

THE BASICS OF TRAPPED EMOTIONS

01

Emotions are energy in motion, each vibrating at its own unique frequency.

02

High-frequency emotions (like joy, love, and gratitude) promote ease, abundance, healing, and expansion. Low-frequency emotions (like fear, anger, and shame) can lead to stress, negative thought patterns, stagnation, and even physical symptoms.

03

When the energy of an emotion gets trapped in the body, it keeps you stuck in the past, replaying old patterns and experiences.

04

To release trapped emotions, we access the subconscious mind, which stores the essential information needed to identify and free this stuck energy.

Elleina Kelsen

THE ENERGETIC EMOTION PATHWAY

The Energetic Emotion Pathway is a profoundly transformative method ***I created for working with your subconscious to access and release deeper emotions with ease and precision.*** Unlike other techniques that can feel overwhelming or force you to relive painful memories, this pathway allows you to safely clear trapped emotional energy without revisiting the trauma. It's monumentally effective in supporting all other healing work by creating space within your body and mind to process emotions without being consumed by them. By releasing what no longer serves you, you free yourself from the energetic weight of the past, making it possible to truly feel and honor your emotions in the present, all while staying grounded and in control. This is healing at its most intuitive and impactful.

Download it for free in the resource section at the end of this guide.

Elleina Kelsen

HOW TO USE THE SWAY TEST

WHAT IS IT?

The sway test is a method used to get answers from your subconscious mind. It is used in muscle testing and is the easiest method (in my opinion) for releasing emotions. It is executed by asking a yes-or-no question, and noticing if your body sways forward (yes) or backward (no) in response. This subtle movement reflects your body's intuitive or energetic response to the question asked. Forward = yes, agreement, alignment to the question or statement. Backward = no, disagreement, or misalignment

HOW TO DO IT

By asking a yes-or-no question, and noticing if your body sways forward (yes) or backward (no) in response. This subtle movement reflects your body's intuitive & energetic response to the question asked. Begin by familiarizing yourself with your response. Say the word love and feel yourself move forward. Say “war” and you will go backward. Then start using clear questions like your name (use your name and a name that isn't yours).

PAIRING IT WITH THE ENERGETIC EMOTION PATHWAY

Use the Sway Method to guide you through each of the steps in the instructions of the Energetic Emotion Pathway. Remember, if you need deeper guidance, you can find that within Her Wholistic Haven. There is an entire section dedicated to walking you through exactly what to do, and you can ask me questions directly in the membership should you have them.

Elleina Kelsen

HOW TO RELEASE THEM

THE GOVERNING MERIDIAN

The Governing Meridian is the body's main energetic pathway, connecting all other energy channels and meridians. By using your hand or a magnet as a conductor, you can clear trapped emotions and stagnant energy from all channels at once, restoring balance and flow throughout the entire body.

HOW TO USE IT FOR YOURSELF:

- Start at the Center of Your Eyebrows: Place your hand or magnet gently at the midpoint between your eyebrows, "third eye" area.
- Move Over the Top of Your Head: Slowly and intentionally sweep your hand or magnet over the top of your head.
- End at the Base of Your Neck: Continue the motion down the back of your head, finishing at the base of your neck where it meets your shoulders.
- Repeat 3-10 Times: Repeat this motion multiple times while focusing on releasing any trapped energy. Visualize/set the intent for it to be pulled out.

HOW TO USE IT FOR SOMEONE ELSE:

- Start at the Base of the Spine: Place your hand or magnet gently at the base of the person's skull, just where the spine begins.
- Move Down the Spine: Slowly sweep your hand or magnet along their spine, moving all the way down to their tailbone.
- End at the Bottom: Complete the motion at the sacrum, visualizing the release of all trapped energy from their entire energetic system.
- Repeat 3-10 Times: Continue this motion with the intention of clearing all energetic blockages and resetting their flow.

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DOWNLOADS

THE ENERGETIC EMOTION PATHWAY CHART & INSTRUCTIONS

Find & download the chart and instructions at
the link above. If you need further help then join
Her Wholistic Haven below.

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