



The
Cone
Center
LIVING IN CHOICE

Energy Matrix Clearing System© SCIENCE OF MANIFESTATION LIVING IN CHOICE

REFLEX/ BELIEF	THOUGHT	FEELING	EMOTION	LANGUAGE	ACTION	MANIFESTATION

1. AWARENESS OF THE NEGATIVE PATTERN
2. IDENTIFY THE THOUGHT, FEELING, EMOTION, LANGUAGE, ETC.
3. INTERVENE BY QUESTIONING THE THOUGHT-USING- WHAT, HOW, WHERE, WHO – NEVER WHY!
(What is true here? How will this thought produce the outcome I desire?)
4. CREATING A NEW FOCUS OR A NEW THOUGHT AND FOLLOW IT THROUGH THE STEPS OF FEELING, EMOTION, ETC.