

Emotional balancing libraries cover areas like depression, anxiety, PTSD, as well as promoting positive mood and breaking away from patterns that no longer work

Library Name	Library Product Name	Description	Link
Ancestral Pattern Clearing	Ancestral Pattern Clearing	Clear ancestral patterns that affect us today	Ancestral Pattern Clearing
Anxiety Quick Relief + Transformation to Courage	Anxiety Quick Relief + Transformation to Courage	Frequencies that promote calm, positive, and safe thinking	Anxiety Quick Relief + Transformation to Courage
Break A Habit - Create a Reset, Restart, + Refresh	Breaking A Habit	Frequencies and affirmations to assist you in breaking an old pattern and beginning a new one	Break A Habit - Create a Reset, Restart, + Refresh
Breakthrough to Success 1 Clearing Limiting Beliefs	Breakthrough to Success Series 1-3	Clear beliefs that limit you from moving forward	Breakthrough to Success Series
Breakthrough to Success 2 Clearing Ancestral Patterns	Breakthrough to Success Series 1-3	Clear ancestral patterns that are passed down through the DNA	Breakthrough to Success Series
Breakthrough to Success 3 Supercharged Affirmations	Breakthrough to Success Series 1-3	Affirmations that help you to move forward positively and quickly	Breakthrough to Success Series
Broken Heart Healing Program	Broken Heart Healing Program	Clear the residue of a heartbreak - even if it was years ago	Broken Heart Healing Program

Courageous Transitions 1 Relationship Grief Release	Courageous Transitions Series 1-5	For changes in your life, use this library to navigate change and release grief	Courageous Transitions Series 1-5
Courageous Transitions 2 Relationship Grief Affirmations	Courageous Transitions Series 1-5	For changes in your life, use this library to navigate change and have affirmations to move forward quickly	Courageous Transitions Series 1-5
Courageous Transitions 3 Grief from Loss Release	Courageous Transitions Series 1-5	When you experience loss, use this library to help you through the changes and releasing the grief	Courageous Transitions Series 1-5
Courageous Transitions 4 Grief from Loss Affirmations	Courageous Transitions Series 1-5	Affirmations to assist with grief, loss and change	Courageous Transitions Series 1-5
Courageous Transitions 5 Transformation to Heal Energetics	Courageous Transitions Series 1-5	Energetic support toward transitions in tough times	Courageous Transitions Series 1-5
Emotions Code 1 - Heart + Small Intestine	Emotions Code Testing Library	Emotion code connections with Small Intestine	Emotions Code Testing Library
Emotions Code 2 - Spleen + Stomach	Emotions Code Testing Library	Emotion code connections with Spleen and Stomach	Emotions Code Testing Library
Emotions Code 3 - Lung + Colon	Emotions Code Testing Library	Emotion code connections with Lung and Colon	Emotions Code Testing Library
Emotions Code 4 - Liver + Gallbladder	Emotions Code Testing Library	Emotion code connections with liver and gallbladder	Emotions Code Testing Library
Emotions Code 5 - Kidney + Bladder	Emotions Code Testing Library	Emotion code connections with kidney and bladder	Emotions Code Testing Library
Emotions Code 6 - Glands + Sexual Organs	Emotions Code Testing Library	Emotion code connections with Glands and sexual organs	Emotions Code Testing Library

	Emotional Cleanse + Release Program	Release charged emotions and find peace with this comprehensive library that can be easily run on Quick Balance	Emotional Cleanse + Release Program
Emotional Pattern Clearing with Essential Oils	Emotional Pattern Clearing with Essential Oils	Carolyn Mein's take on emotional patterns that are associated with parts of the body (points). Expect powerful releasing with these incisive points!	Emotional Reset: Calm + Comfort in Difficult Times
Emotional Reset 1 Anxiety Relief/Calm + Comforted	Emotional Reset: Calm + Comfort in Difficult Times	Rife Frequencies for calming anxiety	Emotional Reset: Calm + Comfort in Difficult Times
Emotional Reset 2 Depression Life + Embrace Joy	Emotional Reset: Calm + Comfort in Difficult Times	Rife Frequencies to lift mood	Emotional Reset: Calm + Comfort in Difficult Times
Emotional Reset 3 Trauma Clear/Ground in Present Time	Emotional Reset: Calm + Comfort in Difficult Times		Emotional Reset: Calm + Comfort in Difficult Times
Healing Unlock Codes: Make the Connection Between Illness + Emotions	Healing Unlock Codes: Make the Connection Between Illness + Emotions	Frequencies for harmonizing emotional blocks that could be leading to physical issues + resolve	Healing Unlock Codes: Make the Connection
New Beginnings 1 : Clear Negative Beliefs	New Beginnings Series	Frequencies for harmonizing negative self thinking	New Beginnings Series

New Beginnings 2 : Emotions that Activate Success	New Beginnings Series	Frequencies for positive and uplifting self thoughts	New Beginnings Series
New Beginnings 3 : Achieve True Success w/ Your Fresh Start	New Beginnings Series	Frequencies for positive + successful mindset	New Beginnings Series
Past Life Panel 1 Describes the past life	Past Life Trauma Clearing Program	The Past Life pattern associated with the current issue	Past Life Trauma Clearing Program
Past Life Panel 2 Time Periods	Past Life Trauma Clearing Program	The approximate time period that the past life occurred during	Past Life Trauma Clearing Program
Past Life Panel 3 Positive Attributes	Past Life Trauma Clearing Program	The attributes that have carried over from the past life that you are now in the process of clearing	Past Life Trauma Clearing Program
Past Life Panel 4 Which Lifetime	Past Life Trauma Clearing Program	Which lifetime is most associated with the current physical issue?	Past Life Trauma Clearing Program
Emotional Pattern Clearing w/ Essential Oils (YLO)	Releasing Emotional Patterns (Oil On Point) w/ Dr. Carolyn Mein	Clearing emotional blockages based on the work of Carolyn Mein and Young Living Oils	Emotional Pattern Clearing with Essential Oils (YLO)