

Feelings Kit Protocol

- Step 1: Apply Valor on the bottoms of your feet to balance your feelings.
- Step 2: Apply Harmony on the energy points of the body to release unpleasant energies.
- Step 3: Apply Forgiveness clockwise on the navel to let go of negative emotion.
- Step 4: Apply Present Time to the wrists and behind your ears.
- Step 5: Apply Release over the front and back liver in the circular motion.
- Step 6: Apply Inner Child under your nose.
- Step 7: Apply Valor once again to complete the Feelings Kit experience.

Valor:

I am ready to transform my life
I choose to have courage to make changes in my life
It is safe for me to change

Harmony:

As we went through each chakra point:
I allow myself to stand firmly on Earth, in perfect harmony (below feet)
I trust that my needs are always met (base of spine)
I have the confidence to express myself creatively (sacrum, reproductive organs)
I claim the power to transform my life (solar plexus, lower back)
My heart is open fully to give and receive love (heart, between shoulder blades)
I communicate with clarity and freedom of expression (throat, base of neck)
I see truth with clarity (base of skull, third eye)
I am connected with my soul's wisdom (crown of head)
I see the bigger picture for my life's purpose (above head)

Forgiveness:

I forgive other people for any harm they may have caused me
I give other people permission to forgive me
I see the good in every situation
I am thankful for life's experiences and the lessons they teach

Release:

I now choose to release all anger from my liver
It is safe for me to release all anger from my liver
I now choose to release all resentment from my liver
It is safe for me to release all resentment from my liver
I now choose to release all the destructive feelings and replace them with love and joy

Present Time:

I let go of the past
I allow the future to unfold with ease
As I bring myself fully into the present moment, this is where my power lies

Inner Child:

I am ready to face my deepest secrets and this allows me to rediscover the playfulness of my Inner Child

Joy:

My heart is healed
My heart is open to new experiences
I am filled with joy

Valor (again)

You can use the same affirmations or just state anything that comes to your mind

White Angelica (applied at the very end)

I am protected from negativity around me