

# Quick Release Decoder

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A Guide to Identifying and Releasing Stored Shadow  
Emotions

Using kinesiology and meridian release techniques for rapid emotional  
clearing

SoulArt Temple

## What is the Quick Release Decoder?

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The Quick Release Decoder is a simple yet powerful tool that helps you identify Stored Shadow Emotions and release them using a combination of intention setting, meridian swiping, and frequency recoding.

It uses principles from kinesiology (muscle testing) to help you pinpoint which emotion is ready to be released, then guides you through a quick clearing process.

This tool is not a substitute for professional medical or psychological advice. Please read the SoulArt Medical Disclaimer before using any of our healing tools.

## How It Works

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### Step 1: Identify the Stored Shadow Emotion

Choose the emotion that resonates most strongly with you right now. You can use muscle testing (kinesiology) to help you identify which emotion is ready to be released. Visit our Education Centre for video tutorials on muscle testing techniques.

### Step 2: Set Your Release Intention

Once you've selected the emotion, a specific release intention is provided. Hold this intention in your heart as you prepare for the meridian release.

### Step 3: Meridian Release

Swipe down the governing meridian (from the top of your head to the back of your neck) 3 times while holding your release intention in your heart.

The governing meridian is the central energy channel that runs along the midline of the body. Swiping it helps to clear and reset the energy associated with the stored emotion.

## Step 4: Recoding After Release

After the release, you are guided through a frequency recoding process:

1. A prompt invites you to recall a memory associated with the replacement frequency
2. Focus on that memory and feel it in your body
3. Allow yourself to move into that vibration and frequency
4. Once you feel the vibration, swipe your meridian 3 more times while stating your "Being" affirmation (e.g., "I am Peace")

## Shadow Emotions and Replacement Frequencies

Shadow Emotion	Release Intention	Replacement Frequency	Recoding Prompt
Fear	"I release fear and choose divine trust."	Trust	When did you feel safest?
Guilt	"I release guilt and allow grace."	Forgiveness	When did you last feel forgiveness?
Shame	"I release shame and reclaim my worth."	Acceptance	When did you last feel accepted?
Grief	"I release grief and welcome peace."	Peace	How do you feel when connected to source?
Anger	"I release anger and embody compassion."	Compassion	When did you most feel love?
Despair	"I release despair and awaken hope."	Hope	When was your happiest moment?
Abandonment	"I release abandonment and embrace belonging."	Belonging	When did you most feel love?
Rejection	"I release rejection and know I am loved."	Acceptance	When did you last feel accepted?
Hopelessness	"I release hopelessness and welcome possibility."	Hope	When was your happiest moment?

Powerlessness	"I release powerlessness and claim my strength."	Empowerment	When did you feel most powerful?
Anxiety	"I release anxiety and return to calm."	Calm	How do you feel when connected to source?
Worthlessness	"I release worthlessness and honor my value."	Self-Worth	When did you honor your value?

## Additional Shadow Emotions (Premium)

Shadow Emotion	Release Intention	Replacement Frequency
Hate	"I release hate and choose love."	Love
Overwhelm	"I release overwhelm and welcome clarity."	Clarity
Disappointment	"I release disappointment and restore trust."	Trust
Betrayal	"I release betrayal and reclaim safety."	Safety
Unlovable	"I release feeling unlovable and know my worth."	Worthiness
Loneliness	"I release loneliness and open to connection."	Connection
Insecurity	"I release insecurity and stand in my truth."	Stability
Resentment	"I release resentment and choose understanding."	Compassion
Helplessness	"I release helplessness and activate power."	Empowerment

## Tips for Best Results

- Find a quiet, comfortable space where you won't be disturbed
- Take a few deep breaths before starting to centre yourself

- Trust your intuition when selecting emotions - your body knows what needs releasing
- Don't rush the recoding step - allow yourself to truly feel the replacement frequency
- You can release multiple emotions in one session, but take breaks between each if needed
- Journal your experience afterwards to deepen integration

## Access Levels

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- **Free:** 3 Quick Release sessions to explore the tool
- **Essential (from £4.99/month):** Unlimited decoder access
- **Premium (from £6.99/month):** Everything plus AI Guide and additional premium tools

For deeper emotional work, consider the Premium Emotion Decoder, which offers a comprehensive 7-step protocol for identifying and releasing hidden shadow emotions stored in deeper locations such as the aura field, ancestral/DNA patterns, heartwall, and etheric body.

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