

# Ashly's *Bio-Balance*

## EmRes Masterclass Worksheet

This Masterclass is all about demystifying emotions and teaching you how to resolve your disruptive, painful or blocking emotions on your own. You will understand how the brain constructs emotional difficulties and how it can permanently release them... in a few seconds. This complete training will impart participants with the concrete knowledge to permanently resolve emotional difficulties autonomously.

### Steps to follow

1. What \_\_\_\_\_ are you feeling in your body?
2. \_\_\_\_\_ your eyes.
3. What else do you \_\_\_\_\_ in your body?
4. Feel your sensations \_\_\_\_\_.
5. Do \_\_\_\_\_ and let them change.
6. Once you feel \_\_\_\_\_, you can open your eyes.
7. How do you \_\_\_\_\_ when you think again about.....

### Word glossary

Simultaneously   Close   Feel (used 2 times)   Sensations   Nothing (used 2 times)

After a few seconds, think again about what triggered your emotion (a situation, a conversation, a thought...) if you know what it was...

-8 times out of 10, you will have no unpleasant emotional reaction and obviously no uncomfortable physical sensations. **Your emotion is Resolved.**

-2 times out of 10, you will notice a different emotional reaction to the trigger. Close your eyes and go through the process again.