

The 3 Things to Check at Position B

Seven:17

1. Make sure client is in position B.

(Indicator: Client is really feeling the emotions)

Tell client:

“Get up higher, and float farther back.”

“Get high enough and far enough back until the emotion disappears.”

2. Be sure client is before the first event.

(Indicator: 90% of the emotions release.)

Ask client:

“Are you before the first event?”

“Is there an event earlier than this one? Go back before the FIRST one.”

3. Must be totally agreeable to let go of the emotion.

(Indicator: Client says, “The emotions are not releasing.”)

Ask client:

“What is there to learn from this event? If you learn this, won’t it be better than having the old emotions? How can you get the same benefit that the emotions provided when you let them go?”

(Use this reframe or any other reframe on GENERAL REFRAMES, next page.)

Notes Regarding Learnings

Learnings are not always obvious to the client. Especially where the client already has learnings, (s)he may not get any new or obvious ones. When you (as Mental and Emotional Release® Practitioner) are aware of learnings they should *NOT* be:

- Negative
- Past
- Others

When you are aware of learnings they should be:

- Positive
- Self
- Future

General Reframes

Seven:18

Use if negative emotions do not release

Based Upon:

1. Learning:

"What is there to have learned from this event, the learning of which will allow you to easily let go of the emotions? Won't it be better to preserve the learnings than the emotions? If you let go of the emotions and preserve the learnings you will have learned what you needed."

2. Protection/Safety:

"The negative emotion of _____ doesn't protect you."

(If you're working with fear or anger, mention flight or fight)

"In fact negative emotions aren't safe for the body. Each negative emotion can contribute to the following types of health problems:

Anger	Heart attack, Heightened Cholesterol (JAMA, 6/96)
Sadness	Weakened Immune System, Depression
Fear	Excessive stress, PTSD, Phobia
Guilt	Lowered healing energy
Conflict	Cancer

"Won't you be a lot safer if you let go of the emotions and preserve the learnings about taking care of yourself?"

3. Prime Directives:

"Not letting go of this emotion is in direct conflict with the highest Prime Directive of the Unconscious Mind, which is, 'To preserve the body.' This emotion, though getting results, does not preserve the body; it hurts the body. Wouldn't it be better to let go of the repressed emotion and get the same results in some other way?"