








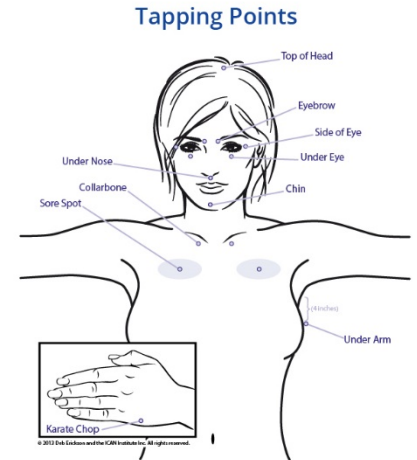
Purpose of this neuro-tool: To connect & anchor a visual & auditory message to the body

How to use this tool: Use 3 fingers to press onto the sore spot and rub in a counter clockwise position while looking at your vision board and/or affirmation statement.

When to use this tool: Use 3 times a day to anchor in new core belief or release stuck emotion

What you may want use to enhance this tool:

-  Sight | Vision Board, visualization, affirmation: "Even though _____, I still love and accept myself"
-  Sound | Tool Recording
-  Smell | Essential Oils that enhance a feeling of forgiveness, peace, & well-being (Recommended: Rose, Bergamot, Ylang Ylang)
-  Taste | Imagination
-  Touch | Anchors, sore spot








Rate my experience with this tool (1-10) 1 2 3 4 5 6 7 8 9 10

Why did you rate this tool as you did?

Changes I could make to elevate my experience with this tool:

Environmental:

Sensory Enhancements:

-  Sight _____
-  Sound _____
-  Smell _____
-  Taste _____
-  Touch _____