



OCTRRFACS-B



1. Open: Breathe and Receive

1. Choose an essential oil. Open the bottle and breathe deeply.
2. Right foot only: Place 1-2 drops on the top of foot. Gently massage.
3. Right Foot: Place both hands, one on the top of the foot and one on the bottom of the foot below the ankle and at the base of the foot. In a light pulling motion, move both hands from the base of the foot to the toes 3 times. This begins to move energy in the body.
4. Right Foot: Wrap one hand sideways over the foot pad and the other hand sideways on the front and across the toes for a few seconds to anchor the energy.
5. Invite: "At the finish, I will invite you to say or think a Mindset, 'I am' statement, to complete the Blueprint Reset. Are you open to that?" Release the hands.
6. Continue through step 8b. Circulate for the Right Foot.
7. REPEAT for the LEFT Foot: Step 1 Open; 2-4. through Step 6a.
8. All steps will be replicated on the left foot. Step 1-8a. Skip 8b (for R foot only) and continue with Step 8c through Step 9.
9. At Step 10, change to the right foot and then switch to the left foot to finish.

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2a. Cleanse and Clear

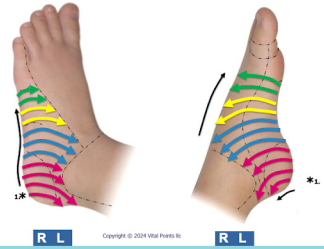
2 Knuckles
Spin ☺☺☺



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2b. Cleanse and Clear

2 Knuckles
Spin ☺☺☺



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2c. Cleanse and Clear

Knuckle
Spin ☺☺☺



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2d. Cleanse and Clear

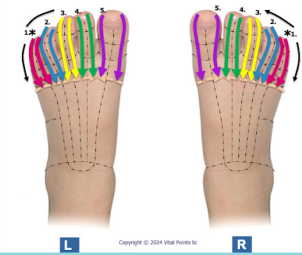
2 Knuckles
Spin ☺☺☺



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2e. Cleanse and Clear

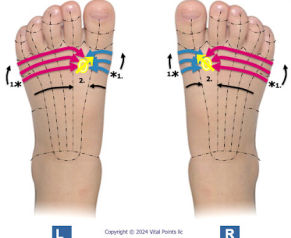
Knuckle
Spin ☺☺☺



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2f. Cleanse and Clear

2 Knuckles
Spin ☺☺☺
Spiral ☺



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3. Trust

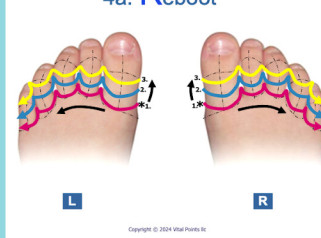
Knuckle
Spiral ☺



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4a. Reboot

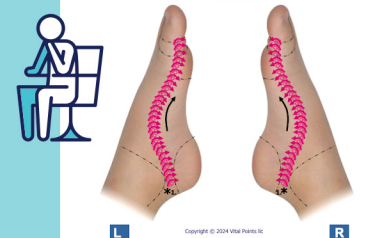
2 Thumb Walk
Spin ☺☺☺



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4b. Reboot

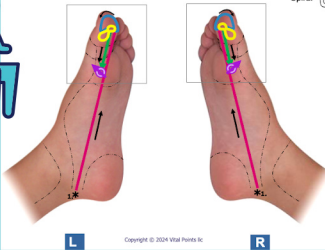
Knuckle
Down Spin ☺☺☺



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4c. Reboot

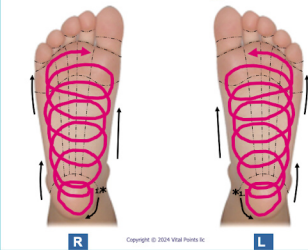
Knuckle
Spin ☺☺☺
Spiral ☺



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5. Recharge

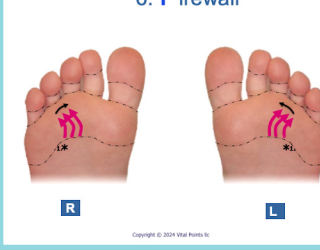
Knuckle
Spin ☺☺☺



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6. Firewall

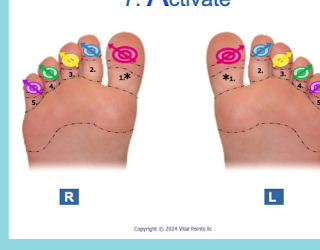
Knuckle
Spin ☺☺☺



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7. Activate

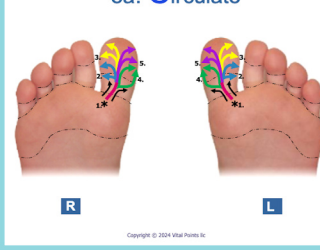
Knuckle
Spiral ☺



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8a. Circulate

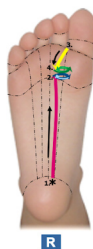
Knuckle
Spin ☺☺☺



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8b. Circulate – Right Foot Only

Knuckle
Spin ☺☺☺
Spiral ☺



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This is the last Spin for the Right Foot. Finish this chart. Return to top of charts. On Left Foot: Begin again at 1 Open and Receive. Continue all spins but 8b. Skip 8b. Finish to the end Spin charts.

8c. Circulate – Left Foot Only –

Knuckle
Spin ☺☺☺
Spiral ☺



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This is the final left foot only chart. Step 10 returns to Right Foot First, followed by Left Foot for the Body Blueprint Reset.

9. Set the Vital Core Body, Mind, Spirit

Knuckle
Spin ☺☺☺
Spiral ☺



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10. Blueprint Reset

1. Right Foot: Place both hands, one on the top of the foot and one on the bottom of the foot below the ankle and at the base of the foot. In a light pulling motion, move both hands from the base of the foot to the toes 3 times to release and reset energy in the body.
2. Right Foot: Wrap one hand sideways over the foot pad and the other hand on the front and over the toes for a few seconds to anchor the energy.
3. REPEAT on the LEFT Foot 1 and 2.
4. While the foot is secured in hands, invite: "Are you ready to either say or think your Mindset 'I am' statement to complete the Body Blueprint Reset?"
5. Person Says or thinks their new Mindset 'I am' statement.
6. Release the hands to finish.

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