

Energetically Healing Emotional DNA

Use energy healing to release blocks embedded in your chakras

By Lisa Thomas

beyondcellularhealings.com



What are Inherited Trapped Emotions?

Your Emotional DNA is a combination of all the emotions, pleasant and painful, experienced by your ancestors on both your maternal and paternal sides.

The purpose of this healing technique is to assist in identifying and releasing inherited emotional DNA that does not serve our highest good. These are the negative emotions that get handed down by the ancestors through the blood line.

Do you identify with certain characteristics of a parent? Are you anxious like your mother? Do you worry about money like your father?

Do you have a temper like your _____?

What patterns of a parent are you repeating?

Do you:

- Struggle being faithful to a partner?
- Spend money to keep up appearances?
- People please by over extending yourself?
- Live in overwhelm?
- Sabotage feelings of joy because you feel unworthy?
- Criticize and judge others or yourself?
- Repeatedly attract the wrong people into your life?
- Feel trapped by your phobias?
- Fear speaking in public?

Inherited Emotional DNA can show up in any area of your life. Below are questions to get you thinking about how inherited blocks might be showing up.

Check ALL that apply:

Do you ever feel:

- Overwhelmed
- Stressed
- Indecisive
- Burdened

Are you a:

- Perfectionist
- Procrastinator
- Workaholic
- Victim

Do you have:

- Imbalance between work and play
- Negativity towards yourself or others
- Anxiety
- Resentment or
- Bitterness for being treated unfairly

Are you afraid of:

- Criticism
- Failure
- Change
- Success

Do you want increased:

- Productivity
- Efficiency
- Creativity
- Happiness and well-being

What about better:

- Health
- Relationships
- Sleep and energy
- Balance in your life

Do you want more:

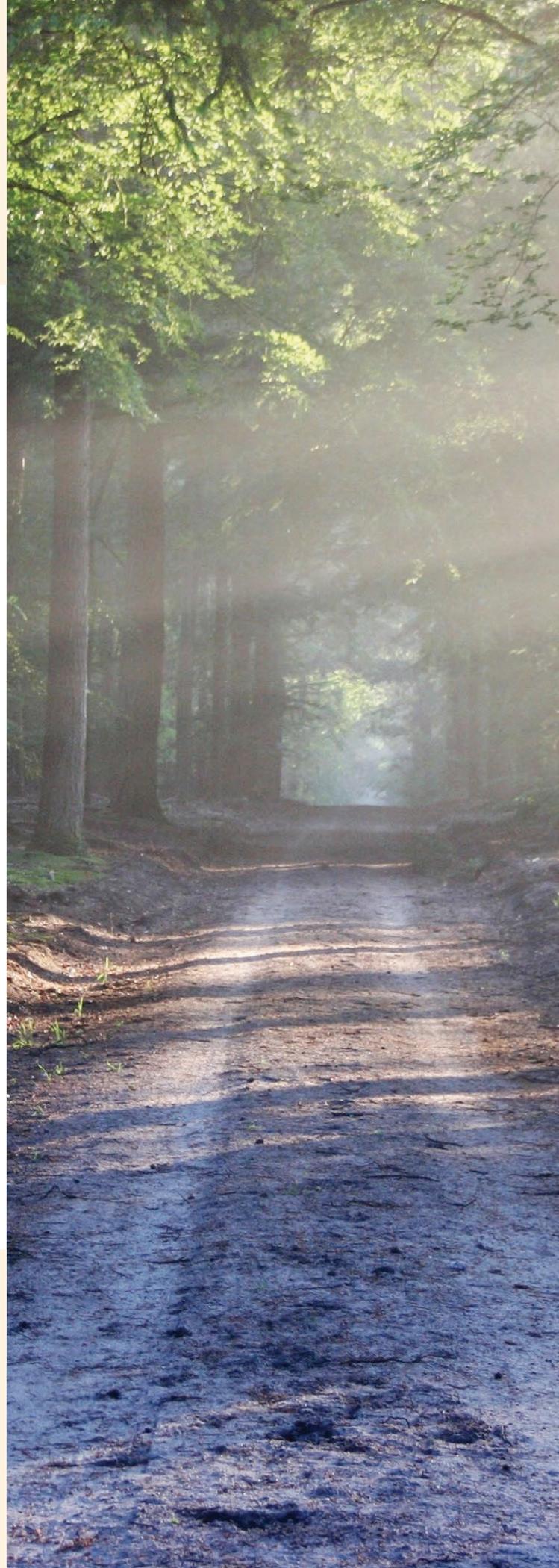
- Client
- Wealth
- Success and satisfaction in your career
- Time... to do what you love

If you answered YES to any negative emotions, there is a way to release them. When you answered YES to any of what you want more of, there is a way to magnetize more of that.



The steps are:

1. Identify emotional DNA by learning how to muscle test to find your answer.
2. Formulate questions to the sub-consciousness mind to identify the inherited block.
3. Muscle test to locate the chakra where the negative inherited emotion is being stored.
4. Release the inherited negative emotion that is blocking your success.
5. Replace the negative with positive words to increase your self-confidence and self-worth.





1. Identify Inherited Emotional DNA through muscle testing

Picture an iceberg, top-above water level is the conscious mind 5-10%, below the water line is the subconscious mind 90-95%.

