



KNOWING AND LIVING YOUR PURPOSE

A practical guide
to being the "real you" everyday

LeRoy Malouf

“LeRoy offers a wealth of resources for readers that are looking for more self-awareness and discovering his/her true self and truth in general. He does it by telling his own life experiences and lessons, which are really inspiring. He also offers a user-friendly guide for readers to uncover the true causes of pain and suffering.”

~ Sharon Fan, Center for Natural Cures, centerfornaturalcures.com/

~ ~ ~ ~ ~

“LeRoy walks his talk! ...this book is a fountain of youth for all ages. Enjoy the read!”

~ Colette Stefan, thetruthisfunny.com

~ ~ ~ ~ ~

“LeRoy is a great friend and mentor and has inspired me and countless others with his energy, insight and style of teaching. He uniquely understands neutrality as a universally powerful tool for removing energetic blocks to getting consistent results and lasting shifts for client’s symptoms. I can think of no other single concept that has more power to change our lives for the better every day.

“LeRoy is an excellent instructor. He has a great sense of humor, and makes PPB-N© and all of his EWBP© courses fun and easy to understand. His EWBP© courses are an experience not to be missed. A great neutral quote from LeRoy is: “Get neutral – or get symptoms”

~ Stephen Dupre, nowenergetics.com

~ ~ ~ ~ ~

“LeRoy Malouf is my Yuen method trainer and friend. When I need someone else’s help, LeRoy is the first person I call. I’m impressed with his kind heart, sharp insight, and presence. I have used his recommendations for working with teenagers and for accessing the experience of unconditional love as a resource (described in this book). I’m glad he’s sharing his wisdom with a broader audience, and I wish you well to use it. Bless you LeRoy and everyone you help.”

~ Judith A. Swack, Ph.D., originator of Healing from the Body Level Up (HBLU) methodology, HBLU.org

KNOWING AND LIVING YOUR PURPOSE

KNOWING AND LIVING YOUR PURPOSE

A PRACTICAL GUIDE TO BEING THE "REAL YOU"
EVERYDAY

LeRoy Malouf

MERRIMACK MEDIA

Cambridge, MA

Copyright © 2013 by LeRoy Malouf

All rights reserved. No part of this book may be reproduced or utilized in any form or by any means including mechanical, photographic or electronic process or recording; nor may it be stored in a retrieval system, transmitted or copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the author and publisher.

Library of Congress Control Number: 2013955509

LeRoy Malouf
Knowing and Living Your Purpose:
A Practical Guide to Being the “REAL YOU” Everyday

ISBN: 9781939166357 (print)
ISBN: 978-1-939166-36-4 (ebook)

Merrimack Media
Cambridge, MA

Contents

Foreword	ix
Acknowledgements	xiii
Energetic Well Being Process©	xvii
Introduction	i
1. A Life Changing Event	7
2. A Transforming Surprise	19
3. How Did I Get Here--This Life...This Body?	25
4. Where Is It All Going?	35
5. Learning from Teens	41
6. Purposeful, Satisfying Work	49
7. How to Succeed at Work	61
8. Being Entrepreneurial: The Highs and Lows	65
9. Two Self-Development Methods	69
10. Weak Energy Drains Away Our Life Purpose	73
11. My Avocation Becomes My Vocation	83
12. Remembering Who You Really Are	87
13. We Start By Being Strong Every Day!	99
14. The Positive Power of Being Neutral©	107
15. The Physical Intelligence of Our Symptoms	121
16. We Can Help Ourselves Every Day	129
17. Clearing Away Our Symptoms	141
18. A Process for Clearing Root Causes	145
19. Our Biggest Symptom	155
20. Living "Heaven on Earth" NOW	163
Appendix	169
About The Author	175

Foreword

The most important idea the human species has produced maintains that *human consciousness is inseparable from the ultimate reality*. We are being overwhelmed by a planet-wide epidemic of partial perception. This is a deadly spiritual sickness that threatens our destruction. Who are we? What is our true self? What is it we must do to live and fulfill the meaning of our lives? William Blake said, “If the doors of perception are cleansed, everything would appear to man as it is—infinite.”

It is ancient wisdom proven over and over through the experience of our race that what we think, feel, and will is what becomes real to us with real consequences. Perception and behavior are always consistent with the identity we acquire from infancy to maturity. We acquire that self-concept—that identity that produces our behavior and our destiny—from our parents, our teachers, our culture, our economic system, our political system, and our religious ideas and practices. Also, we are surrounded by love of power, money and status. We have become isolated, depressed, addicted, and distracted from living who and what we really are.

What must we do? The familiar metaphor of arranging the deck chairs on the *Titanic* as the ship goes down seems to be our response. We cannot continue to ignore the crisis we have created.

We must catch the vision of the truth of our identity. There is no substitute for this. History has proven over and over that where there is no vision the people perish.

We must practice a different lifestyle, one in which we see the implications of our vision. There is no better statement than that of Jesus admonishing us to love God (our infinite identity at the deepest level) with all our hearts, soul and mind and to love our neighbor as our self (because he or she is another version of our self).

We must realize that our conscious ego is not our guide. It is useful in many ways but, its principal use is to seek and respond to our deepest

self. If we follow our ego attachments rather than using them to seek, find and respond to that deeper reality—the power of the living God within us—we will suffer and cause suffering.

Ancient wisdom and the frontier state of science agree that ultimate reality is inseparable from human consciousness. This is another way of saying there is only oneness. All this is well and good, but what does the average individual do who cannot devote the time and the commitment to master and apply the tremendous amount of information?

*There is an answer. The answer is in one word, which contains all of the dimensions of knowledge and consolidates it, so it can be applied in every second, in every life. And what is that word? It is **acceptance!***

Acceptance is defined as “the act of receiving something offered.” How does this word apply to our dilemma? It is the switch that turns on the flow of the power of interaction. It is the response to the dynamic indestructible life force which ever seeks to express through our mind, body and spirit the power of continuous creation. It is the spark between two people that ignites potential relationship. It starts conversation, leads to interest, grows perceptions of mutual benefit and culminates in an episode of co-creation that spurs the movement of creative evolution. Acceptance responds to the agony of environment abused by the power and greed of human beings. It triggers that which is desperately needed to move the human project forward in spite of negative circumstance. Acceptance is the sword of the spirit, which we use to solve every problem [and] capture every opportunity. It is the magic carpet that carries us to the fulfillment of our deepest needs and aspirations.

Acceptance is the response to the truly holy, which is ever speaking to us, guiding us, protecting us, and transforming us.

I have known LeRoy Malouf for over fifty years. He has been a loyal and loving friend—I have learned much from him. He is a rare individual with much to offer for our time. His entire life has been grounded on his search and discovery of God and his desire to help others experience God’s presence in their own way. Over the years I have watched his enormous commitment to learn everything he could possibly learn about the wellness

KNOWING AND LIVING YOUR PURPOSE

and vitality of body, mind and spirit. He is a problem solver; he is a master of interpersonal process. His book is the distillation of his sixty-year quest for meaning and purpose of human life. He exemplifies undaunted intention and indomitable goodwill.

LeRoy's Energetic Well Being Process© is a proven example of a therapeutic encounter which has produced significant transformations, relieved suffering, removed blocks, and liberated people to live the deep purpose and meaning of their lives. He understands, he teaches, he demonstrates the power of acceptance, which leads to removal of the blocks to complete wellness of body, mind and spirit. He leads his clients to the power of acceptance of their deepest being. Read his book, meet him, and let him help you.

Fred Zweig
October 14, 2013

Acknowledgements

I have been blessed by, and am grateful for, numerous people who are:

- Family, friends, and members of study and support groups.
- Guides, youth leaders, teachers, managers, and co-workers where I was employed.
- Colleagues, past and present, who support each other.
- Spiritual teachers, ministers, authors, publishers, and instructors of wonderful self-development books, articles, and modalities.

I am especially thankful for:

- Parents, Alfred and Clara.
- Sisters, June and Pyrrha.
- Wife, Toni. *We met on a blind date to go to a formal dance. Her name was Antoinette Alice Antoine. She was in a formal evening gown and we went to, and had, a “ball.” We have been together for sixty-one years. Toni loves animals, the earth, and fiber. She has run an animal farm for over thirty years. We have had numerous animals, inside and outside the house, who have been wonderful, happy, entertaining, and loving companions.*
- Our offspring (labeling them as children does not seem to fit since they are all between fifty and fifty-nine)—we are very grateful for, and proud of Fred, Richard, Sherri, Cindy, Jennie, and Geoff and their spouses, children, grandchildren, and great grandchildren.
- Our extended family, who love, believe in, encourage, and support Toni and me at every turn.

Mary Goulding, Mary Conklin, Lyn Ouimet, and Megan Robinson have been Office Managers for Energetic Well Being [EWB] Process©, providing excellent ideas and consistent support. EWB Process© could not function without them.

Living my purpose would not have been possible without the numerous clients who have come for guidance, clearing, encouragement, and learn-

LEROY MALOUF

ing. Thank you! Living my purpose has been tremendously boosted by you!

Several colleagues have participated in weekly and monthly mutual support over the years: Dia Costello, Selina Denny, Steve Dupre, Mary Storey Gardner, Jane Higgins, Jen Judd, Marc Kettenbach, Noran Malouf, Annie McLaughlin, Judith Morales, Gary Niki, Randi Noyes, Sheryl Nuccio, Roberta Oliven, Lisa Pearlanta, Colette Stefan, Judith Swack. Their insights and clearing work continue to be innovative and mind blowing!

