1. I, __________, who am ♥, am experiencing (identify your emotions) B. (Use a separate worksheet for each emotion.) Hostility and fear* are from internal corrupt data and indicate my use of sustained incoherence* to build this disturbing internal construct. My denial causes my “CBM”* to displace my experience of myself as my Essence, Love, and tells me the lie that my emotions are caused by my trigger. My story, my reality is that #1C (name your object of attention) ____________.

**BREATHE!**

1 D. The truth is only MY THOUGHTS cause my emotional upset! BREATHE!! The thought(s) (a separate WakeUp Sheet for each thought) I use to cause my emotion (#1B) is.

1 E. I want to punish #1C by ____________ &/or Self by ____________.

2 A. I choose to Love Truth and willingly face and process out all dis-ease producing energies for/from all my relations (generations) B. I willingly go through the physical, mental, and emotional symptoms of healing.

3 My desire (the constructive result, the exact goal that drives my pained perception) is that #1C, my trigger, ____________.

4 I choose ♥, my ESSENCE, which stirs the ♥ in everyone involved. (Rose & Butterfly Story)

5 A. When upset, my perception is built out of corrupt data driven by my goal, #3. It is a limiting picture constructed from a max of 9 bits of data out of 10,000 brain cells firing. By canceling my goal my replicate mind’s* reality collapses and gives me direct contact with the denied & dissociated* parts of my CBM, which projects & blames others for its content. While holding Love conscious, active and present, I now choose to collapse my ‘mind’s’ lies by willingly canceling my goal (driver) for #1C to (from #3) ____________.

5 B. I invite ____________, in Aramaic, Rookha d’Koodsha,* to incline me toward healing, restore me to my NEWBORN ESSENCE, LOVE, heal my denial & capacity to generate my emotion of (#1B) ____________. Help me open a direct, conscious relationship with & gently remove the denied, dissociated* & projected parts of my Carbon Based Memory.

6 A. I now feel ____________ and, B. about #1 see that ____________.

C. I ask to be shown a time when I have not fulfilled #3

7 A Principle of the universe is that by giving, I first get the original! I am GRATEFUL for this opportunity to heal. I choose TRUTH and PERFECT LOVE! #1C, based on #3, I structure a truly Loving goal toward you and offer to you

**| SOFTEN AND BREATHE!**