



Module 3: True-me® Method II: Class #1

EMOTIONS: YOUR GUIDANCE SYSTEM

In this class, you will learn about the role of emotions, as well as their _____ to the _____ of desires.

Most people have never paid too much attention to emotions and what _____ them, and consequently, they do not have any _____ of their role. They reduce what they feel to _____ emotional reactions to everything that _____ around them. Thus, there are times when _____ weigh them down, and there are times when they make them _____.

What are the 4 things people usually do with their emotions?

1. _____
2. _____
3. _____
4. _____



In order to be of help to your clients, you need to teach them how to be able to convey the _____ about their emotions: Every emotion _____ a specific message: whether and to what extent are they _____ with the _____ of their inner self—at the core of which lies the energy of Well-being. Therefore, emotions are indicators of the vibration _____ between what they are _____ and who they actually are: their true self. In a way, it is an _____ that helps them move forward on the path of their desires. If they do not learn how to properly use them, they will remain _____ to any psychological or emotional storm that may hit their path.

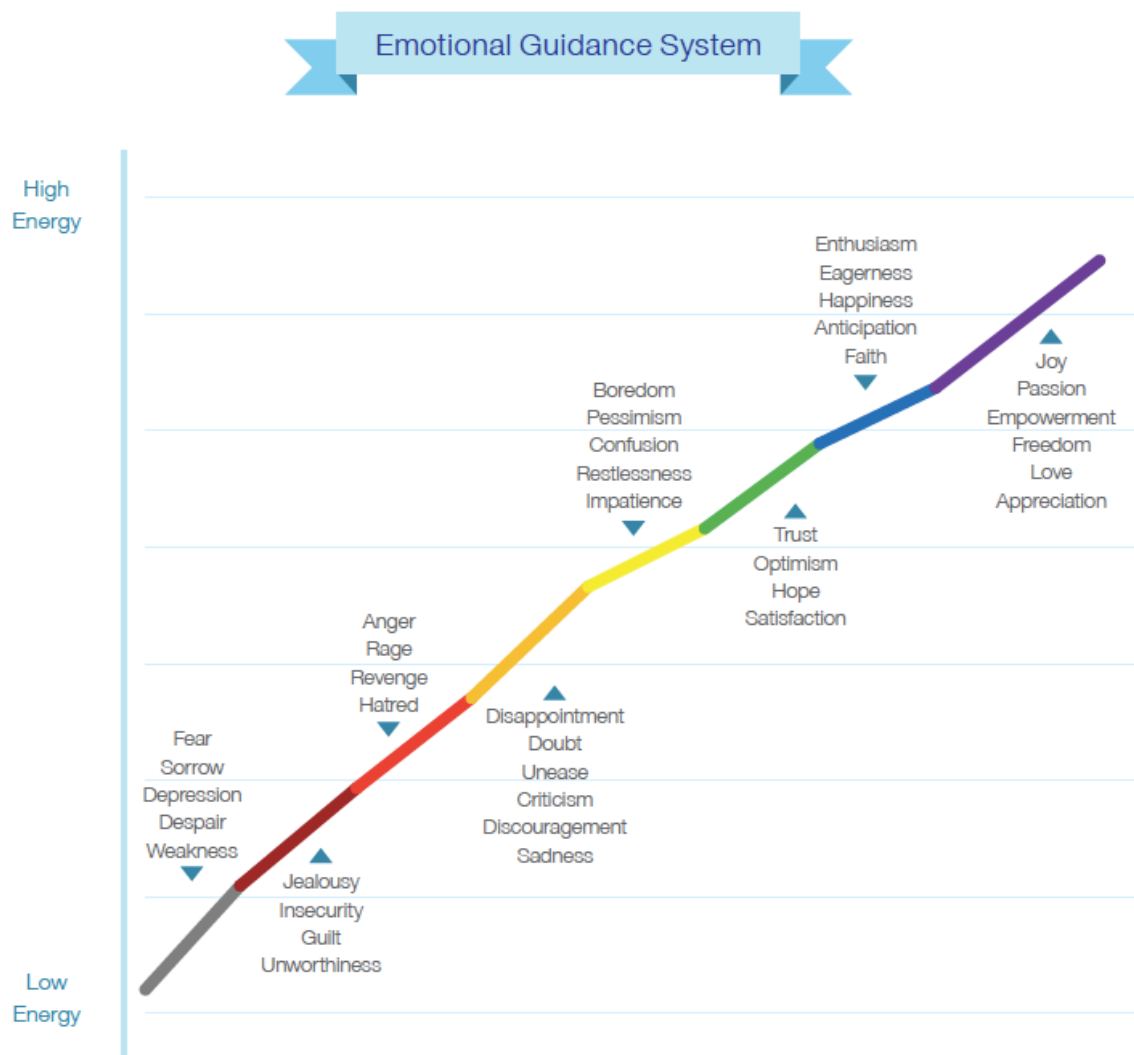
Basically, emotions can be used as a guidance system to understand a person's _____ and thus his/ her point of attraction.