Several colleagues continue to open their homes, churches, and places of business, and sponsor free demonstrations of EWB Process: Stephen Carter, Barbara Farwell, Cathy Feder, Dr. Margaret Gennaro, Glory Lane, Sam Liebowitz, Noran Malouf, George Mingins, Lisa Pearlanta, Katie Ramaci, David Schreck, Prudence Sinclair and Dr. Allan Tomson. Thank you for your generous support.

A great thank you to the readers who provided valuable contributions to the book—Dia Costello, Nancy Dyer, Sharon Fan, Susan Jones, Therese Kells, Barbara Kille, Amit Kohli, Glory Lane, Fred Malouf, Sherri Malouf, Toni Malouf, Annie McLaughlin, Judith Morales, Roberta Oliven, Lyn Ouimet, Megan Robinson, Patrice Sena, Cindy Smith, Colette Stefan, Sharie Phillips-Swatek, and Fred Zweig.

They all provide insights and direction, are “covering my back,” and empowering me to find my way in this life. They keep seeing my potential, always urging me to go forward.

I love you ALL.

KNOWING AND LIVING YOUR PURPOSE

Now, some details.

“Inspiration, and then the wash.”

–Rumi

May I please remind you that this book, its contents, the self-development approaches that are included, the energetic clearing work done by LeRoy Malouf, the EWB Process© and other energetic methods are in no way intended as a replacement for any treatment by a licensed health care provider. No claims are made with the use of these processes. They are not for treatment or cures for your conditions, symptoms, injuries, illnesses or diseases. Consult your physician, therapist or counselor for diagnosis and treatment.

Energetic Well Being Process©



An energy clearing process for quickly eliminating the root causes of pain and other symptoms. The process transcends traditional and alternative approaches. It is a ground-breaking synthesis of Chinese energetics, quantum physics, and western modalities. By eliminating human energy blocks, we return to our natural state of wellness, vitality, harmonious relationships, and greater prosperity.

Clients experience:

- Significant breakthroughs
- Sustainable improvements
- Discovering and living the joyous treasure of who they are.
- Learning to use the process on themselves and others

LEROY MALOUF

There are about fifteen examples of energetic clearing work available by clicking on Video at www.ewbp.com. These videos also can be found by searching for LeRoy Malouf on Youtube.com.

The services offered are:

- Free group and phone demonstrations
- Private sessions with individuals and couples (in person, on the phone and on Skype)
- Teleseminars
- Workshops (face-to-face)
- Home Study Programs
- Leading edge wellness products

Health and wellness professionals discover that the Process complements their current service menu.

www.ewbp.com

Introduction

My intentions for writing this book are to share and to:

1. Create positive change across all borders, boundaries, and limitations.
2. Encourage self-empowerment and self-awareness in ways beyond our normal approaches.
3. Enable each of you to know and live your purposeful life in line with your own truth.
4. Teach simple methods for you to “*be*” who you are right now, purposefully guiding your right choices of what to do each day from now on vs. focusing primarily on “*doing*.”
5. Generate on-going physical, mental, emotional, psychological, psychic and spiritual strength, fitness, vitality, and resilience.
6. Precipitate wellness, enthusiasm, energy, love, acceptance, harmony, and joy.
7. Fully support the transformation and presence of each of you.

I have been helped by many different modalities, teachers, and belief systems, and, in the process, have evolved Energetic Well Being Process© as a way of assisting and enabling development of others and myself. *No one has to subscribe to any particular religion or belief system in order to benefit from the energy work that I use and teach.*

How many people will it take to fully support and transform the human race, Mother Earth, and all of creation? A million? 300,000? 40,000? One?

From an individual’s perspective, one is clearly enough. We each are like the proverbial pebble in the water that ripples out to the ends of creation. When I am at peace, the people and space around me become peaceful, and this peace spreads through the universe.

Let’s make an even larger impact by increasing the number. When I ask my heart, Mother Earth, Jesus, and the Universe for how many, the answer

I get is the impact of 53,000-130,000 is enough, enormous and possible. A simple idea or invention can have a big impact. Look at spiritual leaders, inventions, and innovative approaches that have changed the world and how we live (vaccines that eradicate polio and other diseases, how indoor plumbing affects how we live, various electronic devices, the Martin Luther King speech, the automobile, or the teachings of Christ, Buddha, or Mohammed).

What are the needs for “one more book”?

What I see all around me is that many people are facing huge, relentless challenges and symptoms (one definition—a departure from normal function or feeling, indicating the presence of disease or abnormality).¹ For many, they are persistent and devastating with no part of life being unscathed. These challenges include: relationship issues; inability to lose weight; major shifts in or loss of work/career/direction; lack of resources; feeling stuck; the inability to move forward; demoralization; and depression. They also include every imaginable physical illness, from non-stop pain to medicine side effects, migraines to cancer, digestive disorders to MS, and allergic reactions to various diseases.

When we are confronted with persistent, stubborn symptoms, we look for answers and help from numerous sources. When the results are short term or non-existent, our quality of life quickly deteriorates. We can get stuck in chronic hopelessness.

When we do find an approach that works, we are amazed at how quickly and easily we return to our natural state of wellness and vitality. These experiences demonstrate that we have the innate capacity to completely and totally clear symptoms from our lives. Resistance, which can appear over and over again in many different disguises, often threatens even the best approaches, modalities, and treatments.

The symptoms and resistances may lead us to work to increase our consciousness. If we pursue greater awareness without clearing away old thought patterns and habits, the same thing happens to us. We resist. This causes us to experience even more stubborn symptoms.

KNOWING AND LIVING YOUR PURPOSE

It is as though we are putting “new wine into old wine skins,” and it does not work easily or well (King James Version, Mark 2.22).² The old wine skins burst, and the new wine is lost.

Why read *Knowing and Living Your Purpose* now?

When our focus is primarily on dealing with our symptoms and resistances we have very little energy or time to focus on our life purpose.

As human beings, each of us has struggled with at least one of these physical and emotional challenges. I strongly believe that 2013, and even beginning before, is a period of powerful consciousness-raising for all people. It is a time to know and live our purpose, to remember who we really are, with ever increasing love, unity, joy, peace, harmony, and fun in our lives.

Since our symptoms and resistances are strongly drawing our attention, we can work with them using the simple methods in this book to clear them away so we can shift and the new can come in.

Why this book and this author?

I have been a Treasure Seeker, all my life. When I searched for treasure outside myself, I found mostly struggle. When I searched inside myself I found joy and real treasure. I guide clients to discover the joyous treasure of who they really are. I am a wellness and vitality practitioner and instructor enabling clients to make significant breakthroughs and sustainable improvements in their life.

The tapestry of experiences of I describe in this book shows you the way to know your life purpose. It is sixty-one years of my journey, which led me to uncover my truth and keep returning to living my life with joy and satisfaction through all of life's experiences. It is a series of stories about people transcending their life's struggles. Included are observations, teachings and methods for doing energy work woven together with threads of love, joy and peace making a tapestry that is whole.

Also included are experiences of the work being used to clear away symptoms such as pain, dis-ease, aging, illness, and self-negation. You don't need to take numerous years of struggle to get back to your natural state

of wellness and vitality because of the ways you can benefit from what this book has to offer. The book and the energeticwellbeing.com web site describe how it works.

When I look back at my life and my ten careers, I realize at each career shift I was not at the crossroads I thought I was. It was not about figuring out and choosing my profession. It was about struggling to find myself, to remember and be who I really am—a creative, loving being whose purpose is to help others and me to live heaven on earth, now! What that means for each of us is that we benefit ourselves and others when we are living in our natural state of love, joy, peace, harmony, confidence, vitality; getting stronger and more fit in all ways (physical, mental, emotional, psychological, psychic, spiritual); getting great satisfaction from work.

Another way of saying this is that I am fine just the way I am—that I can stop compulsively “doing” all the things on my checklist. I can “be” and then everything flows naturally and gets done easily.

I am now eighty-one years young! It took me sixty-one years of many small and many powerful growth experiences to get to where I am now, knowing and living my purpose, and getting satisfaction from my work every day.

This book is a tool to enable you to take much less time than it took me. For me, it is a joy to enable people to eliminate physical, mental, emotional, psychological, psychic, and spiritual symptoms (such as pain, disease, aging, and illness), and to facilitate their learning more about how to quickly do it for themselves.

We are experiencing amazing, rapid (almost faster than we can comprehend) developments in technologies and in electronic devices that have become increasingly useful to us: cell phones, computers, and all the applications (apps) that enable us to do many things quickly. We are simply not accustomed to being able to know and live our purpose *now*. I express my gratitude to the many, many people whose joyful and gratifying living, insights, stories, and teachings have given me insights and that have been pointers as I found my way. In this book I am sharing:

KNOWING AND LIVING YOUR PURPOSE

1. My story.
2. Descriptions of many of the self-development approaches/ modalities that have been very helpful to me, including wonderful spiritual experiences, and the related beliefs from which I find support.
3. My careers and what guided me to and away from them.
4. The work I am doing now and teaching others to do as well.
5. Examples from clients of how and why it works (you can see many examples by looking up my name on YouTube).
6. Enough detail so that if you resonate with any of the processes that are described, you can use them in your own growth and empowerment.

It is my firm belief that each one of you can find one or more ways to enrich how you are knowing and living your purpose, while increasing satisfaction from what you are doing, in a life filled every day with love and joy!

I want you to be delighted with what the book offers, and with what I can do afterward to support you. We will continue to develop support opportunities such as conference calls, descriptions and examples, home study programs, live workshops, individual sessions with me and other practitioners that we recommend, based on what we hear from you are needs for further work. If you feel so inclined please email us at info@ewbp.com and tell us what we might do for you.

