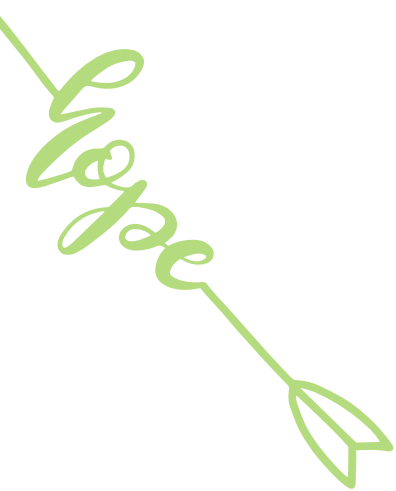


MODULE 5

RELEASE EMOTION



LESSON 1 WORKSHEET

**The Lungs sound transforms emotional energy
inside the lung into courage**

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

