Blink it in every cell... Blink it into all modalities.

I am at peace with those who don't get it

I am cherished

I am deserving of joy and contentment

I am together with myself and others

I am one with God

I am that I am

I am whatever I think I am

Blink it in, Blink it in every cell and all modalities. Blink it in, blink it in, blink it in, blink it in, blink in for you and blink it in for your family.

TOUGH DEFENSE Set Script

Main Underlying Issue: Powerless

Option: Process with Inner Child Stage 6, Family Set's, Control CD, Birth Canal and/or play the 11th or the 12th Chakra CD in the background for a deep release.

Use the "Command" and "Quick Clean-Up" in all modalities at the end of each release paragraph.

Tough Defense Profile:

- Condescending or arrogant attitude
- Third chakra undercharged
- Feel disconnected
- Have all the answers
- Problems with authority
- Demand to know why they should do anything
- "I'm OK, leave me alone!" I don't need this.
- Have to be in charge
- No problems, "know it all"
- Blaming and fault finding
- Feeling forced

Script to be used with wand techniques:

Process Auditory, Memory, Visual, Recreate and Feeling Wand Techniques.

Release from Auditory: Have to be tough / Sad / Helpless / Hopeless/ Can't let anyone see me/ No one is there for me/ Unsafe to be vulnerable/ Walking time bomb/ Giving up

on it / Rage/ Giving up/ Impatience with ignorance / Hate you/ Hate the world / I'm not worth it/ angry / Resentful / Can't trust anyone not even me/ Stuffing the emotions/ Used / Appearing phony / Abused / Deep grief / **Let it all go...**

Release from Memory: I'll abandon you before you abandon me/ People I love get hurt or die or go away/ Deep grief / Anger / Rage / I want to live...I want to die/ Fake it until you make it / Think I'll explode/ Afraid to cry / Never let them see you sweat / Lack of understanding / Having to take care of other people / Nothing works out right/ Helpless/ Hopeless/ Alone/ I love you...go away/ Afraid / **Release it from every neural pathway in the brain...**

Release from Visual: I hate myself/ hate life/ Hate the world/ No place for me/ Anger / Rage / Afraid to be with you/ Afraid to be without you/ No one ever listens to me/ Grief/ No one understands me/ Angry with God/ Angry with mother/ Angry with father/ **Breathe it out of every cell...**

Release from Recreate: Forced to take over/ Feeling weak / Small / Vulnerable/ Unsafe/ Insecure/ Deep Sadness/ Can't go back/ Too far gone/ I'm a sinner/ Controller to keep from being controlled / Push-pull signals/ Have to be bigger / Stronger/ Meaner/ Resentment/ Get out of my way / Betrayed by those I love the most / Untrusted / Can't trust you / Constricted / Tempted / Setbacks / Rage / Anger / **Blink it all out...**

Release from Feelings: Isolated / Showing emotion will hurt/ Problems with authority/ Too many mistakes/ Unsafe to be vulnerable/ Can't open up/ Stuck in the pain/ No one is going to tell me what to do/ Stuffed feelings / Always great / Giving up on life/ Afraid of the pain/ Damned if I do...damned if I don't/ Resentment/ Terror/ Isolation / Smiling for the world / Abandoned/ Betrayed/ **Release it past, present and future...**

“Releasing it in all modalities...Release, Release, Release, Release, Release it!”

Do the Hammer, Release it to the Light, Desensitize, Fast Auditory, Pull it Up, Breathe it to the Light Wand techniques.

“How do you feel?”

End this script with the High Frequency Wand Process

Reframe

Reframe with wand quickly in Auditory

Thank You God...

I am kind and soft

I am love and vibrate with joy

I am supported and safe

I am using humor to get my way

I am tender and loving

I am happy to let go of my patterns that are no longer serving me

Blink it in, Blink it in every cell... Blink it into all modalities.

(Move wand quickly through Auditory, Memory, Visual, Recreate and Feeling modalities)

I am grateful for the lessons

I am decisive and can choose again

I am enjoying my new beginnings

I am accepted and forgiven

I am compassionate and stable

I am an open and expressive

Blink it in, blink it in every cell...

I am a changed person

I am laughter in the toughest situations

I am relaxed in my body

I am healthy on all levels

I am free and open

I work well with those in authority

I am letting go of my stinking thinking

Blink it in, Blink it in every cell... Blink it into all modalities.

I trust myself and others

I create my life

I am responsible for the energy I create

I am powerful

I am willing to be the truth of who I am

I am intelligence

I am open to support from others

I am patience in all situations

I am unconditionally loved and loving

I am connected and complete

I am surrendering to be guided to by spirit

Blink it in, Blink it in every cell... Blink it into all modalities.

I am a child of God

I am acknowledgment of God in my life

I am happy without being defensive

I am a great listener of myself and others

I am romantic and sensitive to others needs

I am able to have fun

I am allowing others to protect and take care of me when I need it

I am asking others to assist me

I am empowered when I set others free to take care of themselves

I am capable of managing my life and my finances

I am perfect just as God created me

I am that I am

Blink it in, blink it in every cell and all modalities. Blink it in, blink it in, blink it in, blink it in, blink in for you and blink it in for your family.