

# THE HEALING PROCESS: EMOTIONAL RELEASE SCRIPT

Skill 32  
We Cornerstone: Influential  
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Fill in the blank with the word or words that apply at this moment.

*I clear the negative energies, generational family patterns,  
and traditions of \_\_\_\_\_.*

Fear	Sadness	Feeling Like I'm Not Safe
Frustration	Despair	Confusion Regarding Boundaries in Relationships
Overwhelm	Out of Control	Worrying What Others Think of Me
Confusion	Burden	Repressed Old Emotions
Suppressed Anger	Scarcity	Blocked Learning
Poor Self-Image	Not Feeling Good Enough	Patterns of Codependency
Envy/Jealousy	Not Feeling Lovable	Blocked Creativity
Resentment	Feeling Like I Can't Be Myself	Betrayal
Control	Feeling Like I Don't Belong	Grieving
Need for Approval	Feeling Like I'm All Alone	Mourning
Judgment	Imbalance in Male and Female Energy	Blocked Self-Expression
Guilt	Feeling Like I'm Trapped	Issues with God or Authority
Shame	Self-Sabotage	
Self-Betrayal		

*And I cast them to the Son/Sun to be repolarized into positive energy.  
I replace them with \_\_\_\_\_.*

Love	Forgiveness	Feeling Like I Have All That I Need
Acceptance	Being Open to New Possibilities	Self-Confidence
Self-Love	Positive Self-Image	Self-Knowing
The Ability to Give and Receive Unconditional Love	The Ability to Go with the Flow	Feeling Connected to spiritual Self or God
Clarity	Safety	Feeling Like I'm Lovable
Truth	Peace	Balance with Male Energy
The Ability to See Truth	Increased Capacity to Learn Life Lessons	Feeling Like I'm Good Enough
Joy	Experiencing a State of Awe and Wonder	Feeling Like I Belong
Warmth	Healing	Tribal Connectedness
Energy	Seeing Boundaries in Relationships	Understanding Personal Responsibility
Security	Abundance	Feeling in Control of My Life
	Feeling Like I can Trust Others	Feeling Free