This book is a collection of short stories, methods for doing energetic work, and client experiences woven into a tapestry, with threads of love, joy, and peace to create a whole picture. It describes how others and I are making a difference in our own lives and the lives of others. If you are reading this book, it's likely that you want to do so as well, and I wish you my warmest regards and best wishes in your doing so, and in finding the beauty in the tapestry that supports your truth.

I am completing this introduction with an ancient story shared with me by one of my closest lifelong friends, Fred Zweig, whose career work was in marketing and advertising. He was a Lieutenant, Combat Engineering Of-

LEROY MALOUF

ficer, during World War II in Patton's Army. His unit took its turn spearheading the army as it advanced through Europe. He is one of the most loving, spiritual people I know. Both he and this story have been an inspiration for me for fifty years.

The Golden Haired Lion

Monk:

"I understand that when a lion seizes upon his opponent, whether it is a hare or an elephant, he makes an exhaustive use of his power. Pray tell me what this power is."

Master:

"The Spirit of sincerity.

"Sincerity, or 'putting forth one's whole being' is 'the whole being in action,' in which nothing is kept in reserve, nothing is expressed under disguise, and nothing goes to waste.

"When a person lives like this, he is said to be a golden haired lion; he is the symbol of whole-heartedness; he is divinely human. He is not a manifestation but Reality itself, for he has nothing behind him. He is 'the whole truth,' 'the very thing.'"

Please re-read as "she" and "her."

Notes

1. "Symptom." Merriam-Webster.com. Merriam-Webster, 2013. <http://www.merriam-webster.com/dictionary/symptom>.
2. King James Version Bible. New York: Oxford University Press, 1997.

I

A LIFE CHANGING EVENT

“What is real, what is not real?”

At the age of eighteen, I emigrated from West Texas to Cambridge, Massachusetts, a “foreign land” where MIT (Massachusetts Institute of Technology) is located. I felt like an alien, in an alien world! So many things were different, moving:

<u>From</u>	<u>To</u>
A farming culture and environment	A crowded urban environment
A climate of friendliness and able to trust others	“Stay aloof and don’t trust strangers”
Being able to see and experience the wide open sky	Crowded buildings, cars, and people
A sense of freedom where we would drive 60-120 miles to buy a beer	A feeling of being closed in (it was a challenge to visit a part of the Boston-area that was only 3–10 miles away)
A creative sense of being able to “move things along”	“This is not the way it’s been done before!”

These changes only added to a deep lack of self-confidence, lack of self-acceptance and acceptance from others, and a fear of groups that I grew up with. Upon arriving in Cambridge, I badly injured my right knee, was often in pain and had difficulty walking. The New England winters were depressing. I was struggling with school. I thought this was the reality of living as a human being! I was obviously suffering in physical, mental, emotional, psychological, and spiritual ways.

My mother, Clara, sent me a book called "*The Power of Positive Thinking*", by Norman Vincent Peale. There are many exercises in it for self-development.¹

I resonated with two of them near the end. I would lie down on my bed morning, noon, and night, close my eyes, and repeat over and over "with God's help I am now emptying my mind and myself of all anxiety, fear, sense of insecurity, sense of inferiority, and sense of superiority." At the same time, I imagined there was a pipe going from my head out into the gutter in the street. I kept repeating the words and felt and visualized everything draining out until I felt completely empty. I then disconnected the pipe (where it was "connected to my head," of course).

Then I repeated, "With God's help, I am now filling my mind with love." I imagined a bright, white light and love filling up my whole mind and body. This was about the time the advertisements for Mr. Clean came out. They helped me with the visualizations. He was my hero!

As I recall, I did this for about three weeks. At noon one day, with my eyes closed, I saw a wise man standing over me (with a long beard and flowing robes like a prophet from the Old Testament) and, at the same time, I felt a human hand on my forehead! It startled me. I opened my eyes, but there was no one there I could see. I was both puzzled and calm at the same time.

This experience was so different from my prior experiences. The next morning, I woke up and it was like being dropped into a large, fast flowing river that was surging with power, love, joy, peace, and perception. I could even see molecules shimmering in the air! I was ecstatic!

I realized how wonderful this life could be and that I had reality and unreality reversed. I said to myself, "I want to live my life this way!"

KNOWING AND LIVING YOUR PURPOSE

This great spiritual experience was an inner beacon for me (the sense of awe and ecstasy lasted about three months). I continued to believe that I could live this way day-in and day-out. I describe this experience as a defining moment and a major turning point in my life.

Despite this epic turning point, I was still hindered and burdened by: a lack of self-acceptance and confidence; self-judgment; a fear of groups; clumsiness in relating to others; and addictions. In other words, I was not accepting that I was OK just the way I was.

Every chapter in this book also describes major turning points. I am grateful for what so many people have done to share what they have learned, to guide us, and to help ease our pain and struggle. I am sharing what has been very helpful for me with the wish that it will be helpful for many others.

I believed strongly that there was so much work for me to do on myself that I embarked on a lifetime of seeking out and experiencing numerous self-development experiences. Together, these experiences became my avocation:

1. Reading or participating in self-development books, lectures, discussion groups, support groups, audio and video programs
2. Participating in prayer, bible study, healing, baptism of the Holy Spirit—experiences and groups
3. Experiencing two silent, self-directed retreats in retreat centers
4. Learning meditation
5. Doing cardiovascular exercises
6. Doing Tai Chi for nine years
7. Working with three therapists for short periods of time
8. Receiving counseling from ministers and teachers
9. Receiving chiropractic, bodywork, massage, acupuncture, cranial sacral, and other modalities
10. Taking numerous vitamins, herbs, and a variety of supplements

11. Learning from many modalities including Matrix Energetics©, Theta Healing©, Avatar©, Yuen Method TM, Ho'oponopono©, and others, which are described in more detail later
12. Receiving direct communication and experiences of Jesus, Angels, and other spiritual guides
13. Receiving guidance from many more helpers, and helpful experiences I have forgotten—I am so grateful that someone “had my back” all along the way

I list all these experiences to illustrate an important assumption I bought into—it takes hard work, numerous steps, “no pain, no gain,” and years of effort and struggle to develop ourselves. Fortunately, there are modalities that are exceptions to the belief that self-improvement is a long and difficult journey. These modalities help clear away our pain and symptoms more quickly and oftentimes right in the moment.

I meet many people who are buying into the same belief—struggling, searching in many places for answers—and growing at an often uneven pace and having personal growth stagnate for periods of time. I trust that some of the modalities that empowered me will be very beneficial to you, as well.

Returning to our natural state of wellness and vitality is happening more quickly every day, every year. There are numerous modalities, products, and services that help us develop ourselves to live in wellness and vitality and to know and live our purpose. The wonderful thing is that each one helps numerous people. Nothing seems to work for everyone.

When we find insights that work for us, the best news is that we *rush* to get back to our natural state. It is in all of us. As soon as we remove the blocks we have developed over the years, we remember more about who we really are and burst forth with renewed energy and joy!

When I look at what helped me the most, it was when some truth was being revealed. For example, that my natural state is *power, love, joy, peace, and perception* and *I am fine just the way I am*.

KNOWING AND LIVING YOUR PURPOSE

Yet, all the programming about the problems I had, and how I needed to keep working on them, kept coming back after each insight. Instead of staying in the place of “*being*” and trusting that everything is flowing naturally and working out just fine, I kept systematically focusing on blocks and symptoms and pursuing self-development. What has taken me the longest time to learn is to just *be me*.

What repeatedly worked for me, and what we are we doing in Energetic Well Being© is revealing an individual’s conscious and non-conscious truths about what is blocking them from moving forward.

EWBP© helps reveal truths that solve a person’s problems. It’s not healing, with other people “above you” knowing more than you do about yourself and telling you what to do. We don’t need healing, passion, compassion, or empathy if it is coming from a place of:

1. Hierarchy in a relationship
2. Believing that truth will be too hard for a person to take or accept
3. Attachment to positive feelings and insistence on spreading them
4. Rejection of negative feelings

Certainly, giving and getting support is important to us. Where would any of us be without unconditional love and compassion from others?

F.M., California, who does grief counseling, describes his observations.

“People have been healed through unconditional love and compassion—Jesus being a prime example.”

“Feelings are ‘qualified’ as good or bad based on whether they feel good or bad. We look for the positive feelings and reject the negative feelings. In my experiences of sitting with grieving people, the pain in the room is palpable. It’s likely they have not experienced this before, and don’t know how to handle it.”

“I ask if they can let go of being attached to their feelings, and of rejecting their feelings. I suggest that they realize these feelings are all just part of the human experience, to simply ‘be with’ the feelings, and allow them to flow through. This helps lead to acceptance and discovery.”

“Unconditional compassion allows people to discover their own answers. I do not give advice unless asked and even then it is couched in. ‘This has worked for other clients.’ Unconditional acceptance allows people to be OK with what they are feeling, especially when there is little or no opportunity to do so in other areas of life. People discover their truths and let go of limiting beliefs in a space of compassion and acceptance.”

Energy work brings information, truth, and support to others and ourselves. We return to our natural state of love. This is one way we can have it all!

Why is the truth so helpful? When we’re not in or living our truth, we don’t perceive reality accurately. Why? Because what a person believes to be happening is usually not what’s really happening. When we create or buy into non-physical beliefs that are not true, they cause a problem and we have health, emotional, psychological, mental, psychic, or spiritual problems or symptoms.

