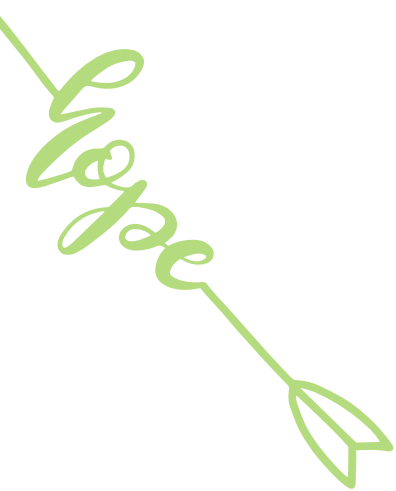


# MODULE 5

*RELEASE EMOTION*



# LESSON 4 WORKSHEET

**The Heart sound transforms emotional energy inside the heart into love, joy and happiness**

**1. Name 1 negative emotion stored in this organ**

**a. -----**

**2.Name one positive emotion stored in this organ**

**-----**

**3. Record a video of yourself using the**

**a. Sound**

**b. Position**

**c. Visualization of this organ**

