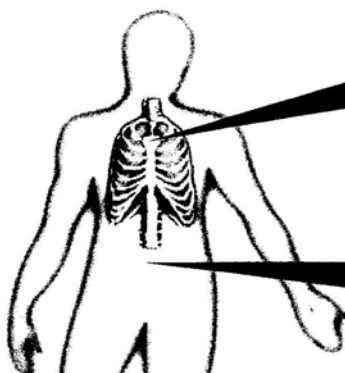# VALIDATION PROCESS

After you have located the negative feeling or emotion to be replaced, plug it into the script as outlined below.
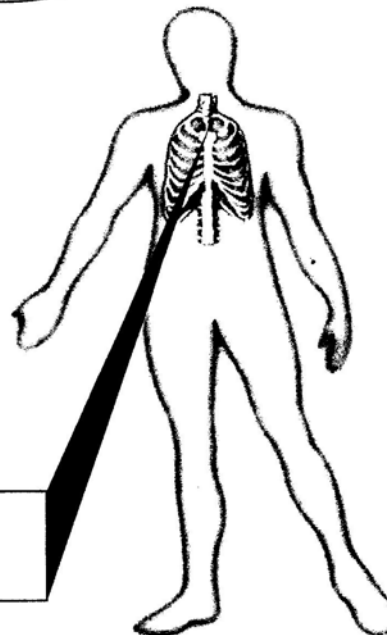
I validate and acknowledge all _____ , **stored**
insert negative feeling or emotion

in my _____ **that it is real and does exist. I ask**
insert organ and/or body part

desire and will with _____ **to remove and release**
insert divine source if desired

all _____ , **stored in my** _____ .
insert negative feeling or emotion   *insert organ and/or body part*

NOW CONE YOUR FINGERTIPS AND TAP 12 TIMES (ON THYMUS) THEN PLACE YOUR FLATTEN PALM ON YOUR BELLY BUTTON

then continue with script...

I now replace all _____ **stored in**
insert negative feeling or emotion

my _____ **with** _____ ,
insert organ and/or body part   *insert positive feeling or emotion*

ask that it be integrated into my

_____ , **and ask that it be so now.**
insert organ and/or body part

NOW CONE YOUR FINGERTIPS AND TAP 12 TIMES (THYMUS) THEN PLACE YOUR FLATTEN PALMS ACROSS YOUR HEART