An example of this from a past session is a woman who said, “I was in a car wreck twenty-five years ago, had a whiplash, and have had neck pain ever since. It gets better and worse and never goes away.”

I said, “It feels like there are seven things in your life that are a big pain in the neck.”

She said, “Oh yeah, there is *this* about my spouse, *that* about work, *this* about money, etc.”

As soon as we worked with these issues (more about how later in the book) the pain went away and stayed away. It took about forty minutes to eliminate twenty-five years of struggle and pain.

She believed that the neck pain was caused by whiplash, which is based on the conventional belief that 95–100% of the root causes are physical.

While the pain could have contributed to other symptoms such as depression and tiredness, 95–100% of the root causes were coming from what was bothering her about what was going on in her life. In other words, it was the negative feelings and perceptions about “life issues” that were a “pain in the neck.”

In my case, since I believed I had to work on and develop myself, I kept judging myself, struggling with life, not staying in being who I really am, and proceeding on the “noble” path of self-development. I say “noble” because that path was supposed to be “good, and good for me,” which is another non-truth. I received a lot of praise and reinforcement for overcoming my struggles on that path, which motivated me to keep struggling.

If we do *not* know the truth about what is causing a symptom, and we still experience it, then we still think we have an “issue” or “symptom.” If we don’t know where our symptom is coming from, we perpetuate it.

Living without truth is the most painful experience we can have—and in being stuck, we perpetuate our struggle and pain. On the other hand, living with truth is resolution—freedom. If we know the truth of where a symptom is coming from, it goes away—and quickly. Our problem is solved. This is the truth that strongly supports us and sets us free.

I finally understand what Jesus said in John 8:32—“*And you will know the truth, and the truth will make you free*” (Revised Standard Version of the New Testament).²

The themes in this book are:

1. We struggle with physical, mental, emotional, psychological, psychic and spiritual symptoms.
2. Virtually all of the root causes of our symptoms come from our life issues.
3. Perhaps the most important symptom we have is that we don’t trust that we are fine just the way we are, or completely love and accept ourselves, and thus we don’t live in our natural state.

LEROY MALOUF

4. Our natural state is that we are OK, living daily in “power, love, joy, peace, harmony, perception, trusting in ourselves, flow, ease, grace, and synchronicity.”
5. We stay in this natural state much more easily when we really are “human beings.” That is humans “being who we really are” vs. “humans doing,” which is much more accurate in terms of how we struggle in our lives.
6. Truth resolves our issues. It is in finding our truths that we rush to get back to our natural state and are able to *know and live our purpose*.
7. An increasing number of life coaches, teachers, and modalities are available to help us get to our truths more quickly.

Clients often explain that their lives are not what they want them to be. They describe their wide range of symptoms, having tried many ways of dealing with their issues, not having received much help, and believing that they have to just keep struggling to survive.

I tell them about the above themes and we work to uncover their truth to clear away their symptoms, returning them to their natural state of wellness and vitality. A symptom often clears away quickly. When there are several symptoms it may take more time.

Here are three examples.

Gall Bladder Pain P.C.N., Massachusetts

“I had gall bladder pain on and off for many years. In May 2005, it became excruciating and I was scheduled for surgery to have it removed. LeRoy worked with me three times and the pain went away. The root causes that cleared were struggles with lost opportunities, regret, anger, and other buried emotions. My gallbladder is healthy and I am doing well. Needless to say, I did not have the surgery.”

My Experience of Sessions with LeRoy D.N., India

“Before I started sessions with LeRoy, I was facing a number of issues physically and emotionally for almost twelve years. I was suffering from chronic fatigue, aches all over the body—particularly the back and neck—weak digestion, catching colds and coughing very frequently, and pain in the sinus points on the forehead, cheeks, and other areas of the face. I had these physical issues for almost twelve years, and they had become progressively worse until the time I started taking sessions with LeRoy. Before taking sessions with LeRoy, I had tried various other alternative healing modalities, like Ayurvedic medicine for years and cranial sacral therapy.

“I had taken over my father’s business ten years before, and I was not having much success and was quite frustrated and disgusted with myself. Due to my physical health and my not having success in business overall, there was quite some hopelessness, bitterness, and fear about my future. This was at the age of thirty one and I thought that my life was really going downhill without any hope since my health seemed only to get worse without any results from things I had tried in the past.

“Then, I started weekly sessions with LeRoy, and he started with the clearing and getting me neutral to various life issues, along with which he asked me to do some cardio exercise as simple as walking. Though these were very difficult for me to take up, he encouraged me to do them with a smile. I could barely drag myself to walk for around ten to fifteen minutes at a very slow pace, which was adding a lot more pain to my already aching body. Eventually, after four weeks some of the pain and the chronic fatigue started to reduce and I could walk longer and at an increased pace. This experience in itself for me was like a miracle as what I had been facing for years started vanishing and improving week on week. In about four to six weeks, the fatigue was almost gone, and there was a great deal of reduction of pains in my body and especially the back.

“Along with this physical improvement, I also experienced a more positive mental condition, relating to past failures in my professional life. I was very bitter and disgusted with myself and there was a lot of blaming of my team members and my father for the lack of improvement in the business.

I would not say that I got immediate results in the business, but had great results in my thought process. From a very bitter and negative mind frame, I moved to a much more positive one, with a lot more hope and possibility of doing things to make improvements in the business. I can safely say that from a position of lack of esteem and bitterness, I moved to having a lot more trust in myself and my abilities and positive expectations about taking action to make improvements.

“When I had changes in these two critical areas of my life, my health and my mindset about my professional life, my quality of life dramatically improved. I had more enthusiasm in life and willingness to take more action to correct further my health and my business. I am thankful and grateful to LeRoy for this experience and these results. After having all these sessions with LeRoy, I have had a great improvement in my life and the direction of my life. I can say that it almost seems like a new life or the same life, but one that is changed from hopelessness and negativity to resourcefulness, positivity, confidence, and esteem.”

It has been very gratifying to find that through the sessions, D.N. has learned ways of clearing away his own symptoms. When clients are closer geographically, I urge them to take workshops to learn to do the work for themselves and others more quickly. They can also learn through home study programs.

How I met LeRoy and my first session with him. B.K., Missouri

“A few years ago I was so overwhelmed with life... I was looking online for a ‘miracle.’ I felt like I had exhausted years of different therapies and I was only slightly more settled. I could only work a few short hours a week. WiFi zones, cell phones, large crowds, and computers all made my nervous system very disturbed.

“I viewed a YouTube video where LeRoy was doing a demonstration and I could feel the energy moving and clearing. How interesting! A few short videos later, I knew I had to meet this gentleman.

“I flew to Providence, drove to Cape Cod, and had an hour session. I knew this would be necessary in order to have the ability to stay focused doing a weekend workshop on the Energetic Well Being Process.

KNOWING AND LIVING YOUR PURPOSE

“As we talked and worked together, LeRoy connected with energy that I felt in a very visceral way. I felt lighter and lighter! Questions and answers... we chatted back and forth and continued to clear root causes and shift in monumental ways.

“After a weekend in a EWBP workshop, learning new skills in a small group setting, I walked away with a new look on life. I was able to function in a different way and a clearer thought process.

“I continue to do clearing work on myself often and am happy to say that I am back at work full time and rarely am down.

“Thank you, LeRoy for giving me my life back! What a blessing.”

The key point is that when we learn to shift from the many ways we create symptoms in our life to the many ways we create strength, we return to our natural state of vitality and wellness, and to knowing and living our purpose in the “now.”

Notes

1. Peale, Norman Vincent. *The Power of Positive Thinking*. New York: Pearson, 1952. 144-46, 227.
2. Revised Standard Version of the New Testament Bible. New York: Oxford University Press, 1989.

A TRANSFORMING SURPRISE

“Deleting painful memories”

One Sunday, when my wife, children, and I went to church, there was this unassuming woman who was a guest speaker. She climbed to the pulpit and began describing how our past memories and negative experiences keep blocking us from living a life of joy, oneness, wholeness, spiritual development, and remembering who we really are.

She described how to transform them with a process she called, “The Healing of the Memories,” and “The Healing of the Soul.”

The moment she started speaking, her every word was resonating with my experience, impacting every cell in my body, like each word was spoken just for me, and kept pushing and pinning me against the back of the pew! I was astounded, amazed, and it was blowing my mind! I was frozen in place and was totally alert, taking in everything she was saying!

Her name was Agnes Sanford. She was the wife of an Episcopal Minister. She had mental illness during World War II, and then cured herself. She began to realize, develop, and live her purpose of teaching people to do the work on themselves and others.

I walked away feeling completely uplifted and did not really know what to do with the experience. I was aware, however, that something in me had shifted.

A few months after this encounter, we took our family to a non-denominational spiritual camp geared toward spiritual development of all ages. There were two scheduled guest speakers, but one was not able to be there, and Agnes came as a replacement (what a remarkable substitution of players for me)!

The speakers gave morning and evening presentations. When Agnes spoke, she described how to heal the soul and the memories and invited people to apply it to their own lives. I applied it to my life at every talk.

After leaving each of the talks, a perfect stranger would walk up to me and ask, “Would you please help me with...,” and proceeded to describe a memory or situation in their life they wanted to clear. Each time, it would be what I had just worked on in myself! This happened all week. I realized there was much more to learn and use in order to continue to develop myself.

Agnes spoke about the “School of Pastoral Care” workshops she was conducting to teach others how to do the work. She wanted to share the deep power of what she was teaching with clergy, doctors, nurses, therapists, social workers, and others in the helping professions. I went to three of the workshops that ran from noon on Monday to noon on Friday.

