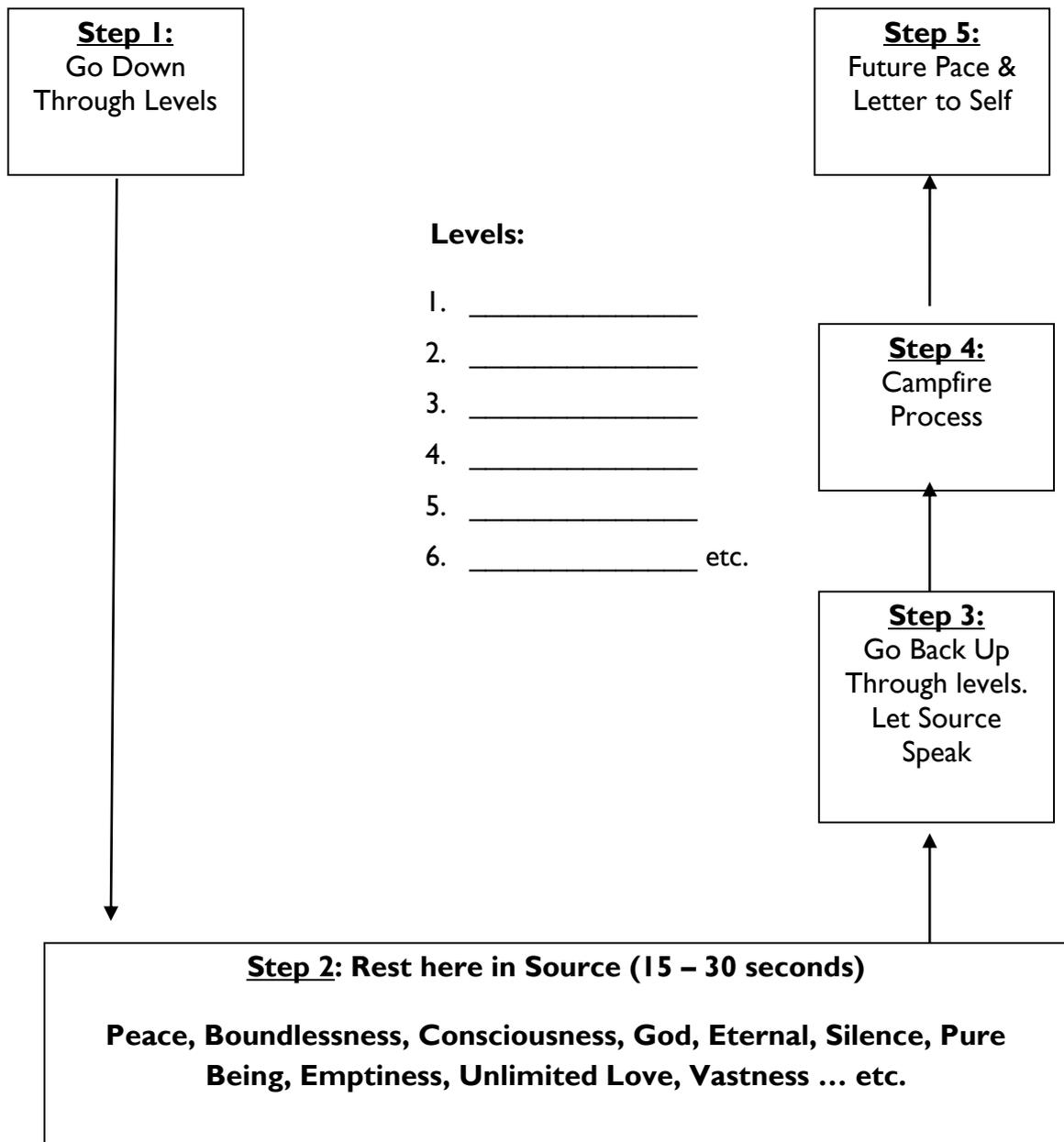


The Classic Emotional Journey – Overview

- Remember to **TAKE SUFFICIENT TIME** – give your partner a chance to fully identify and experience their feeling before moving on.
- **TRUST** that whatever your partner says is **PERFECT**.
- Most of all **TRUST YOURSELF AND THE PROCESS**.

Objective: To drop through our emotional levels to the Source of our Being, then bring Source back up through the levels, illuminate and wash through them.



