

## Freedom Process – Notes!

What you can expect:

- Record the symbolic act of burning the 'angry letter', a representation of your emotional pain, and share it with Karol Lee via email or text.
- Start writing “day one” 70 after burning the letter or the next day.
- Find quiet time and space to honor your healing and focus on the writings, allow yourself to go deep, and be present.
- Most often, memories from the past will surface, or nuggets of information will come forward—make note of this for a follow-up session.
- Must complete each day of 70 writings.

After your healing statement, you will add a dumping statement each day. It is crucial to use one statement for the full 70 writings. Avoid changing it up with multiple dump statements. You get seven dumping statements, one for each day. Consistency is key to rewiring false beliefs. These dumping statements are the ones discussed in your session with Karol Lee.

**Day 1** – you will be tired from writing and often struggle to complete the 70 writings. You may find discomfort in hand distractions showing up, but do your best to focus on the writing. You may need to nap.

**Day 2** – Mostly the same challenges as day one, but you may find yourself a little emotional and edgy. The body could reveal aches trying to release energy.

**Day 3** -Things may show up that reflect what you are dumping, such as irritation, anger, sadness, and caution about agitation in arguments; this process brings up illusions of what isn't real in your emotions that surface. This is all okay; it is part of the mind and body releasing and rewiring.

**Day 4** – a bit lighter on the agitation; if you found yourself getting sick or cold days prior, it is the body releasing and shows typically up in mucus of colds, allergies, etc.

**Day 5** – should be feeling at ease in the writings and a shift of the days,

**Day 6** – same as day five and feeling lighter in spirit.

**Day 7** – you should feel positive; writing the 70 goes faster, and the body aches release.

**Loving letter:** Allow quiet time and ask your higher self to come in and help you write a loving letter that inspires, offers gratitude, and allows you to view any belief, situation, or person in the light of unconditional love.

\*\*Bring the loving letter to the next session to discuss with Karol Lee. Mailing the letter is the last step!