

## Questions to assist in pinpointing a prompt

### *Illness Or Pain*      (can also be used for habits/ obsessions/ compulsions)

Name of what you want to heal/let go of. Can be physical, mental or emotional.

Question / Statement (replace the word 'illness with the appropriate word)	Answer needs to be	Answer before clearing	Answer after clearing
Name the problem/challenge: ( _____ )			
This illness, discomfort or habit is a prompt.			
Do I seek attention through my illness(s)?	NO		
Does ( <u>Full birth name</u> ) seek attention through his/her illness(s)?			
Does ( <u>Other Name</u> ) seek attention through his/her illness(s)?			
Am I invested in my illness(s)?	NO		
Is ( <u>Full birth name</u> ) invested in his/her illness(s)?			
Is ( <u>Other Name</u> ) invested in his/her illness(s)?			
Would I feel lost without my illness(s)?	NO		
Would ( <u>Full birth name</u> ) feel lost without his/her illness(s)?			
Would ( <u>Other Name</u> ) feel lost without his/her illness(s)?			
Am I punishing myself through this illness?	NO		
Is ( <u>Full birth name</u> ) punishing himself/herself through this illness?			
Is ( <u>Other Name</u> ) punishing himself/herself through this illness?			
Do I truly want to be healed?	YES		
Does ( <u>Full birth name</u> ) truly want to be healed?			
Does ( <u>Other Name</u> ) truly want to be healed?			
Do I truly want to be cured?	YES		
Does ( <u>Full birth name</u> ) truly want to be cured?			
Does ( <u>Other Name</u> ) truly want to be cured?			
Is my intention set to heal?	YES		
Is ( <u>Full birth name</u> ) intention set to heal?			
Is ( <u>Other Name</u> ) intention set to heal?			
Is my intention to heal pure and clear?	YES		
Is ( <u>Full birth name</u> ) intention to heal pure and clear?			
Is ( <u>Other Name</u> ) intention to heal pure and clear?			
Is my intention to heal completely?	Most effective if Yes		
Is ( <u>Full birth name</u> ) intention to heal completely?			
Is ( <u>Other Name</u> ) intention to heal completely?			
Do I truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Full birth name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Other Name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			

## *Finances, Abundance and Prosperity*

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
My financial woes is a prompt.	N/A		
Do I seek attention through my financial woes?	NO		
Does ( <u>Full birth name</u> ) seek attention through his/her financial woes?			
Does ( <u>Other Name</u> ) seek attention through his/her financial woes?			
Am I invested in my financial woes?	NO		
Is ( <u>Full birth name</u> ) invested in his/her financial woes?			
Is ( <u>Other Name</u> ) invested in his/her financial woes?			
Would I feel lost without my financial woes?	NO		
Would ( <u>Full birth name</u> ) feel lost without his/her financial woes?			
Would ( <u>Other Name</u> ) feel lost without his/her financial woes?			
Am I punishing myself with my financial woes?	NO		
Is ( <u>Full birth name</u> ) punishing himself/herself with his or her financial woes?			
Is ( <u>Other Name</u> ) punishing himself/herself with his or her financial woes.			
Do I feel, believe and know it is possible to be financially independent, self sufficient and wealthy and still be in harmony with LOVE and the highest good, and to fulfill my soul's purpose in this lifetime?	YES		
Does ( <u>Full birth name</u> ) feel and know it is possible to be financially independent, self sufficient and wealthy and still be in harmony with LOVE and the highest good, and to fulfill his/her soul's purpose in this lifetime?			
Does ( <u>Other Name</u> ) feel and know it is possible to be financially independent, self-sufficient and wealthy and still be in harmony with LOVE and the highest good, and to fulfill his/her soul's purpose in this lifetime?			

