MY INTENTION

KOMA HOW DO I FEEL (RIGHT NOW?) **±10**

KONI I imagine … (the person) – How do I feel? ± 10

I. I DRAW OUT NEGATIONS

maximum 10 minutes

a) What didn´t I/don´t I like about him/her?

b) What didn´t/doesn´t he/she like about me?

c) What didn´t/don´t I like about our relationship?

d) What didn´t/don´t I like about his/her relationship with anyone else?

e) Is there anything he/she said/says that I didn´t/don´t like?

f) Have I ever thought I take after him/her? Do I fear that I am/will be like him/her? Did/does anybody say that I am like him/her or anything like that?

g) He/she doesn´t love me. With Mum + Dad (and with those who brought me up)

h) How did I find out he/she´d died?

What else?
At each step!

II. I CLEANSE EVERY NEGATION

III. CHECK-UPS

KOPR I imagine.... (each negation). How do I feel? - 0 +

KONI I imagine… (the person). How do I feel? ± 10

THANKING

D 1.	Tell him/her everything you want/need.	*I repeat every step of THANKING as long as anything CHANGES. If I don´t like something, I cleanse it up,* ***check it*** *and go back to repeating.*
D 2.	I apologize for everything.	
D 3.	Please, forgive me for everything.	Does he/she forgive me everything?
D 4.	I forgive you for everything.	Do I?
D 5.	I am dealing with a relationship with... I repeat: I forgive myself everything	Do I?
D 6.	Thank you for everything.	
a)	Thank you for giving me life.	With M+D
b)	Thank you for bringing me up.	With those who brought me up
c)	I'm adult now/I´m grown up now (*if I am not adult yet*).	With parents (or those who brought me up), siblings, myself, the Universe, God
D 7.	I give you freedom.	Do I give him/her freedom? Why not?
D 8.	Thank you for giving me freedom.	Does he/she?
D 9.	I am dealing with a relationship with…I repeat: I give myself freedom.	Do I?
D 10.	We hug each other, I repeat "I love you" and watch his/her reactions.	Do I love him/her? Does he/she love me back?
D 11.	I wish you a lot of happiness.	Do I?
D 12.	I create my own happiness.	Do I?
D 13.	And that's how it is.	

KONI I imagine… (the person) – how do I feel? ± 10

BUK I imagine relationship with… (the person) in the future – how do I feel? ± 10

KOMA HOW DO I FEEL NOW? ±10

EYES-DATE-COLOUR

KOMA HOW DO I FEEL NOW? ±10