The pattern of deep learning and shifting in myself continued.

The process she taught is very simple and is based on her deep belief in and experiences of the power of what Jesus Christ said, taught, and did. She guided participants to:

1. Focus on a situation that is bothering or blocking you;
2. Imagine that Christ is/was there;
3. Imagine how he would handle the situation;
4. Give thanks for the insight and the shift that happens.

For example, a minister asked me to help him with a memory that continued to bother and upset him. He kept remembering being in his parents’ bedroom while his father was beating up his mother. I guided him:

KNOWING AND LIVING YOUR PURPOSE

I guided him, “Sit with your eyes closed. Remember, picture, imagine, and relive the situation as best as you can. What is happening?”

“He keeps hitting her and knocking her down. She is crying and begging him to stop. I am on my knees on the other side of the bed horrified and crying,” he said.

I said, “Ask Jesus to come into the room, and can you picture him there?”

“Yes!” he exclaimed.

“What is he doing?” I asked.

He replied, “He goes to my mother, touches her, and her bruises and hurts go away. He tells her he loves her and that she can be at peace.

“He goes to my father, tells him he forgives and loves him completely, and is healing the sources of the pain in his life that is causing him to be angry and to beat up my mother. My father is crying tears of remorse, relief, and of being completely loved.

“He comes to me, puts me in his lap, tells me he loves me, and comforts me.

“He guides all three of us to hug each other and be at peace.”

After the session was completed, I asked him to describe his reactions. He said he felt great relief, a letting go of painful memories. He expressed his gratitude for the experience by saying, “I came for a bunch of grapes and received a whole truck load!”

Applying Agnes’ teachings had a great positive effect on me and on others, often in one session. Years of painful memories, negative emotions, depression, and upset were cleared.

Agnes was one of the most unassuming and powerful people I have met, and I am forever grateful for her work, her teaching, and the powerful impact on my life! She wrote many books that wove this process into the stories. She believed that people, who might not be attracted by the teaching

of the process might get it through a story. She also wrote several books about how to do the work.^{1,2}

The work taught by Agnes, EWBP©, and other energy work is much more easily done while being in an aware, reflective state. Herbert Benson and Miriam Klipper in *The Relaxation Response* analyzed various approaches to meditation and describe a common pattern in the approaches.³ My understanding of the pattern is to sit in a quiet, comfortable place, be aware of breathing easily, focus on a nurturing or loving word or phrase, keep repeating it especially when being distracted, and continue for fifteen to thirty minutes each day for four to six weeks. They said that if you meditated with these simple guidelines, you would experience the body relaxing. I did what they suggested and experienced relaxation that was very helpful in dealing with stress. It was a great help in applying Agnes's work.

M.D. is a friend who was studying to be a psychotherapist. Part of her training was to go through in-depth psychotherapy. She said her therapist kept telling her, "You are not feeling your repressed emotions and experiences enough." M.D. stated, "Every time I go deeper, I break out in uncontrollable crying and keep getting very depressed."

I said, "I believe you're going deep enough," and led her through the process that Agnes taught. Afterward, she reported, "I feel free of those past experiences and deep negative emotions for the first time and am experiencing deep joy and happiness."

She felt deeply that her purpose in life was to help others as a therapist. She was blocked from getting to that purpose by not being able to get beyond her own problems. M.D.'s situation is an example of how we create what we pay attention to and focus on. Continuous focus on the deep negative emotions and experiences was not helping her to move on with her purpose. Clearing the root causes and gaining a whole new perspective on who she really is brought truth, liberty, and joy.

The following is another illustration of the impact of negative emotions and experiences.

It was not the buckwheat pancakes. A.T., Virginia

“I wanted to tell you of a great experience I had working with the EWB Process© over the phone. This friend of mine had a strong gut issue (tension in the solar plexus, vomiting, and ongoing nausea) after eating buckwheat pancakes. She wanted to see me for the Visceral Manipulation Chiropractic Technique that I do.

“After I questioned her, she remembered that two days prior to our conversation, she had a run in with a neighbor. He said he was going to sic his vicious dogs on her dog. I thought that the Process would be perfect for this situation.

“I went through and cleared quite a bit, including getting her to neutral and not reacting to the experience. She kept experiencing the ‘opposite’ of what she expected, desired, wanted or feared, etc. We cleared away much negative energy and she felt a lot of release, as did I. It was exciting and very powerful for her. She couldn’t believe how much better she felt. Thanks for your great teaching.”

Breaking free from suppressed emotions enables a person to more easily focus on how and what they want to be and do in their life. We will keep explaining and exploring how to do so with different methods.

Notes

1. Sanford, Agnes. *The Healing Light*. St. Paul: Macalaster Park Publishing Company, 1947.
2. Sanford, Agnes. *The Healing Gifts of the Spirit*. New York: J.B. Lippincott Company, 1966.
3. Benson, Herbert and Miriam Klipper. *The Relaxation Response*. New York: Harper Collins Publishers, 2000.

HOW DID I GET HERE—THIS LIFE...THIS BODY?

“Paradigm shift from victim to creator”

I was feeling lighter, and my life felt like it was moving forward. In my early forties, I was thinking about how I came to be in this body and in this life. I believed that God created me. Then I remembered what I had read from the bible when Jesus said to come to Him and that He would save us.

I said to God, “Wait a minute here. You created me. I am struggling, and now you say you will save me! What a scam! This is a rigged deal! I want no part of it!”

I flew into anger and rage and was driving down the road, cursing God. “You created this life of struggle just so I will want to ask you for help? You are a God alright, a God of manipulation!”

I don’t ever remember being so upset! I decided to calm down and meditate. Sitting with my eyes closed, I had a spontaneous vision of being on a beautiful hillside on a bright sunny day. There was lush green grass, birds, butterflies, and I felt very peaceful. I became aware of someone walking up the hill.

When the person came into sight, it was a man, Jesus! He walked up to me and said, “LeRoy, I love you completely. You are fine, one with love, and perfect just as you are!” I realized this was a conversation we were having before I was born.

He continued, “It will benefit you to be born and to live in a human body. You have choices. You can choose parents A, B, or C. This is what you will experience and learn in each of these options. And, you don’t have to do it! You can stay right here, where we are, completely one with and bathed in love. And, by the way, if you decide to be born you won’t remember this conversation for a long time. It is quite a trick to get this spirit into a human body!”

I was amazed! All of a sudden my anger was draining, fading away. I realized I *chose* to be right where I was, and where I am each step of the way, and in the moment. No one did it to me. I am not a victim.

I created my entire universe! It’s up to me to discover and live my purpose and to develop myself to do it with ease and synchronicity!

This vision/experience had three major impacts on me:

1. It rekindled the deep inner experience of unconditional love, and being loved and accepted;
2. I experienced much fewer day-in and day-out negative reactions to what I was experiencing in life;
3. It was yet another major turning point in my understanding of who I really am, and how I am going to live!

You may be asking yourself, “What does this have to do with me?”

My clients often have anger they are aware of, or suppressed or repressed anger they are not aware of. Sometimes, they will insist they are not carrying anger, with statements like, “Oh well, everyone gets angry once in a while,” or “I may get irritated or frustrated, but not really angry.” When I check their energy, quite frequently there is underlying anger that often has been there for many years.

KNOWING AND LIVING YOUR PURPOSE

Anger is a normal human emotion, so what's the big deal? Anger is like a gift that gives, and gives, and gives. On the one hand, we get an adrenaline rush with anger and feel energized. On the other hand, anger drains our energy whether we are actively expressing it or not. It builds pressure that is ready to be expressed, probably when we least expect it. Mine exploded with rage when I gave it the right "triggers."

It's much more difficult to be kind and patient while the pressure builds. It definitely gets in the way of building and maintaining supportive and accepting relationships at home, socially, and at work. Relationships get to be more of a challenge when either a man or a woman is angry with men in general, with women in general, or both.

Anger is also a challenge when either a man or a woman has been betrayed, has betrayed others, or has experienced that bad things frequently happen after good things happen, or whose experiences are that "love hurts!"

Being angry with yourself also has consequences in terms of "I'm not worthy or deserving," "I always screw things up," or "Nobody likes or accepts me."

When you think of giving and getting, it's usually with a positive expectation. But anger is like getting a gift that is the wrong color, the wrong size, and has no return receipt.

Aside from the above, there are not many consequences of holding on to anger!

It is like beating your head against a brick wall with the intent of hurting or getting even with the person with whom you are angry. In addition, when it bubbles up and we react in anger, we end up offending or alienating others as well as pushing them away.

I was fortunate to meet Jesus and to feel such immense love and forgiveness that my anger melted away. I had the same experience of love and forgiveness from my wife and others. It has helped me to forgive myself as well.

What if you cannot remember experiencing unconditional love and forgiveness, or it has not happened for you? Or, it happened and anger came back or you became angry again?

A next step in dealing with anger is to identify where it is focused. If you are angry, is it with:

1. Yourself;
2. God, Government, Organizations, Authority Figures;
3. All Men;
4. All Women;
5. Specific Men—how many, who?
6. Specific Women—how many, who?
7. Some other focus—what is it?

Sometimes, the inner awareness of where your anger is focused, along with the realization that our natural state is “Unconditional Forgiveness and Acceptance of Self and Others,” is enough. This awareness allows you to forgive God, self, men and women with no doubts, no regrets, nothing held back, and nothing needs to change. This can be an amazing, life changing, and, at times, spontaneous experience.

If it does not happen that way and there is still anger, a deeper foundation for being able to forgive is needed. I estimate that when we are five years old, we are 75–80% filled with unconditional love. I find adult clients are at only 25–45%.

