

Common Questions

How Often? You may listen to one or more of The 6 Processes© as often as you like. The main thing is, whilst listening, you apply the guided eye movements at a pace which is comfortable for you.

How? The 'How to use Eye-motional Processes©' video on the Meditation Processes© website, provides the *Why and When* to listen to The 6 Processes©

When can't I listen? If your medical professional advises you not to.

What if my vibration didn't enhance?

- When listening to your chosen Process©, think about the negative stories that are on your mind whilst moving your eyes as guided.
- Always move your eyes at a pace which is comfortable for you.
- Re-watch the videos available on the Eye-motional Processes™ Website
- When something you have tried to manifest for some time, does not co-create with flow, it may be due to dense emotional energy and unhelpful beliefs in your mindset which have taken years to form, and, therefore may also take a few Processes© to shift.
- If you have done many Processes© and things still are not manifesting for you with ease and flow, ask yourself "*Is my manifestation intention for the Highest Good of all?*"

The 3 Easy Steps for Processing your Mindset

1 Mindset Check-in

View the **Eye-motional Processes Chart of Emotions©** to check-in on your mindset when experiencing negative emotions about events or experiences in your life, or when manifestation blocks are occurring for you.

2 Select & Listen

Select which colour of **The 6 Processes©** best matches your '*mindset check-in*' (from Step 1), then listen for 17-22 minutes, whilst being guided through the easy Kinesiology methods explained during your chosen Process©.

3 Recheck Mindset

Refer back to the **Eye-motional Processes Chart of Emotions©** to check the improved shift in your mindset as you '*leap*' into the Violet and White sections of the emotions chart.

Eye-motional Processes™

MAIN WEBSITE:

eye-motionalprocesses.com

MEDITATION PROCESSES WEBSITE:

eye-motionalprocessesmeditations.com



Post
Process©
Experiences

Which Process© should I listen to?

- You may feel only some of the emotions listed on your chosen Process© (i.e., In Process Blue©, you may feel irritated and angry, but not revenge). In this case, you would still listen to Process Blue©.
- If you choose two Process© colours, always listen to the Process which is the lowest on the Chart of Emotions©.

Eye Experiences

You may have any of the following experiences during eye movements:

- Your eyes prefer one side over the other, and naturally gravitate to this side
- The eye movements are easy to start, but became more difficult as you *go deeper* into your chosen Process©
- The eye movements are difficult to do, due to a high level of negative emotional energy that a particular eye movement has entrenched into your mindset
- You may *go very deep* or fall asleep during the eye movements, especially if your negative emotional energy about an issue is very dense. As you raise your vibration with Processes©, this will reduce
- You may become distracted by everyday thoughts, such as what to eat for dinner tonight or who is taking the kids to school. When this occurs it indicates you have successfully processed deep emotions and are ready to move onto a different coloured Process next time
- If eye movements cause physical pain, dizziness, or discomfort, discontinue them.

Post EMP Experiences

After listening, you may experience:

- Feeling immediately calmer and not feeling the negative emotions you originally held about the 'situation' before you did a Process.
- An improved emotion from the Eye-motional Processes Chart of Emotions©
- A noticeable and dynamic emotional energy shift the first time you ever listen to The 6 Processes©. Future listening then provides more subtle emotional energy shifts, which helps retain your higher emotional energy vibration.
- A recognition the original negative emotions no longer cause stress for you as you retain higher levels on the Eye-motional Processes Chart of Emotions©
- A deeper clarity or understanding of the original negative emotion and feeling a removal of clutter from your mindset
- A desire to want to declutter your life - starting with the messy shed; cleaning under the sink; or rearranging the office!
- You start to pay more attention to your feelings; the emotional energy you are experiencing; as well as how others are responding to your energetic vibration.
- Rapid manifestation outcomes when the emotional energy you were shifting, was based on a new negative mindset
- Greatly improved shifts and enhanced manifestation outcomes observed in the things which have been blocked in your life for some time. This is also noticeable

when you continue your use The 6 Processes©, over a period of time.

- A realization at a heartfelt level; epiphanies; clarity and feeling aligned with '*knowing*' what is ideal for you at this time
- A powerful shift in your mindset in regard to the event you originally felt negative about, and this is noticeable immediately after listening to The 6 Processes©, even though (in the immediate moment after listening, that event has not changed - though it may, as you continue to enhance your vibrational energy by listening to more of The 6 Processes© over time)
- Just before the Process you are listening to ends, you may naturally take a deep breath and sigh out, as you release low vibration emotional energy from your energy field.
- A desire to sleep
- A flow of inspiration, creative ideas and solutions, alongside increased motivation
- High awareness and enthusiasm around your original manifestation barrier
- A feeling of potential, and a '*knowing*' of how things can be with your improved positive mindset and energy field
- A feeling of '*Wow, this can be my life when I don't run my old tapes about my stories*'
- Dealing with '*where you are at*' in a different way, without feeling original negative emotions about your experiences
- A desire to initially be in your own space to integrate your emotional energy shifts