

## Emotion Flush

This protocol is useful for clients who have held, dissociated, repressed, or rejected post-traumatic emotion, often from a lifetime of traumata, and need to have it removed either because it is overwhelming the client, creating dysfunction, or because it poses the danger of somatizing and turning into psychogenic illness.

1. **MT** for ND, D, and R, and treat if necessary.
2. **Establishing the need** for and appropriateness of a feeling flush:
  - a. Either **ask** your client whether they are holding a large amount of a particular emotion that might require removal, or **point this out** to them, as appropriate. Often the issue arises spontaneously in a session and Steps 2a and 2b are unnecessary to do.
  - b. Establish and MT **which emotion** requires flushing (Note: those that most frequently require flushing are shame/humiliation, self-judgment, grief, rage/anger, and fear). You can use the Emotion List from Seemorg Presence if you and your client needs to discover which emotion requires flushing.
  - c. Ask your client whether they would like to have that feeling removed. Continue below only if the client says yes.
  - d. MT: "It is in my highest interest to do a (name the feeling to be treated, e.g., fear) flush now to remove my (name the feeling, e.g., fear)." If yes, continue below.

### 3. Treatment:

- a. **Discover what requires treatment:** MT: "In order to do a thorough Emotion Flush, it is necessary to treat traumatic emotions from:
  - i. My lineage
  - ii. My cultural history
  - iii. My past lives
  - iv. This life."

- b. **Inquire or Use a Repeating Question:** Including traumata from past lives, your client's lineage, and your client's cultural history where appropriate, use the Forgotten Trauma Protocol, Inquiry, or a Repeating Question about the emotion that is being flushed to discover the memories that require emotional flushing, e.g., "Starting with as early as you can remember, what memories are you still feeling (name emotion, e.g., fear) about?" Ask your client to:
- i. Begin remembering the incidents or patterns and
  - ii. Tell you about each one as they remember it
- c. **Treat:** Each time your client recounts such an incident or pattern, **treat it immediately** with the Trauma or Traumatic Pattern Protocol.
- i. If this incident or pattern has not been treated before,
    1. Treat it as a trauma, e.g., "My father told us he was leaving us and left for good,"
    2. And then treat, "All my (name the emotion you are flushing, e.g., grief) about (name incident or pattern, e.g., 'my Dad's leaving us when I was 4')."
  - ii. If this incident or pattern has already been treated, but the emotion being flushed still remains from the incident as a post-traumatic emotion, just treat "All my (name the emotion you are flushing, e.g., grief) about (name incident or pattern, e.g., Dad's leaving us when I was 4)."
  - iii. Irrespective of when each incident or pattern occurred in your client's life, treat it as in 3b i and ii above until all the incidents and patterns about which the client still feels the emotion to be flushed have been treated. This may take a number of sessions.
  - iv. Finally, treat, "All my (name emotion, e.g., shame) from all past traumas."

#### 4. Hallelujah!