We can access the information stored within our energy field and our subconscious mind by asking specific questions that can be answered with a “yes” or “no” answer. The answers are received by feeling a “strong” or “weak” response from the muscle that is being tested.

We want to access the information stored in our subconscious mind that is based on inherited negative emotions. These create fears and false beliefs. Decisions based on painful inherited experiences from ancestors, often result in chaos and unhappiness.

There are many ways to muscle test yourself. I’m going to teach you one method.

Clear your thoughts, which allows you to silence your mind. Silence has a calming effect on your body and will allow your muscle testing to be accurate. It’s very important to remain unattached to the answer, and avoid trying to figure it out with your conscious mind.

The RINGS technique: Touch the middle finger and thumb of each hand together, interlocking them like a chain. Then ask a question out loud and try to pull them apart. If the chain holds tight the answer is “yes”, if the chain easily breaks the answer is “no.”

2. Formulating the question to your sub-conscious

Compose questions to find the answer to what is blocking you from your heart's desire or what needs to be released to allow your heart's desire?

Ask yourself questions like these out loud:

What is the negative emotional DNA keeping me from _____ (your desired result)?

What is the inherited emotion that needs to be released to allow _____?

What is _____?

3. Identify the chakra holding the Inherited Emotional DNA

- Is it in the color purple? Muscle test the color purple, if your fingers do NOT hold tight, that is, if the chain is broken, then the block is NOT in the crown chakra.
- Continue testing each chakra color until your finger/chain holds strong. That is the chakra that holds the inherited emotional DNA.
- Next, muscle test to find its inherited emotion. Muscle test each word related to that chakra until your finger/chain holds tight.
- After identifying the inherited trapped emotion, speak out loud this last question to muscle test: Did I inherited negative emotion from my mother? Yes or no, if yes, then you know where it came from, if no, then you know it came from your father.





Root – Red (bottom of the pelvis):

This chakra is your grounding to the physical world, your environment, nature and represents safety. If out of balance you might feel unsafe financially, in your life purpose and confused about the past and future unable to live in the present.

Scarcity | Insecure | Feels unsafe | Addiction | Scattered | Panic



Sacral – orange (just below the belly button):

This chakra represents authenticity and the ability to use your creative powers of expression. If out of balance you may feel anxious, experience unexplained physical pain or feel stuck in life.

Lost | Inadequate | Anxious | Victim | Procrastinate | Worthless



Solar Plexus – yellow (just under the ribcage)

This chakra is about owning your personal power no matter what others may think. If out of balance, you'll tend to be critical of yourself and others.

Skeptical | Judgmental | Powerless | Jealous | Burdened | Abandoned



Heart – green (between the breasts):

This chakra keeps you connected to both heaven and earth, and supports your ability to give and receive unconditional love. If out of balance you will easily be offended and hold onto grudges.

Betrayed | Unlovable | Unforgiving | Blame/anger | Cheated



Throat - lighter blue (Adams apple)

This chakra is your ability to speak your truth, own your voice and believe you'll be heard. If out of balance you'll stuff your feelings.

People Pleaser | Under-valued | Avoiding | Manipulated | Misunderstood



3rd Eye - royal blue (middle of the forehead):

This chakra rules your intuition. If out of balance you may have difficulty over coming fear.

Confused | Paranoid | Indecisive | Overwhelmed | Shame | Unfocused



Crown - purple (top of the head):

This chakra connects us to Source and our highest consciousness. If out of balance you may be prone to worry.

Resentment | Afraid | Alarmed | Fearful | Unworthy | Unappreciated

4. Release the Inherited Emotion

With the palm of one hand placed a half inch from your face, start at your nose and bring your hand up to your eyes, your forehead and then over the top of your head, ending at the back of your neck. It's one complete motion starting at your nose and ending at the back of your neck.

Next, use this exact wording as you both say out loud and move your hand up and over your head 10 times. "With the love and intention of the Universe, I'm releasing the inherited emotion of _____, on my "mother's" or "father's" side, out of every cell, organ, gland and _____ chakra. (name the chakra location)



5. Replacing the negative with a positive emotion

Replace the released negative emotion by once again using the palm of your hand. This time, you'll start at the back of your neck and come up over the top of your head, ending with your palm back at the nose. One clean easy movement.

Choose words based on the opposite of the negative emotion you just released. For example: If you released the inherited emotion of overwhelm, say this:

I'm replacing into my heart, mind, body and soul, peace, calmness and serenity, now, present tense and into the future.

Now you've begun to change your future by releasing negative Emotional DNA.

I invite you to join my VIP DNA Facebook group to share your wins and ask me questions.

[Click here to join the Facebook group
Release Inherited Emotional DNA with Energy Healing](#)



BIO

Lisa Thomas is an energy practitioner who specializes in releasing Inherited Emotional DNA. She is dedicated to breaking cycles of struggle and negative patterns.

Blending intuition, knowledge and experience, Lisa helps her clients reach their potential and resolve issues such as anxiety, fears, procrastination, false money beliefs and business stagnation. She helps business owners up-level their business, attracting more clients and magnetizing positive money flow.

Visit her website to learn how Healing Circles can transform your life now.

www.beyondcellularhealings.com