

■ SoulArt Root Chakra Emotion Decoding Protocol

Location: Welcome Ground – Root Chakra Room

Purpose: Identify and release trapped emotions using Kinesiology + SoulArt Healing

Tools Used:

- Emotion Decoder Chart
- Muscle testing (Kinesiology)
- Magnetic release technique
- Chakra Color Healing
- High Vibration Word Replacement
- SoulArt Journal (optional)
- Printable / digital certificate of completion

■ STEP 1: Ground & Intend

Begin with a Sacred Grounding Practice (can be guided or silent):

- Take 3 deep breaths
- Place both hands over the heart or on the lower belly
- Say aloud or silently:

"I invite my highest wisdom to guide this session. I open with love, trust, and gentleness. I am safe to feel, safe to know, and safe to let go."

■ STEP 2: Ask to Identify

Using kinesiology, ask the following sequence:

1. "Is there a trapped emotion ready to be released right now?"
 2. If yes:
 - Use muscle testing with the SoulArt Emotion Decoder Chart
 - Confirm: "This is the trapped emotion to be released now."
- Option: Reveal definitions/symptoms of that emotion to support deeper awareness.

▣ ■ STEP 3: Acknowledge the Emotion

Once the emotion is revealed, reflect:

- "Where might this live in my body?"
- "When do I remember first feeling this?"
- "Can I offer this part of me compassion?"

■ STEP 4: Release With Intention

Use the magnet technique (can be video or animation guided):

- State:

"With love and willingness, I now release this trapped emotion from my energetic system."

- Swipe magnet or hand over the governing meridian (top of head to back of neck) 3 times while breathing out.

■ STEP 5: Replace With High Frequency

- Use the High Vibration Word Chart
- Muscle test: "Which word wants to enter in place of what I've released?"
- Once found (e.g., Peace, Power, Worthiness), say:
"I now invite the frequency of [WORD] into my body and being."

■■ STEP 6: Seal With Light

- Visualise a light from the Root Chakra (deep red or gold) moving up the spine
- Say:
"This healing is complete. I seal it with love, light, and integration."

■ STEP 7: Continue or Close

Offer two options:

- "Would you like to identify and release another emotion?" (loop back to Step 2)
- "Complete Session" (triggers journal prompt and/or symbolic burn animation)