You are not doomed to live with this lack of unconditional love. You can consciously fill your heart and chest with unconditional LOVE!

Philosophers have spent centuries trying to define love. Let’s take a more simple approach, especially since our life experiences (such as “love hurts”) might make it difficult to define what unconditional love is.

There are three words for love in the Greek language that are translated into English as:

KNOWING AND LIVING YOUR PURPOSE

1. *Eros* is “passionate, intense desire for something; it is often referred to as a sexual desire”
2. *Philia* is “a fondness and appreciation of, and loyalty to, others”
3. *Agape* is “love of God for man and of man for God and others”¹

The word *Agape* does not have specific religious connotation. The word became particularly relevant in Christian theology. Many have thought that this word represents unconditional, active, and thoughtful love.

It is love that enables us to forgive others and ourselves, even at times when we are reluctant to do so.

The question then becomes, how do we build a deeper base for forgiveness?

We fill our heart and chest with the feelings and vibrations of unconditional love, joy, and acceptance. This is not just thinking about it. It is about doing. It is expanding these feelings within us.

I ask those struggling with anger to remember times in their lives when they experienced unconditional love in order to define their personal understanding of love. They often have difficulty remembering such times. A way of connecting with those times is to remember what it feels like when:

1. Touching and playing with a pet;
2. Watching children play;
3. Relaxing; being on vacation; watching fire in a fireplace or camp fire, a sunrise or sunset, mountains, or a body of water;
4. Falling in love for the first time;
5. Getting married;
6. Holding or cuddling your babies and children;
7. Being supported by a friend, parent, grandparent, relative, and mentor;
8. Other times of experiencing acceptance, forgiveness, happiness, and joy.

After remembering these events (they usually can connect with two or three of them). The next question is, “*What were you experiencing during those times?*” Clients report feeling:

1. Joy, happiness, and fun
2. Adoration, wanted, desired, and desirable
3. Unconditional love and acceptance
4. Becoming one, expanding
5. Grace, peace, and sweetness
6. Perfection
7. Guidance and direction
8. Great, comfortable, and warmth

As they are experiencing these feelings, I ask and guide clients to close their eyes and relax; hold a hand over their heart and breathe in several times; keep expanding these actual feelings while sensing the vibrations of them; and fill their heart and chest with them.

As these positive, warm feelings expand, I explain that this is a step into:

1. Greater oneness with yourself;
2. Deeper remembering of who you are;
3. Expanding your own power;
4. Shifting how you view, and how you are with, yourself.

Such shifts can also bring up resistance to fully filling yourself with love. I explain that I will tune in to any resistance that comes up, and help them eliminate the causes for these resistances. The typical kinds of resistance that come up are fears, limitations, holding on to blocks, believing it’s not possible, thinking “no way that’s going to happen,” feeling hopeless or not deserving.

I suggest you periodically remember your experiences of unconditional love and keep expanding these feelings in your heart and chest. Let it be

KNOWING AND LIVING YOUR PURPOSE

OK for any resistance to come to the surface (there is info on how to clear away resistance later in the book).

Typically, clients fill their hearts and chest to 65–80%! The expansion and feelings give them a great foundation for forgiveness.

Then comes the part of forgiveness, “*How do you forgive yourself?*”

For every client struggling with issues of forgiveness, I tell them: “On your behalf, I’m asking you to forgive yourself.” Individuals often struggle with their willingness to forgive themselves. I address this struggle as follows:

“Can you forgive yourself?”

The answer is usually NO!

“Are you willing to forgive yourself?”

The answer is usually NO!

If no, “Are you willing to be willing to forgive yourself?”

The answer is sometimes NO!

If no, “Are you willing to be willing to be willing?” This last one usually does it.

When willingness is achieved, I recommend that clients breathe in a few times while breathing the feelings and vibrations of love, acceptance, forgiveness, peace, and joy into every cell in their body, top to bottom, and into all their energies inside and around the body.

I help clients ensure that the forgiveness is 100% by asking the question: “Does it feel like you have forgiven yourself 100%+?” If not, the individual continues to breathe the positive feelings into the body and energies until total and complete forgiveness is reached.

Forgiving oneself is critical to forgiving others. Once forgiveness of self is reached, the next step is to focus on forgiving others.

I ask clients, “Are you able and willing to forgive the others with whom you are angry (God, all men, all women, specific men and women)?” If not, ask, “Are you willing, willing to be willing, willing to be willing to be willing?” The last one usually does it.

When the willingness to forgive others is reached, I suggest the individual breathe into his or her chest a few times and breathe out forgiveness like a big sphere of energy going out to others in all directions to the ends of the universe and beyond.

“Does it feel like all have been forgiven?” If not, repeat.

Note how far the forgiveness energy goes and repeat if it’s only partial. Many times there are one or two men or women that have not been forgiven. If not, follow the same steps for forgiving the specific people.

While some people find it easier to receive than to give, others find it easier to give than to receive, in which case, it helps to consciously open the self to receiving forgiveness from others.

For those who struggle with receiving forgiveness from others, I guide them to explore the joys of receiving. I instruct them, “Ask those with whom you have been angry for their forgiveness for whatever you said or did that created the situations in which you were angry.”

This is not to suggest one must go to every person in their life and “ask” before opening up to receiving. Rather, this step of opening up to receiving allows forgiveness to flow.

Once they are open to receiving forgiveness, individuals can visualize their forgiveness coming in like a big sphere. Receive and breathe the feelings and vibrations of love, acceptance, forgiveness, peace, and joy into every cell of the body, top to bottom, and into all energies inside and around the body.

Sometimes, people have difficulty receiving. I suggest they repeat until they have completely received.

KNOWING AND LIVING YOUR PURPOSE

Also, it is beneficial to understanding our purpose to be more aware of the positive impact we have had on others. Thus, experiencing how you have helped others facilitates positive well-being.

In order to experience how valuable our presence is to others, we begin by remembering times in life when we have assisted, helped, supported, accepted, understood, and loved others. I suggest clients seeking to understand their value to others visualize, feel, picture, or experience that support going out from him or herself like a stream of energy, light, or water.

Then I guide them further by saying, “When you can experience this happening, visualize it making a U-turn and coming back to you with their appreciation, happiness, and thanks.

“Receive and breathe the feelings and vibrations of love, acceptance, appreciation, happiness, and thanks into every cell in your body, top to bottom, and into all your energies inside and around your body.

“Absorb it! Soak it in! Realize this is another affirmation of who you are. Let this help you appreciate you at a deeper level.”

The conscious and non-conscious emotions of anger, resentment, revenge, and upset are strong barriers to knowing and living your purpose. When we are able to forgive others and ourselves with no doubts, no regrets, and with nothing held back, that wasted energy and direction goes away.

The feelings of unconditional love and forgiveness include relief, peace, calm, joy, lightness, harmony, and freedom. Nothing needs to change other than to remember to go back and be in this space! Then we are able us to understand at a much deeper level what is our natural state. It is easier to reflect on what our purpose is in this life, and we are able to be and live it.

Notes

1. Moseley, Alexander. “Philosophy of Love: An Overview.” Internet Encyclopedia of Philosophy, 2001. Martin: University of Tennessee at Martin. <http://www.iep.utm.edu/love/>

WHERE IS IT ALL GOING?

“All of life is a game”

I read a sign on an office partition in a large organization saying, “All of life is a game, because if it was real, we would have had much better instructions.” I laughed at it then and still laugh when I think of it because so much of life seemed like it was a struggle. It seemed to reinforce the common belief that learning comes from pain and struggle, and thus, the common description of life as a “no pain, no gain” endeavor.

Contrast that seriousness and heaviness by thinking of games that you play that are fun, light, enjoyable, and relaxing. The philosophy of “life as a game” helps to understand what can motivate and drive humans to understand themselves better and to build on the strengths and skills that work best in each person’s life.

If life is indeed a “game” it helps to view it as a team sport. Members of a team bring different skills and talents together to achieve a shared goal. If you are reading this book, at least one of your goals is to increase your well-being by finding your purpose in life. An important part of finding our purpose is to realize that, like individual members of a team, there is support available to help us. There are those in our life that can help us through any confusion and self-sabotage we are experiencing. They can help us seek out, embrace, and deal with the obstacles in our way to ultimately reveal a clear path.

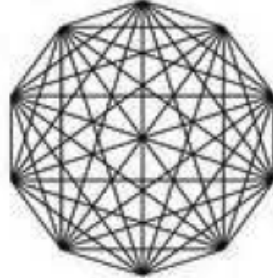
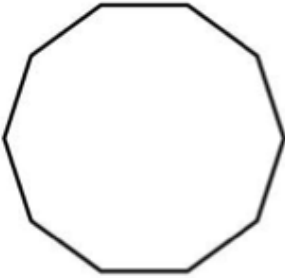
I struggled in every school I went to and in every job I had, up until the time I started my own business. At every school I attended, starting with elementary school, I received 120% out of 100% the first semester, and then struggled to get a decent grade from that point on. The next semester seemed like it was repeating what we already had learned. It was boring! In the first semester, teachers thought I was great, and then wondered what was going on they were puzzled with me. They wondered, ‘Was I not motivated, was I lazy, was I uninterested?’ By seeing only the surface of the changes in me, many times I was labeled as lazy, unmotivated, or disinterested. These labels led to decreased expectations and fed my own lack of confidence and self-judgment.

