Key 24) Claudia Granger's Huna Method

To release unwanted energies from your system

1) State what you would like to work on (e.g., my migraine, guilt, my anger, my lack of courage, my career blockage …)

2) Where does that sit in your body (if not already mentioned)?

3) Give it a color, a form/shape, and a temperature (to map out in the brain, where this sensation, this belief is created)

4) Do 21 x rapid eye movement = close your eyes and do as you look at something to the left (count 1), then to the right (count 2) … (to cut through the old neurotransmitters to create more balanced ones)

5) 8x: breathe the color/form/shape thing into the center of your heart for acknowledgement ("yes, I needed you") and breathe it out with emotions ("but I don't need you anymore!")

6) 21x rapid eye movement (see above, to reconfirm that you don't let those energies in anymore)

7) Check on the color, form/shape, and temperature again. What has changed?

8) Ask your higher self how many times you would have to repeat the process. The first number that comes up is the correct one. Check whether it is meant daily or today.
   If it is daily or if the number to repeat is higher than 15 or 21, you are seeing here only the tip of the iceberg, and might need emotional release work on the cellular level to let go of this emotional baggage.

9) Repeat as needed with the new color, form, and shape…