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
Do I truly want to be financially independent and wealthy?			
<u>Does ( Full birth name ) truly want to be financially independent, self sufficient and wealthy?</u>	YES		
<u>Does ( Other Name ) truly want to be financially independent, self sufficient and wealthy</u>			
Is my intention set to be financially independent, self sufficient and wealthy?			
<u>Is (Full birth name) intention set to be financially independent, self sufficient and wealthy?</u>	YES		
<u>Is ( Other Name ) intention set to be financially independent, self sufficient and wealthy</u>			
<u>Is my intention to be financially independent, self sufficient and relatively wealthy pure and clear?</u>			
<u>Is ( Full birth name ) intention to be financially independent, self sufficient and relatively wealthy pure and clear?</u>	YES		
<u>Is ( Other Name ) intention to be financially independent, self sufficient and relatively wealthy pure and clear?</u>			
<u>Do I feel and believe I am deserving of financial independence and wealth?</u>			
<u>Does ( Full birth name ) feel and believe he/she is deserving of financial independence and wealth?</u>	YES		
<u>Does ( Other Name ) feel and believe he/she is deserving of financial independence and wealth?</u>			
<u>AFFIRMATION: I will use my wealth wisely and with LOVE.</u>			
<u>AFFIRMATION: ( Full birth name ) will use his/her wealth wisely and with LOVE.</u>	YES		
<u>AFFIRMATION: ( Other Name ) will use his/her wealth wisely and with LOVE.</u>			

## Smoking and Other Habits/Addictions

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
My smoking ( <u>          </u> or other habit/addiction ) is a prompt.			
Do I seek attention through my smoking?	NO		
Does ( <u>Full birth name</u> ) seek attention through his/her smoking?			
Does ( <u>Other Name</u> ) seek attention through his/her smoking?			
Am I invested in my smoking?	NO		
Is ( <u>Full birth name</u> ) invested in his/her smoking?			
Is ( <u>Other Name</u> ) invested in his/her smoking?			
Am I punishing myself by my smoking?	NO		
Is ( <u>Full birth name</u> ) punishing himself or herself by smoking?			
Is ( <u>Other Name</u> ) punishing himself or herself by smoking?			
Do I smoke to keep any romantic interest/life partner at bay?	NO		
Does ( <u>Full birth name</u> ) smoke to keep any romantic interest/life partner at bay?			
Does ( <u>Other Name</u> ) smoke to keep any romantic interest/life partner at bay?			
Do I smoke as a form of suicide?	NO		
Does ( <u>Full birth name</u> ) smoke as a form of suicide?			
Does ( <u>Other Name</u> ) smoke as a form of suicide?			
Would I feel lost without my smoking?	NO		
Would ( <u>Full birth name</u> ) feel lost without his/her smoking?			
Would ( <u>Other Name</u> ) feel lost without his/her smoking?			

CAUTION: The following three questions may be better to leave as YES, if that is the answer, until you have learned to quiet your mind in other ways.

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
Do I Smoke to quiet, calm, slow down, and/or numb my mind and thoughts?	NO		
Does ( <u>Full birth name</u> ) smoke to quiet, calm, slow down, and/or numb his/her mind and thoughts?			
Does ( <u>Other Name</u> ) smoke to quiet, calm, slow down, and/or numb his/her mind and thoughts?			
Do I Smoke to block or filter out unwanted thoughts and energies?	NO		
Does ( <u>Full birth name</u> ) smoke to block or filter out unwanted thoughts and energies?			
Does ( <u>Other Name</u> ) smoke to block or filter out unwanted thoughts and energies?			
Do I Smoke to tone down my intuition and awareness?	NO		
Does ( <u>Full birth name</u> ) smoke to tone down my intuition and awareness?			
Does ( <u>Other Name</u> ) smoke to tone down my intuition and awareness?			

