



## Transmuting Blocks Exercise

Audio Description Of Exercise:

<http://www.entrepreneursoulcoach.com/Class/2917.transformingblocks.spsm12.mp3>

Transmuting Blocks, Pain, Limitations Exercise

Step 1: State: "I Feel And Surrender \_\_\_\_\_"

Step 2: State: "I Am Willing To Understand All Lessons Connected To \_\_\_\_\_"

Step 3: State: "I Am Receiving These Understandings Now."

Step 4: State: "I Am Willing To Release \_\_\_\_\_ / I Choose To Release \_\_\_\_\_"

Step 5: State: "I Am Now Releasing \_\_\_\_\_"

While you are releasing, you can say softly yet firmly to yourself in repeated cycles these commands: "Clear, Clear, Clear. Release, Release, Release. Delete, Delete, Delete. Transmute, Transmute, Transmute!" Say that as often as you are guided until you feel that you have released as much as possible in each of your self healing sessions.

Step 6: State: "I Am Willing To Receive Guidance, Solutions For \_\_\_\_\_"

Step 7: State: "I am now Receiving Guidance, Solutions, New Possibilities Regarding \_\_\_\_\_"

Step 8: Journal all that you experience during each of your block transmutation, self healing sessions.

