

5th Key



TRANSFORMATION

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# VISUALIZATION II PROCESS

## TRANSFORMATION KEY: EMOTIONAL ONENESS KEY

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ISSUE: \_\_\_\_\_

EMOTIONAL VIDEO TITLE: \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

MY AFFIRMATION FOR TODAY: \_\_\_\_\_

**Visualization II:** This is the second major visualization. Here you will create a biographical live documentary depicting the past “You” and the new “You.” Create your destiny. Visualize your new-found clarity and coping mechanisms. Acknowledge you healing and forgiving. Fully describe your rebirthing experience and how your past pains were for your preparation into today.

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EMOTIONAL BALANCE BAROMETER: 0 to 10 \_\_\_\_\_  
(0 no Impact 10 severe Impact)

INTERNAL BALANCE ROUTINE FOR TODAY: \_\_\_\_\_  
(Yoga, Walk, Meditation, etc.)

Today: \_\_\_\_\_



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# NOTES: FOR TRANSFORMATION

(INFINITE CHANGE)

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# UNLOCKED EMOTIONS

(AFTER TRANSFORMATION)

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Now that we have excreted, moved out, evicted those emotional intruder you have unlocked emotions to now experience a renewed relationship with self. Embrace your emotional freedom and explore the oceans of:

FREEDOM...AUTONOMY...EFFORTLESSNESS

HAPPINESS...OPENNESS.....HEALING

**CIRCLE THE EMOTIONS YOU HAVE UNLOCKED  
OR INSERT YOU OWN EMOTIONAL EXPRESSIONS**

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Relief

Serenity

Painlessness

Peace

Wholeness

Control

Joy

Fulfillment

Pride

Relaxation

Dignity

Love

Security

Safety

Courage

Forgiveness

Life

Creativity

Happiness

Compassion

Clarity

Passion

Laughter

Connectivity

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# REFLECTIONS

(BASED ON THE EMDR CONCEPT)

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Take a deep breath, create a soothing environment, use bi-lateral music (optional), close your eyes and visualize your safe place. Open your eyes, remain in your soothing environment and if needed, close your eyes and return to your safe place. When you are ready visualize your progress and success accomplished on the past several weeks of emotional detoxing: Make the following notes:

When I think of \_\_\_\_\_ (a situation); these negative feelings surface:  
\_\_\_\_\_, \_\_\_\_\_,

The positive feelings that I would like to believe about myself are: \_\_\_\_\_,  
\_\_\_\_\_.

When I visualize that video I feel the words that I hear are (circle level):

False    1   2   3   4   5   6   7    True

When I reflect on the situation and the words the negative expression is \_\_\_\_\_ and I am feeling \_\_\_\_\_

On a scale of 0 to 10 (“0 being no bother and 10 being very bothered”); Right now I am feeling:

0    1    2    3    4    5    6    7    8    9    10

And the physical feelings are in my \_\_\_\_\_ (body area).

I have spent much time on this situation and today \_\_\_\_\_ (date); I am feeling from a 0-10:

0    1    2    3    4    5    6    7    8    9    10

My new snapshot of this situation is \_\_\_\_\_

(Do not move on until the situation is resolved/manageable, bodily sensations have lessened, negative words and feelings have decreased and you emotional scale is “3” or lower.)

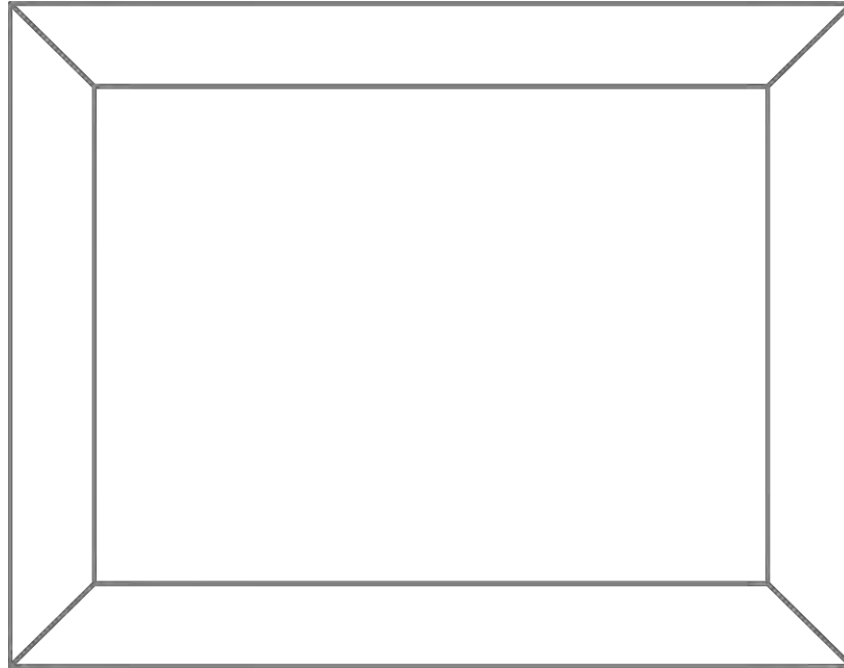
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# HOW I SEE MYSELF TODAY

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*Picture of yourself here*

Date: \_\_\_\_\_



Create your Profile, of who you are today. What is your Self-Image?

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# CREATE YOUR OWN

## *“Symphony In The Key Of Oneness”*

Use any creative media: song, video, drama, poetry, dance, spoken word, instrumental etc.

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