The Classic Emotional Journey

*Read slowly and carefully. Whenever you see “...” pause and give your partner sufficient time to fully experience the pure, raw emotion. Once they have experienced it fully **MOVE ON**. Start by asking what your partner’s emotional issue is. [Write on the cream coloured worksheets]*

1. Say:

Bring all of your awareness to the feeling

Where in your body is it strongest?

Just allow all the feeling to come flooding ... Really welcome it ... As you let the feeling grow stronger ... ask yourself ... What’s beneath this? ... What’s in the core of it? ... and feel yourself relaxing and opening right into it ...

Just open and drop through to whatever is beneath... (It may not be at all what you are expecting, so just stay open)...

So, what are you feeling?... (Make sure they name the feeling)

At every level until someone shows up ask, “Are there any specific people related to this feeling?” Put an asterisk at the level that the person(s) appeared, and note who was there. Once they have named a person, stop asking this question – you have now established the level of the CAMPFIRE.

2. Keep dropping through to the next level until you get to their Source. Let your partner rest there for approximately 15 - 30 seconds.

Source may be called one of many names, but will be boundary-less, and will have a vast quality such as: Freedom; Silence; Unlimited Peace; Eternal; Eternity; God; Pure Love; Unconditional Love; Boundlessness; All That Is; Consciousness; Pure Being; Awareness; Emptiness; Everything; Cosmos; Universe; Universal; Vastness, etc.

The Classic Emotional Journey

3. **Then Say:** "Knowing yourself as this vast boundlessness, this stillness, this pure love, this _____ (person's Source), if _____ (Source) had something to say to _____ (last level), what would it say?"

Wait until they answer....

Then Say: "Just allow _____ (Source) to wash right through _____ (last level).

4. **Repeat question 3, bringing their Source up through each level up to and including the Campfire level (the level at which you marked an asterisk).**
5. **Begin the Campfire Process (Sheet EJ4) When complete continue on to point 6.**
6. **After completing the Campfire Process, continue bringing Source up through the final levels repeating question 3 and washing through, until you reach their original starting level.**
7. **Read Future Pace, at moderate pace (Sheet EJ6). There is no need to write anything down**
8. **Give your partner a pen and paper for their letter to themselves. Let them take as much time as they need to write. You should continue sending SILENT blessings as your partner is writing.**

- | |
|---|
| <p>9. With great respect and love, acknowledge each other for experiencing this process. You may wish to get some water. Stay in the energy, and quietly switch.</p> |
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Campfire

Read Slowly and Carefully. Whenever you see “...” pause and give your partner sufficient time to fully experience your question and answer.

Imagine a campfire ... the nature of which is eternal silence, unconditional love. Imagine a **younger you** sitting at this fire ... Now picture the **present you** sitting at the fire ... Also at this fire is a **mentor** whose divine wisdom you trust - it can be someone you know or would like to know, a saint, a sage, or someone born of your imagination; someone in whose divine presence you feel safe ... Now bring to the fire the specific people who are involved with your issue ... Who else needs to be at this campfire? ... *(let answer)*

Can you see the campfire? ... Can you see the **younger you**? ... The **present you**? ... The **mentor**? ... Who else is there? ... *(let answer - write down the names so you can refer to them specifically, i.e. Mother, Father, Loved One etc.)* Of the people involved with your issue, ask the younger you to which ONE or TWO would you like to speak? ... *(If two people, ask: To whom would you like to speak first?)*

Go through **all** questions (I to II) for **each** person spoken to.

1. Everyone is now sitting in the protective presence of this fire of unconditional love and acceptance. The **younger you** may have experienced a great deal of pain in the past. Let the **younger you** speak now from that previous pain, saying what needs to be said, and letting _____ *(Mother, Father, Loved One, etc.)* hear what needs to be heard ... *(let answer)*
2. Knowing that _____ *(Mother, Father, Loved One, etc.)* was probably doing the best he/she could with the resources he/she had at the time, let him/her reply ... *(let reply)*
3. What does the **younger you** have to reply to that? ... *(let answer)*
4. If _____ *(Mother, Father, Loved One, etc.)* were to reply, not from the level of the personality, but from the level of the soul, what might he/she say? ... *(let reply)*
5. How does the **younger you** reply to that? ... *(continue talk until empty)*
6. Does the **mentor** have anything to add? ... *(let answer)*
7. What does the **present you** have to say to _____ *(Mother, Father, Loved One, etc.)*? ... *(continue until empty)*

Campfire cont.