Smoking and Other Habits/Addictions continued

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
Do I know how to quiet my mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?	YES		
Does ( <u>Full birth name</u> ) know how to quiet his/her mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?			
Does ( <u>Other Name</u> ) know how to quiet his/her mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?			
Am I ready, willing and able to quiet my mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?	YES		
Is ( <u>Full birth name</u> ) ready, willing and able to quiet his/her mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?			
Is ( <u>Other Name</u> ) ready, willing and able to quiet his/her mind and keep unwanted and/or intrusive thoughts and energies out with healthy/positive FLOW?			
Am I ready to have the world see me as I AM?	YES		
Is ( <u>Full birth name</u> ) ready to have the world see him/her as he/she IS?			
Is ( <u>Other Name</u> ) ready to have the world see him/her as he/she IS?			
Is my intention set to have healthy/positive FLOW?	YES		
Is ( <u>Full birth name</u> ) intention set to have healthy/positive FLOW?			
Is ( <u>Other Name</u> ) intention set to have healthy/positive FLOW?			
Is my intention set to have healthy/positive FLOW pure and clear?	YES		
Is ( <u>Full birth name</u> ) intention set to have healthy/positive FLOW pure and clear?			
Is ( <u>Other Name</u> ) intention set to have healthy/positive FLOW pure and clear?			
Do I truly want to have healthy/positive FLOW?	YES		
Does ( <u>Full birth name</u> ) truly want to have healthy/positive FLOW?			
Does ( <u>Other Name</u> ) truly want to have healthy/positive FLOW?			
Is there a frequency (flower essence, essential oil, Zeolite, Celandine, etc.) that will assist in letting go of and releasing the undesired habit/addiction?			

Do I truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Full birth name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Other Name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			

## Physical Heart

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
This heart problem is a prompt.			
Do I seek attention through my heart problem(s)?			
Does ( <u>Full birth name</u> ) seek attention through his/her heart problem(s)?	NO		
Does ( <u>Other Name</u> ) seek attention through his/her heart problem(s)?			
Am I invested in my heart problem(s)?			
Is ( <u>Full birth name</u> ) invested in his/her heart problem(s)?	NO		
Is ( <u>Other Name</u> ) invested in his/her heart problem(s)?			
Would I feel lost without my heart problem(s)?			
Would ( <u>Full birth name</u> ) feel lost without his/her heart problem(s)?	NO		
Would ( <u>Other Name</u> ) feel lost without his/her heart problem(s)?			
Am I punishing myself with my heart problems?:			
Is ( <u>Full birth name</u> ) punishing himself/herself with their heart problems?	NO		
Is ( <u>Other Name</u> ) punishing himself/herself with their heart problems?			
Do I truly want my heart to heal?			
Does ( <u>Full birth name</u> ) truly want his/her heart to heal?	YES		
Does ( <u>Other Name</u> ) truly want his/her heart to heal?			
Is my intention set to heal my heart?			
Is ( <u>Full birth name</u> ) intention set to heal his/her heart?	YES		
Is ( <u>Other Name</u> ) intention set to heal his/her heart?			
Is my intention to heal my heart pure and clear?			
Is ( <u>Full birth name</u> ) intention to heal his/her heart pure and clear?	YES		
Is ( <u>Other Name</u> ) intention to heal his/her heart pure and clear?			

Is my intention to heal my heart completely?			
Is ( <u>Full birth name</u> ) intention to heal his/her heart completely?	YES		
Is ( <u>Other Name</u> ) intention to heal his/her heart completely?			
Do I truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Full birth name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Other Name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			