Every emotion carries a different _____ and _____. The _____ or less productive emotions have a _____ frequency vibration. Similarly, the _____ or more productive ones have a _____ frequency vibration. Your goal is to support the clients make the _____ from emotions of low vibration to emotions of high vibration, as



depicted in the diagram below. As people begin to climb up the emotional steps, they _____ their vibration and further _____ themselves with the _____ of Wellbeing.

Obviously, that is very important because the more their _____ improves, the more they will be able to create the experiences they want.





MAKING THE TRANSITION TO EMOTIONS OF HIGHER LEVEL

In order to benefit from the use of the Emotional Guidance System, you and your clients must first understand the message it conveys. Emotions indicate whether a dominant _____ is _____ or, instead, _____.

If your clients feel happy, hopeful and motivated, there is no concern. They are clearly on the right track and their thoughts are in _____ with their natural condition: the energy of Well-being. But when they feel nervous, angry or desperate, immediate action must be taken to help _____ their energy.

HOW TO ALIGN YOUR CLIENT'S ENERGY

1. Recognize the message

- *What do you feel right now, _____?*

2. Change your client's state, immediately, to be able to handle the situation.

Look for the conscious _____ or _____ that inferred that negative emotion. Usually, this is not an easy task because _____ are deeply rooted in the way we think, and are often mistaken for being _____. In that way, they _____ your clients' behavior. You will have to show patience and perseverance, so as to give your clients enough time to



get the _____. When they finally locate those _____ beliefs, ask them to write them down on a piece of paper.

It is preferable to _____ from judging or analyzing them; simply let them _____ and record them.

As soon as the conscious mind reveals the limiting beliefs, ask your clients to _____ them! See previous module for full process. Ask them whether these are _____ or they have _____ them from their surroundings. While concentrating on them, try to understand how they make your clients _____; do they empower them or do they weaken them and lower their _____?

Questions that you can ask your clients:

- *What does the emotion _____ you?*
- *What is it that you keep in your _____, that leads you to experience this emotion?*
- *What else can it _____?*
- *What can you _____ from this situation?*



3. Help your client get clarity about what they want

- *What do you want to feel _____ of X?*

4. Guide your clients to get to this positive direction

The next step of the process requires that the client _____ a _____, empowering dominant thought and constantly _____ it to him/herself. Though it may not be obvious at first, _____ will in fact fill your client with positive energy, and before they realize it, they will have taken a step up in the _____ ladder—a step up on their system of emotional guidance.

- *How did you deal with these situations _____ in the past?*

5. Encourage your clients to be enthusiastic and take _____!

- *What are you willing to do now to _____ your emotion?*
- *What can you do now, to _____ your situation?*

From this new position, they will be able to _____ even more _____ and productive thoughts which will offer them a better _____ and more productive emotions. Through this _____



and step-by-step process, they will advance to the upper parts of the scale, until such moment where they find their natural state: the state of _____
_____.

THE TASK OF THE WEEK

- Have your clients describe all the emotions they feel in the particular moment and what makes them appear in their life - what is the _____
- Encourage your clients to _____ the _____ they give to their emotions
- They will also need to focus on the _____ emotions they want to live. And plant _____ that relate to these emotions
- _____! They will need to do the above again and again.

Answer the above questions also for yourself. Practice the above with a colleague. Be ready to share your learnings in class next time.

