

SOULART TEMPLE

The 7-Step Harmonic Practice

A Sacred Protocol for Identifying and Releasing
Stored Shadow Emotions

EMOTION DECODER PROCESS MAP

About This Practice

The 7-Step Harmonic Practice is a gentle, structured protocol for identifying and releasing Stored Shadow Emotions from your energetic system. Using kinesiology (muscle testing), affirmations, and intentional energy work, this practice guides you through a complete emotional release cycle — from grounding to sealing your healing with light.

This protocol is used within the SoulArt Temple Emotion Decoder tool and can also be followed as a standalone practice during personal healing sessions.

- 1 Ground
- 2 Identify
- 3 Acknowledge
- 4 Release
- 5 Replace
- 6 Seal
- 7 Complete



1 Ground & Intend

Begin with a Sacred Grounding Practice. Find a comfortable position, close your eyes, and connect with your breath.

Take 3 deep breaths. Place both hands over your heart or on your lower belly.

"I invite my highest wisdom to guide this session. I open with love, trust, and gentleness. I am safe to feel, safe to know, and safe to let go."

When you feel centred and ready, proceed to the next step.

Note: If you are already grounded from a previous release in the same session, you may skip directly to Step 2.

2 Ask to Identify

Using kinesiology (muscle testing), state the following to begin identifying the Stored Shadow Emotion:

"I would like to identify the Stored Shadow Emotion to release now please."

Then use muscle testing statements with the SoulArt Emotion Decoder Chart:

"The Stored Shadow Emotion is in Column A." (test)
"It's in Column B." (test)
"It's in an odd row." (test) "It's in an even row." (test)
Then narrow down: "It's in Row 1." "It's in Row 3." etc.

Core Emotion Decoder Chart

Row	Column A	Column B
1	Fear	Guilt
2	Shame	Grief
3	Anger	Despair
4	Abandonment	Rejection
5	Hopelessness	Powerlessness
6	Anxiety	Worthlessness
7	Betrayal	Resentment
8	Confusion	Loneliness

Deeper Hidden Shadows Advanced

Row	Column A	Column B
1	Hate	Insecurity
2	Helplessness	Overwhelm
3	Disappointment	Unlovable

Testing tip: Use the same column/row narrowing technique: "The shadow emotion is in Column A." (test) "It's in Column B." (test) "It's in Row 1, 2, or 3."

3 Acknowledge the Emotion

Once identified, take a moment to sit with the emotion. Acknowledge its presence without judgment.

Reflect gently on these questions:

- ✦ "Where might this emotion live in my body?"
- ✦ "When do I remember first feeling this?"
- ✦ "Can I offer this part of me compassion?"

Remember: There's no need to analyse deeply. Simply acknowledge what arises with gentle awareness. This step is about witnessing, not solving.

4 Release With Intention

Now release this Stored Shadow Emotion from your energetic system using the magnet technique.

"With love and willingness, I now release this Stored Shadow Emotion from my energetic system."

Swipe your hand (or a magnet) over the governing meridian — from the top of your head to the back of your neck — 3 times while breathing out deeply.

The Governing Meridian: This energy channel runs from the top of the head down to the upper lip. Swiping over it with intention helps discharge stored emotional energy from the body's meridian system. Repeat 3 times with deep exhales.

5 Replace With High Frequency

Now invite a high vibration word to fill the space where the Stored Shadow Emotion was held.

Use muscle testing: "Which word wants to enter in place of what I've released?"

Select the word that resonates strongest:

Peace

Power

Worthiness

Love

Joy

Freedom

Safety

Trust

Courage

Clarity

Strength

Acceptance

"I now invite the frequency of [chosen word] into my
body and being."

6 Seal With Light

Visualise a light from the Root Chakra (deep red or gold) moving up your spine, sealing this healing into your energetic body.

Close your eyes and breathe deeply. Feel the warm, grounding energy rising through your body from the base of your spine to the crown of your head.

"This healing is complete. I seal it with love, light, and integration."

Optional: Play 432 Hz alpha music during this step to deepen the meditative state and support energetic integration.

7 Complete & Integrate

Your release is complete. Take a moment to honour the work you've done.

You may choose to:

- ✦ Record the emotion released and the vibration word received in your journal
- ✦ Begin another release cycle (return to Step 1 or Step 2)
- ✦ Rest and allow integration to unfold naturally

After your session: Drink water, rest if needed, and be gentle with yourself. Emotional releases can continue to process over the following hours and days. This is normal and healthy.



"Your inner wisdom is your greatest guide."

With love and blessings,

Soraya

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