## Digestion and Digestive System Problems

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
My digestive system problem(s) is a prompt.			
Do I seek attention through my digestive system problems?	NO		
Does ( <u>Full birth name</u> ) seek attention through his/her digestive system problems?			
Does ( <u>Other Name</u> ) seek attention through his/her digestive system problems?			
Am I invested in my digestive system problems?	NO		
Is ( <u>Full birth name</u> ) invested in his/her digestive system problems?			
Is ( <u>Other Name</u> ) invested in his/her digestive system problems?			
Would I feel lost without my digestive system problems?	NO		
Would ( <u>Full birth name</u> ) feel lost without his/her digestive system problems?			
Would ( <u>Other Name</u> ) feel lost without his/her digestive system problems?			
Am I punishing myself with my digestive system problems?	NO		
Is ( <u>Full birth name</u> ) punishing himself/herself with their digestive system problems?			
Is ( <u>Other Name</u> ) punishing himself/herself with their digestive system problems?			
Do I truly want my digestive system to heal?	YES		
Does ( <u>Full birth name</u> ) truly want his/her digestive system to heal?			
Does ( <u>Other Name</u> ) truly want his/her digestive system to heal?			
Is my intention set to heal my digestive system?	YES		
Is ( <u>Full birth name</u> ) intention set to heal his/her digestive system?			
Is ( <u>Other Name</u> ) intention set to heal his/her digestive system?			
Is my intention to heal my digestive system pure and clear?	YES		
( <u>Full birth name</u> ) intention to heal his/her digestive system pure and clear?			
( <u>Other Name</u> ) intention to heal his/her digestive system pure and clear?			
Is my intention to heal my digestive system completely?	YES		
Is ( <u>Full birth name</u> ) intention to heal his/her digestive system completely?			
Is ( <u>Other Name</u> ) intention to heal his/her digestive system completely?			
Do I truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Full birth name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Other Name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			

### Life Too Hectic

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
My hectic lifestyle is a prompt.			
Do I avoid looking at things and feeling too much through my hectic life?	NO		
Does ( <u>Full birth name</u> ) avoid looking at things and feeling too much through his/her hectic life?			
Does ( <u>Other Name</u> ) avoid looking at things and feeling too much through his/her hectic life?			
Am I invested in my hectic life style?	NO		
Is ( <u>Full birth name</u> ) invested in his/her hectic life style?			
Is ( <u>Other Name</u> ) invested in his/her hectic life style?			
Would I feel lost without my hectic life style?	NO		
Would ( <u>Full birth name</u> ) feel lost without his/her hectic life style?			
Would ( <u>Other Name</u> ) feel lost without his/her hectic life style?			
Am I punishing myself with my hectic life style?	NO		
Is ( <u>Full birth name</u> ) punishing himself/herself with their hectic life style?			
Is ( <u>Other Name</u> ) punishing himself/herself with their hectic life style?			
Do I truly want to have a less hectic life?	YES		
Does ( <u>Full birth name</u> ) truly want to have a less hectic life?			
Does ( <u>Other Name</u> ) truly want to have a less hectic life?			
Is my intention set to heal my hectic life style and have a more balanced and joyful life?	YES		
Is ( <u>Full birth name</u> ) intention set to heal his/her hectic life style and have a more balanced and joyful life?			
Is ( <u>Other Name</u> ) intention set to heal his/her hectic life style and have a more balanced and joyful life?			
Is my intention to heal my hectic life style pure and clear?	YES		
Does ( <u>Full birth name</u> ) intention to heal his/her hectic life style pure and clear?			
Does ( <u>Other Name</u> ) intention to heal his/her hectic life style pure and clear?			
Is my intention to heal my hectic life style completely?	YES		
Is ( <u>Full birth name</u> ) intention to heal his/her hectic life style completely?			
Is ( <u>Other Name</u> ) intention to heal his/her hectic life style completely?			
Do I truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Full birth name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Other Name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			



