

## THE SCRIPT\*

To be Addressed Internally to one's Higher Self or to be given in the name of Jesus Christ.  
The Script Can be Whispered, Spoken Aloud or Expressed Mentally in Silence.

1. Spirit/Higher Self, etc. (choose the epithet with which you are most comfortable), please locate the origin of my feeling(s) / thought(s) of \_\_\_\_\_  
(Here insert the emotion(s) you want deal with).
2. Take each and every level, layer, area and aspect of my being to this origin. Analyze and resolve it perfectly with God's Truth.
3. Come through all generations of time and eternity, healing every incident and its appendages based upon the origin. Do it according to God's will until I am at the present -- filled with light and truth, God's peace and love, forgiveness of myself for my incorrect perceptions, and forgiveness of every person, place, circumstance, and event that contributed to this feeling(s) / thought(s).
4. With total forgiveness and unconditional love, I allow every physical, mental, emotional and spiritual problem, and inappropriate behavior based on the negative origin recorded in my DNA to transform.
5. I choose being \_\_\_\_\_  
I feel \_\_\_\_\_  
I am \_\_\_\_\_  
It is done. It is healed. It is accomplished now!  
  
(At this step, replace the old negative feelings with appropriate positive feelings. See Karol Truman's book, Chapter 17, for a comprehensive list of negative feelings and their opposites to assist you in this step. Use the same appropriate positive feeling on each of the three blanks to replace the negative feeling.)
6. Thank you Spirit (or other epithet) for coming to my aid and helping me attain the full measure of my creation. Thank you, thank you, thank you! I love you and praise God from whom all blessings flow.

\* Script taken from Feelings Buried Alive Never Die by Karol Truman (11th printing 2005)