In my youth, I was shy and often fearful of people and groups I did not know. I was self-conscious, overly sensitive, and too often seemed to say or do the “wrong thing.” I kept trying to get approval from my family and others. I didn’t feel I received approval from my father for many years. I often observed that others around me felt that I wanted something from them. Unintentionally, I projected that I expected more from others than I expected of myself.

I also rebelled against authority and rules, alienated others, and impeded my ability to form healthy relationships. This increased my confusion, because I did not seem to *fit in* in many circumstances.

Imagine some of the many ways we block ourselves (1. limiting beliefs; 2. burdens; 3. baggage from the past; 4. from ancestors; 5. misdirected actions; 6. issues and reactions; 7. negative behaviors; 8. the many things that bother us; 9. creating drama; 10. telling stories about our struggles). To better understand how these blocks create complexity and struggle in our lives, visualize each of them as a point on a many sided figure, with lines connecting each to the others.

KNOWING AND LIVING YOUR PURPOSE



They negatively reinforce each other. It seems we make life even more complex than we imagine. Visualize the elements in three or more dimensions with different points needing attention at different times and sequences.

This brings us a little closer to reflecting on and understanding the resulting ways in which we struggle in our lives!

Fortunately for me, there were teachers, friends, parents, colleagues, mentors, and my wife who offered or from whom I sought out help and guidance. They saw potential in me and encouraged me, and still do. I am forever grateful for their support.

My wife and I met on a blind date. We were married at the end of our junior year in college (she graduated from Wellesley College). My difficulty with relationships carried over into our marriage. There are many times I did not think we would make it!

Yet, here we are in 2013, still together and stronger than ever. I believe we are doing so well at this point in our lives because of two things:

- Her deep love, forgiveness, acceptance, great mothering of our six children, oneness with life and nature, and caring for animals and fiber (she has run an animal and fiber farm for over thirty years), and
- My ongoing self-development

I credit the following *elements* of actions, behaviors, and beliefs with driving me toward finding my purpose:

1. Receiving encouragement from the above support
2. Welcoming and continuing to seek spiritual “highs” and direction
3. Wanting to be a good person, husband, and father
4. Determined to deal with my “stuff”
5. Motivated by my work successes and satisfaction
6. Driven to excel in every endeavor
7. Motivated to achieve prosperity
8. Wanting to form good, healthy, and long-lasting relationships
9. Searching to know and live my purpose
10. A strong desire to find faster, better, and easier ways to help others, the world, the universe, and myself

Each of these elements affected me directly. Each one also interacted with each of the others in different ways, times, and places. These interactions led to even more powerful and positive changes and shifts in my life.

The real beauty of self-empowerment is that life gets more simple and easy. The insights cut through the complexity and struggle to the truth of who we are.

An example of an insight that continues to inspire me came from the scripture, “to be filled with the spirit” (King James Version, Ephesians 5.18).¹ My oldest sister, June, suggested that we meet with a couple who help people break through limiting assumptions, beliefs, habits, and self-sabotage. Their approach was to help bring out and draw on our creative and intuitive capabilities.

They explained “various kinds of [speaking in] tongues” to me, which is, in essence, speaking other languages (1 Corinthians 12.10).² This sounded very foreign to me since I had always heard and believed how difficult it is for a grown person to learn to speak another language.

KNOWING AND LIVING YOUR PURPOSE

Needless to say, I was very skeptical. They were very patient and kept encouraging me to not think about it and to just let syllables begin to flow. It startled me when it started to happen! At the same time, it reminded me of the great spiritual experience I had in college, and I felt lighter and encouraged.

That night, I took a shower before going to bed. Doubt was rising and as I was showering, I said to myself, “Let’s see if there is anything to this or not. It either works or it doesn’t” and allowed myself to relax and start speaking. To my great surprise the syllables and words of another language came forth from me!

I knelt by my bed and began to pray and again asked, “Is this for real?” Imagine how water could fill a room from the bottom up to the ceiling. The opposite happened in that a very powerful and gentle movement of unconditional love filled the room starting from the top, moving down to the floor, and enveloping the room and me in the process.

At the same time the following words from scripture filled my being. “The Lord thy God is with thee, whither so ever thou goest.” (Joshua 1.9)³ This was not the intellectual, mental process of reading a scripture. I was filled with love, joy, ecstasy, awe, and wonder!

At that point, the entire struggle went away, at least for a time. The feeling was “Life is very simple. *Be* in this place. This is who I am.”

When I described this experience to others, I found it difficult to convey what it was and how it helped me. There were many raised eyebrows.

I was beginning to see the importance of eliminating the root causes of life’s complexities to easily clear them away. I kept searching for how to clear the symptoms *and* get back to our natural state in simple ways that have highly predictable positive impacts! But that *Life Instruction Manual* was still nowhere to be found! The next chapters describe more key turning points—or forks in the road—of life as I kept getting more and more clues about how to put together that manual as a part of living my purpose to help others and myself.

LEROY MALOUF

Notes

1. King James Version Bible. New York: Oxford University Press, 1997.
2. King James Version Bible. New York: Oxford University Press, 1997.
3. King James Version Bible. New York: Oxford University Press, 1997.

LEARNING FROM TEENS

“Making life-fulfilling choices”

A lack of harmony and joy within our family can create a block to knowing and living our purpose. Great learning can come from finding ways to enhance family life.

Toni and I have six healthy offspring with “normal” births, life events, friends, schooling, families, careers, and challenges. We found parenting especially challenging when they reached middle and high school age, and were wrestling with them being teenagers and growing up. This was at the same time that I started my own business.

One of our children (we’ll call the person “Pat,” so it can refer to male or female), Pat, was doing great until becoming involved with a group of teens who were abusing every thing and every one—including school, others outside their group, and us.

We kept trying to understand what Pat was experiencing and used reasoning to try to shift behavior. We used punishments such as grounding, chores, and no TV or music. Nothing seemed to work. We sought counseling and advice from others. We kept thinking it would feel so good if we could stop beating our heads against this brick wall!

A minister friend suggested we read *Reality Therapy* by William Glasser.¹ *Reality Therapy* is a simple approach to problem solving and making better

choices in order to achieve specific goals. It focuses on the here and now rather than the past. Throughout the process, emphasis is placed on those actions and thoughts that are within the person's control rather than blaming or trying to control others.²

You deal with people as though they are mature, capable, and able to make choices that are in their own best interest.

You continually affirm respect, caring, and positive feelings about each and then offer them choices (with consequences of each), and persist until the person makes a decision. The theory, simply put, is that if expectations are set in a way that the person can make responsible decisions, they will rise to the occasion, keep maturing, and take charge of their lives.

This sounded simple enough, yet we did not seem to be able to make it work with Pat! The turning point came one Friday afternoon in court. Pat had run away three times to our old neighborhood, and each time the police had found and brought Pat back. The judge stated, "The police believe Pat is going to run away again and want to lock him/her up in the state youth detention center. I always ask parents what they believe will happen before taking this step." He looked at us and asked, "What do you think will happen?" I affirmed that we also believed Pat would run away. Inside, I was thinking that maybe this would be the best thing, to get a taste of the direction in which he/she was headed. Pat was taken to the detention center.

We went to visit on Sunday, and our introduction to the facility came as we walked to the entrance. A policeman was taking a young person from his car. The person was in handcuffs and was kicking, screaming, and cursing. This was a bit of a shock!

When we went inside to what appeared to be an induction facility, there were numerous young people. We found Pat and began to talk. He/She was saying the same thing over and over, just like when we were at home. "You don't love or care about me! You don't pay attention to me! You're treating me horribly! You don't respect my wishes or let me 'do what I want to do,'" and so on.

KNOWING AND LIVING YOUR PURPOSE

Of course Pat was getting more attention than anyone else! We tried to reason. It was not working, yet again!

Then Toni said, “We do love and care about you and here are your choices:

1. You stay here and let the State Correctional System deal with you.
2. You run away and this time we are not coming after you.
3. You find someplace else to live.
4. You come home if you agree to these revised ground rules (not run with current group of friends; participate in school; show respect for us, school, and teachers).”

Pat kept repeating the same thing, “You don’t love me, you don’t pay attention to me, etc.” Toni repeated our love and care. After about the third time, Pat said, “I agree and I want to come home!”

The situation was better for about a month, and we realized Pat was sliding back into the old patterns. Toni kept looking for options and found a promising prep school and a treatment program for teenagers with behavior problems. After realizing Pat would probably have the same problems at the prep school, we decided to offer the treatment program as an option, with the benefit that if he/she completed it, we would support participation in the prep school. Pat had pretty well “poisoned the water” at the public school, so it did not seem to be a viable option.

We sat down with Pat, this time with another of our children who was close to Pat, and it was a replay of previous discussions and the scene at the detention center. Only this time, we told Pat that *d*) was no longer an option; he/she could not stay at our home.

The new *d*) was to attend the twelve-week treatment program and we would then support Pat going to the prep school. We kept affirming our love and caring and asking him/her to make a choice. At one point, the close sibling said, “OK. Come on, I’ll help you pack.” Pat did a double take and could not believe what the sibling was saying. Pat continued with the same points, “You don’t love me...”

When the sibling repeated “Come on, I’ll help you pack,” Pat got up and packed!

We enrolled Pat in the treatment program. We drove back home, completely numb. If anyone had told us that we would say, “you can no longer stay in our home,” to one of our offspring, we would have said, “you’re crazy!” We were emotionally drained. About all we could do for three days was eat, sleep uneasily, and sit! Pat was in a state of shock, as well!

After about six weeks, Pat called and said, “I’m coming home. They don’t respect or treat me well here.” Pat had broken the rules and was going to be kicked out of the program unless he/she started the whole twelve weeks over again!