## Too Much Drama In Life

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
The drama in my life is a prompt.			
Do I feel a need for drama in my life?	NO		
Does ( <u>Full birth name</u> ) feel they have a need for drama in their life?			
Does ( <u>Other Name</u> ) feel they have a need for drama in their life?			
Am I invested in the drama in my life?	NO		
Is ( <u>Full birth name</u> ) invested in the drama in his/her life?			
Is ( <u>Other Name</u> ) invested in the drama in his/her life?			
Would I feel lost without drama in my life?	NO		
Would ( <u>Full birth name</u> ) feel lost without drama in his/her life?			
Would ( <u>Other Name</u> ) feel lost without drama in his/her life?			
Am I punishing myself with the drama in my life?	NO		
Is ( <u>Full birth name</u> ) punishing himself/herself with the drama in their life?			
Is ( <u>Other Name</u> ) punishing himself/herself with the drama in their life?			
Do I truly want to have less drama in my life?	YES		
Does ( <u>Full birth name</u> ) truly want to have less drama in his/her life?			
Does ( <u>Other Name</u> ) truly want to have less drama in his/her life?			
Is my intention set to heal and do away with the drama in my life and have a more balanced and joyful life?	YES		
Is ( <u>Full birth name</u> ) intention set to heal and do away with the drama in his/her life and have a more balanced and joyful life?			
Is ( <u>Other Name</u> ) intention set to heal and do away with the drama in his/her life and have a more balanced and joyful life?			
Is my intention to heal and do away with the drama in my life pure and clear?	YES		
Is ( <u>Full birth name</u> ) intention to heal and do away with the drama in his/her life pure and clear?			
Is ( <u>Other Name</u> ) intention to heal and do away with the drama in his/her life pure and clear?			
Is my intention to heal and do away with the excess drama in my life completely?	YES		
Is ( <u>Full birth name</u> ) intention to heal and do away with the excess drama in his/her life completely?			
Is ( <u>Other Name</u> ) intention to heal and do away with the excess drama in his/her life completely?			
Do I truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Full birth name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			
Does ( <u>Other Name</u> ) truly want to stay here on earth in this physical body for a while? (specify time if desired)			

## Overly Concerned And Overly Anxious For Others

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
My Over Concern And Worry For Others is a prompt.			
Am I overly concerned or overly anxious for others? _____ ( <u>name if someone specific in mind</u> )	NO		
Is ( <u>Full birth name</u> ) overly concerned for others? ( <u>name if someone specific in mind</u> )			
Is ( <u>Other Name</u> ) overly concerned for others? ( <u>name if someone specific in mind</u> )			
Am I overly fearful that something wrong may happen to those I care about?	NO		
Is ( <u>Full birth name</u> ) overly fearful that something wrong may happen to those he/she cares about?			
Is ( <u>Other Name</u> ) is overly fearful that something wrong may happen to those he/she cares about?			
Do I blame myself for the mistakes and hard-times of others?	NO		
Does ( <u>Full birth name</u> ) blame himself/herself for the mistakes and hard-times of others?			
Does ( <u>Other Name</u> ) blame himself/herself for the mistakes and hard-times of others?			
Do I allow others what I perceive as mistakes, faults and imperfect actions without judgment?	YES		
Does ( <u>Full birth name</u> ) allow others what he/she perceives as mistakes, faults and imperfect actions without judgment?			
Does ( <u>Other Name</u> ) allow others what he/she perceives as mistakes, faults and imperfect actions without judgment?			
Do I forgive others their imperfect actions?	YES		
Does ( <u>Full birth name</u> ) forgive others their imperfect actions?			
Does ( <u>Other Name</u> ) forgive others their imperfect actions?			

## Self Forgiveness

Question / Statement	Answer needs to be	Answer before clearing	Answer after clearing
Do I forgive my imperfect thoughts?	YES		
<u>Does ( Full birth name )</u> forgive himself/herself for their imperfect thoughts?			
<u>Does ( Other Name )</u> forgive himself/herself for their imperfect thoughts?			
Do I forgive my imperfect actions?	YES		
<u>Does ( Full birth name )</u> forgive himself/herself for their imperfect actions?			
<u>Does ( Other Name )</u> forgive himself/herself for their imperfect actions?			
Do I love myself even with my perceived imperfections?	YES		
<u>Does ( Full birth name )</u> love himself/herself even with his/her perceived imperfections?			
<u>Does ( Other Name )</u> love himself/herself even with his/her perceived imperfections?			