



Release & Transform Deck For Detecting Emotions & Timeframes

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How to Use the Cards

Spread the cards in front of you face down with all the cards in their upright position. Ask your high self which trapped emotion or memory can be released, integrated, or transmuted (whatever approach feels most comfortable) at this time pertaining to a specific issue or in general. Then, pick a card.

For example, if you select the card “Unworthiness to Self-Worth,” you can use EFT or other forms of healing to release or “tap out” the trapped emotion of unworthiness or to affirm or “tap in” the emotion of self-worth.

For a set up statement to use with EFT, you may wish to use something such as, “Even though a trapped emotion of unworthiness is preventing me from overcoming this issue, I deeply and profoundly love and accept myself” or “I let go of clinging to any feeling of unworthiness.” Tap a few points in the negative and then switch to tapping in a positive affirmation, such as, “All feeling of unworthiness within me is integrated and/or transmuted. I give myself permission to feel self-worth.”

These cards work best when used with the Breakthrough Deck (also known as the Path to Emotional Freedom Deck) which may help to detect any blocks to releasing trapped emotions and memories.

Using the Body & Visualization

The body and visualization can both be used as tools help release trapped emotions. Using the example above, you can either tune into the feeling of unworthiness or visualize what it would feel like to be full of self-worth. Then, scan your body for any negative sensations that may arise. Negative sensations in connection to visualizing something positive indicate resistance.

For whatever sensations that may arise, frame your EFT set-up statement to accommodate for them. For example, “Even though I feel sick in my stomach when I think of how unworthy I feel, I deeply and profoundly love and accept myself” or “Even though I feel tension in my {...} when I visualize myself as full of self-worth, I deeply and profoundly love and accept myself.” Tap on this issue until you can tune into the emotion and not feel any negative sensation or resistance.

Sometimes, the sensations might move around. This is called “chasing the pain.” This can indicate that you are working through different layers of the trapped emotion or resistance within your body. Simply re-frame your set-up statements to accommodate the new sensations. Tap until you feel clear.

Working with Memories & Timeframes

Spread your cards face down with all of them in the upright position and ask your higher Self which trapped emotion can be released at this time that is connected to a memory. Using the example above, if you should pick the “Unworthiness to Self-Worth” card this means that the memory that is affecting your situation triggers a feeling of unworthiness.

To detect the time frame of this memory, flip the deck upside down so all of the cards are in their reversed position (upside down) and spread them face down. Select a card. On that card will be a time frame or a condition (if selecting a time frame is not applicable).

For example, if you draw the card “First 10 Years,” look to the first prominent memory that pops into your mind when you connect the emotion of unworthiness to your first ten years of life. If you are familiar with the process of muscle testing, you can use this technique to narrow down the time frame. However, it is generally the first memory that comes to mind.

In some cases you will draw the “Just Clear” or “Don’t Need To Know” card. That means you do not need to know the time-frame connected to the emotion. Simply use EFT to acknowledge and treat the emotion involved.

If you draw the “Inherited” card, then this means the trapped emotion might be ancestral or inherited. Use your intuition or muscle testing to further deduce if it is inherited from your biological mother’s or father’s side.

Muscle testing can be used to determine the number of generations back to when the emotion was created (this approach is used in the Emotion Code and Reference Point Therapy). Or you can go with the first number of generations that come to mind. However, these approaches are optional and I have found emotions can be cleared without knowing these details.

Then, work with the emotion from its point of origin using EFT or whatever affirmation, energy work, or healing technique you are comfortable with. A sample EFT set up statement is, “Thank you, that I acknowledge and transmute any trapped emotion of unworthiness that is inherited from my mother’s side. Thank you that this emotion is being acknowledged in all timelines, generations and ancestry.” Or, phrase your statement however you feel comfortable.

If you draw the “Sponged” or “Consciousness” card it means you may have taken on the emotion from a specific person, culture, family member, or the collective conscious. For example if there the people around you are angry you might pick up on that anger and start to feel it as if it were your own.

Another way to pick up emotions is through projection. Such as your mother wants you to feel shame for some part of who you are. If you start feeling shame because her voice is in your head telling you to feel this way, then the emotion is not necessarily your emotion but taken on from your mother. You can heal these emotions the same way you would heal emotions that were your own (they essentially are your own since you adopted them). Use your favorite healing technique or intention to treat the emotion from its point of origin; i.e. "Thank you that I acknowledge, integrate, and transmute any feeling of unworthiness that I have taken on and which is not my own."

There are also cards referring to "Past Life," "Preconception," and "Womb." If you do not believe in reincarnation then make the intention that when you draw these cards it will reflect a past part of your current life. Cards often respond to the intentions and meanings we assign to them.

The "Preconception" card usually points to the time prior to your soul incarnating. This would not necessarily mean from a past life, but the trapped emotion could have arisen from anticipating some of the challenges you knew you would be experiencing in this life just prior to incarnation.

If you draw the "Womb" card the emotion in question could have been taken on from the mother while in the womb. Like other forms of emotions and memories, they can be treated through various healing techniques, such as EFT.

If you draw the "mother" or "father" cards, then the memory or emotion in question is connected to your mother or father. They may be involved in the memory or it may have been an emotion they projected onto you. Again, as an example, if your mother wanted you to feel shame about an aspect of yourself and put you down, then this is a projected emotion. It is not really your shame but your mother's shame through taking it on from her. Through taking it on, you adopted it as your own emotion.

Organ & Meridian Groupings

Cards are divided into groups loosely based on the Chinese system of associating particular emotions with organs and meridians. Some healing modalities use the awareness of these organ/emotion/meridian associations in the release of dis-ease, emotions, and other states of imbalance. So, such groupings have been included in this deck in the case one wishes to experiment using the organ/emotion system in this way. The groupings are:

- Heart & Small Intestine
- Kidney & Bladder
- Glands & Sex Organs
- Liver & Gallbladder
- Spleen & Stomach
- Lung & Colon

Three additional groupings are added:

- Whole Being
- Earth
- Spirit

EFT statements can be framed to account for the groupings, such as "Infinite Love, Gratitude and Healing to my glands and sex

organs, and to any trapped emotion of unworthiness. I ask that it be replaced with a feeling of self-worth."

The Breakthrough Deck

Use the Breakthrough Deck to detect blocks to releasing trapped emotions and memories. For example, if you draw the card "Unworthiness to Self-Worth" with the "First Ten Years" for its timeframe. You can then use the Breakthrough Deck to ask if there are any blocks to treating and resolving the unworthiness (and any memory attached).

For example, let us say you draw the "It is safe" card from the Breakthrough Deck. Then, you would tap, "Even though it is not safe for me to acknowledge and release this trapped emotion of unworthiness, I deeply and profoundly love and accept myself." Keep drawing cards and applying EFT until you draw the "Blocks are clear" card.

About the Author

Mandy is an Artist, Intuitive, Visionary, Empath and EFT Practitioner whose life and passion has always been towards being a voice of empowerment. Her desire is to help empower those struggling within themselves and their relationships, as well as to help others understand a bigger picture which includes the collective and our planet.

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