

Practice Sheet for Use With:
Heal Your Body (HYB) – Louis Hay
Feelings Buried Alive Never Die (FBA) – Karol Truman
Releasing Emotional Patterns with Essential Oils (REP) – Carolyn Mein

Identify a Condition or an Emotion that you would like to address: _____

FBA p. 85: “The first place to start is to become mindful or conscious of what you are feeling, what you are thinking, what you are saying and what you are doing...Become aware of any incident, comment, situation or person that triggers in you some kind of discomfort response...when you feel something you don’t enjoy feeling, or think something you don’t enjoy thinking.”

You may want to start by describing a feeling you have, or you may want to start by thinking about something that you want to focus on at this time. As you think about it, sense in your body a feeling that comes with that.

Felt Sense

Preparation: Grow quiet ~ Go inside ~ Be gentle.

Say to yourself: “Everything in my life is fine right now.”

Notice what comes.

What is my awareness right now?

Where in my body do I sense this?

What word or image best describes this?

Is this the best word or image to describe this or does something else come?

Continue asking until the handle fits.

Be flexible if you find yourself on a path that fits better than where you began. Start with any book. Create a notebook of several of these sheets for other topics you would like to explore later.

Page numbers may differ depending on your book’s edition.

1. HYB

pp. 10-72

Problem _____

Probable Cause _____

***New Thought Pattern _____

pp. 74-75

Spinal Chart _____

pp. 76-80

Vertebrae _____

Probable Cause _____

***New Thought Pattern _____

2. FBA

pp. 183-204

Negative Feeling _____

Positive Feeling _____

pp. 226-272

Condition _____

Probable Cause _____

p. 95 Process with “The Script”

3. REP

Emotional Reference pp. 34-48

Emotion _____

Other Side _____

***Way Out _____

Oil _____

Alarm Point _____

Chart _____

NOTE: You may start your search in any of the sections. However, once you have found the Emotion, go to the Emotion Reference section of the book and fill in the 6 lines above. Then you can ignore the rest of the following 8 blanks as they will duplicate what you already have.

Oils Reference pp. 56-62

Oil _____

Emotion _____

Alarm Point _____

Body Reference pp. 64-70 (Location of Body Alarm Points pp. 73-79)

Alarm Point _____

Oil _____

Emotion _____

Body Charts pp. 80-87

Chart _____

Alarm Point _____

Clearing Procedure pp. 52-54

1. Identify and *Feel the Emotion*. Totally embody it.
2. Activate and *Smell* the appropriate *Oil*, taking it into all your cells.
3. Feel the *Other Side* of the emotion.
4. Apply the oil to the *Alarm Point(s)*.
5. Apply the oil to or simply touch the *Emotional Points* on the *Frontal Eminences*, p. 52.
It can also be applied to the *Anterior Fontanel*, *Spinal Cord* or *Release Points* at the base of the skull, and to the *Filter Points* on both sides of the back of the skull, p. 53.
6. Focus on and say the statement(s) out loud that provides a *Way Out*.
Repeat it until you feel the energy blocks release and you come to a point of stillness.
This allows you to move from a negative to a positive state.
Continue breathing the oil until you feel the energy shift.
(You may also refer to the affirmations from HYB starred *** above)
7. Repeat as needed.

Notes _____

See Tranquil Heart Book List for other sources to cross reference.