8. What would _____ (Mother, Father, Loved One, etc.) reply from the level of the soul? ... (let reply)
9. Does anyone have anything more to add? ... (continue talk until empty)
10. When the **younger you** is ready, ask: “Even though his/her previous behaviour may not have been acceptable by **any** standards, and even if you in no way condone his/her behaviour, are you willing to **completely and utterly** forgive him/her from the bottom of your heart?” ... (let answer). Now go ahead and forgive him/her ... (let forgive)
11. When the **older you** is ready, ask: “Even though his/her previous behaviour may not have been acceptable by **any** standards and even if you in no way condone his/her behaviour, are you willing to **completely and utterly** forgive him/her from the bottom of your heart?” ... (let answer). Now go ahead and forgive him/her ... (let forgive)

Now repeat process of questions 1 to 11 for the 2nd person to be addressed [if a 2nd person is to be spoken to], so that all is said and heard. When this is completed, continue by saying the following:

Say: Go ahead and forgive them all, sending them blessings. Allow them to merge into the fire, which is the source of all life ... Then turn to the **younger you** and say: “I promise you will **never** have to experience this previous pain again. I forgive you for any pain that was caused, because you just didn’t have access to the resources that I do now, and I promise you can have access to them any time you like. I love you and will always protect you.” ... Then hugging the **younger you**, let yourself merge, allowing the **younger you** to grow up with this forgiveness inside ... Turning to the **mentor**, thank him/her ... Now come back to the present and we will continue going up through the remaining levels.

(Return to cream coloured worksheets)

At **each** remaining level **ask:** “Knowing yourself as this vast boundlessness, this stillness, this pure love, this _____ (person’s Source), if _____ (Source) had something to say to _____ (next level up), what would it say? ... “ (let answer)

Then say: “Just allow _____ (Source) to wash over _____” (next level up).

When all levels are completed go on to Future Integration (EJ 6)

Future Integration

Read at a moderate pace. Whenever you see "...” give a short pause, allowing your partner to experience the process. You needn't write anything down.

Having learned what you've learned, having experienced what you've experienced - see yourself a day from now ... What do you feel like? ... What kind of things are you doing? ... Saying? ... Feeling? ... How do you feel about yourself? ...

Now see yourself a week from now. What do you look like? ... What kinds of things are you saying to yourself? ... What kinds of actions are you taking? ... What are you feeling? ... Knowing yourself as _____(Source), imagine a situation arising which would have triggered your old emotional pattern or behaviour ... see how you are handling it now ... What would _____(Source) say to it?

Now picture yourself a month from now - How are you feeling in your body? ... Are you feeling free, confident and light? ... What are you saying to yourself? ... What are you doing? ... How does your body feel? ... See that old issue trying to give rise to itself ... What does _____(Source) say to it? ... How are you handling it? ...

Now see yourself 6 months down the line - How are you feeling? about yourself ... about life ... Do you know at this point that already 70% of your cells are all new? ... You are literally becoming all new ... See that old issue trying to give rise to itself ... How are you handling it now? ...

Now picture yourself one year from now - What do you look like? ... How are you feeling about yourself? ... Knowing that not a single molecule that was here a year ago is here today - that you are literally all new, imagine that old issue trying to give rise to itself ... Is it even possible for it to do so? ... What does _____(Source) say? ... Is handling this old issue a breeze?

Now picture yourself 5 years from now - how are you feeling? ... Does this old emotional pattern or behaviour even come up any more? ... How does your body feel? ... How do you feel about life?

Now see yourself 10 years down the road - are you feeling so free from this old pattern that it doesn't seem possible or real? ... How are you handling things? ... How do you feel about yourself and your life?

Now, staying connected to the future you - to the Source of you 10 years from now - what advice would you give to the present you? ... What beliefs would help you most now? ... What actions would serve you most now? ... What are some daily things you could do and say to yourself?

With soft eyes - open your eyes slowly, staying connected to the future you. Let the Future You write a letter to the present you, giving practical advice on how to be ... What to believe ... What kind of action to take ... What kind of physiology is useful ... What to say to yourself ... What to say to others ... What you can do on a daily basis ... Let the free, wise future you guide you now! And you may open your eyes now when you are ready.

The Emotional Journey - Letter to Yourself

With soft eyes - open your eyes slowly, staying connected to the future you. Let the future you write a letter to the present you, giving practical advice on how to be.... what to believe.... what you have learned that will continue to unfold and benefit you from now on... what kinds of actions to take.... what kind of physiology is useful.... what to say to yourself.... what to say to others.... what you can do on a daily basis....

Let the free, wise future you guide you now!

My Dear Self,