We said, “Coming home is not an option, and we’re coming there to talk with you and the staff.” We told Pat the options were the same as before, and we were very encouraged to find that it was a much easier discussion. To Pat’s great credit, he/she decided to restart the twelve-week program.

After successfully completing the program, the options were the same, only *d*) now was to attend the prep school, which Pat decided to do. We enrolled Pat, paid the tuition, and signed an agreement that said if the rules were broken, he/she would be kicked out and there would be no tuition refund.

I said to the Headmaster, “I don’t want you to think I am being negative, but there is a good chance that in about six weeks, Pat will break the rules and you will kick him/her out. Before we pay the tuition, I want you to agree that if this happens, you will negotiate with Pat the conditions under which he/she can stay in school.” He agreed.

In about six weeks we received a letter from the school saying Pat had broken the rules and was kicked out. I called the Headmaster and asked if he remembered our discussion and requested that he negotiate with Pat, and he did. Again, he/she had a choice and made a decision to abide by the school rules in order to complete the schoolwork.

Pat completed high school and at the end of the year, we went to graduation. The teachers described what Pat had accomplished. We were both

KNOWING AND LIVING YOUR PURPOSE

amazed and completely impressed with the teachers, the school, and how Pat had blossomed and what he/she had done. I was in tears of joy! We are forever grateful for the school.

Pat met his/her future spouse there, and they moved to another city to work and live together. Pat has evolved his/her career and gets satisfaction from work.

The discussion and choices at the Youth Detention Center were a major turning point in his/her life and our lives. Pat's maturation into adulthood with confidence in his/her choices and living with the consequences, began there.

William Glasser continued to evolve his work that is now described in his book, *Choice Theory*. Of course, it is more than theory, as evidenced by our experience with Pat. There are schools that use his process as the primary way in which they deal with students. He wrote a book *For Parents and Teenagers* that captures the essence of the work and describes how to do it.³

From Pat

"When I look back on this time, I feel like I'm looking at a stranger. I did not know who I was or where I fit in. I did not feel loved or wanted, and therefore, had no desire to listen to or follow the advice of any adult including my parents. I didn't even listen to my friends. I was in active rebellion.

"Once my parents started offering me options, I had to really think about what I was doing and be accountable for my choices and the consequences that came with them. For any teenager reading this book, or if you are raising a teenager, the positive power of choice is immeasurable. I went from being lost to finding myself and discovering what truly made me happy and whole."

Our experience forever changed my assumptions about us human beings. We *can* make the best choices and live with the consequences. It also

changed and vastly improved how I dealt with our children, grandchildren, people who worked for me, and clients. It helped increase my respect for, and confidence in, myself and others.”

When you shift your role as a parent:

from being the authority figure demanding respect, using reasoning, punishment and control;

to coach and resource person offering support and affirmation, while treating the person with respect, as though they are responsible and can make mature decisions;

then the relationship changes from being adversarial to friendly and cooperative.

The former role is often used by parents, supervisors and managers, and often creates issues with others. The latter role is in line with our natural state of peace, harmony, wellness, and vitality.

One question that arises from this case is “What do you do with a person who is stuck in their symptoms and there does not seem to be a way for them to get free and back to their natural state of wellness and vitality?” Pat’s symptoms were mental, emotional, behavioral, and psychological.

You need to creatively find an option for freeing up and resolving the situation. *Choice Theory* was the answer here. A goal of the EWB Process© is to be an option for clearing away various ways of being stuck.

A second question is “What is the impact on finding, knowing, and living your purpose of being stuck in symptoms?” When you are stuck, most of your focus is on the symptom(s), not on purpose. In this case, Pat found freedom to begin to know him/herself.

It helped me by being able to find options for dealing with a completely hopeless situation. The outcome was very positive. This emboldened me to know that great changes can happen in all aspects of my life.

Notes

1. Glasser, William. *Reality Therapy: A New Approach to Psychiatry*. New York: Harper & Row Publishers, 1965.
2. Glasser, William. *Choice Theory: A New Psychology of Personal Freedom*. New York: HarperCollins Publishers, 1998.
3. Glasser, William. *For Parents and Teenagers: Dissolving Barriers between You and Your Teen*. New York: HarperCollins Publishers, 2002.

PURPOSEFUL, SATISFYING WORK

“Or directionless and floundering”

It is very hard to know and live your purpose if you are not getting satisfaction from what you are doing. If you are not getting satisfaction, you are likely dissatisfied and losing energy to do the work.

Two ways of dramatically helping us to find and live our purpose are to:

- Discover the skills that give us the greatest sense of accomplishment and satisfaction with what we are doing and match these skills with the specific work we are doing (covered in this chapter), and
- Find a match with the people and environment in which we are working as well (covered in the next chapter)

It took me several careers to learn about how to make these matches. As I continued on my journey of self-discovery, I was gaining great insights and satisfaction through my spiritual and self-development experiences—my avocation. My vocations and the changes in career required me to keep open to new insights and learning new skills. These changes led to intense self-development activities, and thus, were helping to drive my avocation!

The following are brief descriptions of each of my careers, the learning elements of each, and the forks in the road that led me to transition from

one to the next. Any one of them could have been a long-term career. Each was interesting. The excitement of learning something new always kept my interest piqued—for a while. Then, I would realize they did not yield long-term satisfaction.

First Career—Mechanical Engineer

I held this position for six months before going into the US Air Force. The practical application of engineering to develop products was very interesting, but not inspiring to me.

Second Career—USAF (United States Air Force) Pilot

I participated in one year of primary and basic flight training. Freedom! It was a fantastic experience. For the first time, I was completely engrossed in work and I excelled at it. I graduated first in my class in academics and flying capabilities. However, in talking with the flight instructors, a career as a pilot sounded a bit too routine and repetitive for me. I realized I would feel the same if I became a pilot for a commercial airline.

Third Career—USAF Project Manager

I applied for and was assigned to a job as a project manager. I was immediately given a high priority project to be completed in twelve months that normally would take twenty-eight to thirty months. The project required me to deal with some very difficult people, coordinate the development with several USAF development groups, and work with and manage an outside contractor. At the end, I observed that there was nothing in my background, experience, or skill that enabled me to get the job done.

I could have continued in this kind of fulfilling work, but decided to get a Masters from the MIT Sloan School of Management to better understand how to get this kind of work done. The MIT Sloan School program took two years and was very valuable in my understanding of how individuals and organizations function.

KNOWING AND LIVING YOUR PURPOSE

Fourth Career—Industrial Marketing Researcher

After graduating MIT, and while looking for full-time work, I did a big project with an owner of a company. The work was very interesting. The owner offered to make me a partner, and it felt like a possible and viable career using skills I had acquired. I rejected the offer for reasons I would come to understand later in life, and I kept looking.

Fifth Career—Computer Application for Electronic Data Processing (EDP) Company

This career involved teaching internal people and customers how to use the computers in scientific, engineering, and mathematical applications. The work was interesting, but did not hold my attention long-term. However, I realize it was a valuable step in my journey as it increased my understanding of computers and their application.

Sixth Career—Internal Consultant on Individual and Organization Development in the same EDP Company

This was much more fulfilling work. The job involved consulting with internal organizations about how to improve the functioning of the managers and systems. This was very interesting and it felt like I was continuing to add to the skills I learned while attending the Sloan School. As a part-time student, I took a course on computer modeling of organizations and applied that training to understanding what made sales people effective or not. I was able to show that the organization policies and practices were actually, and directly, getting in the way of sales effectiveness. What was a light bulb moment for me was threatening to the head of sales. I felt like I was working in a minefield. I was *not* doing well with the red tape and politics and was asked to leave.

Seventh Career—Applied Behavioral Scientist, External Consultant on Individual and Organization Development

I worked in four consulting organizations. In each case, I was asked to form a part of the organization to sell to clients, to hire staff, and to grow the business. I only worked a short time at two of the organizations. These organizations were not a good match for me. I left one and was asked to

leave the other. I worked for the other two organizations three years each. I largely did what I was asked to do. Again, I left one and was asked to leave the other.

There was a great amount of very intense learning in each of these opportunities. I was learning, at an accelerated rate, what we were offering to clients. In many ways, it felt like I was “coming home” because I learned so much about what motivates us humans—how to shift our thinking, what behaviors are most effective and least effective, in what ways we can have the most impact, and how to get things done in complex systems and organizations.

I was learning it for myself, teaching others, and teaching and certifying consultants and trainers on how to consult in client systems for them to be more effective, and how to teach individual performers and managers to be more effective. It was exciting and productive!

On the other hand, at the end of three years in the latter two organizations, I was losing interest in working there and confused about why I was losing interest. I was deciding what to do.

Eighth Career—Entrepreneur

As I was wrestling with what to do (work for another consulting organization, or as an internal consultant, or start my own organization), I heard about and met Bernard Haldane. We had heard about each other and talked and decided to do an exchange. I attended one of his workshops and he was going to attend one I was presenting.

Bernard’s work is a relatively simple and enlightening way of understanding how to gain satisfaction from what you are doing. The work was fascinating and on the leading edge of understanding how to help people gain satisfaction in life as well as how to be more productive.¹² I will describe what he found, use my own experiences to illustrate it, and then show how it helped me to understand myself better, and to guide me to choose my next career.

Toward the end of WWII, he was contacted by the US Government to help find how to get more production capacity. All eligible men and

KNOWING AND LIVING YOUR PURPOSE

women were working and there were no more to hire. The question was how to help the existing work force be more productive.

Bernard found that people were most productive when they were using what he called “the skills you can have confidence in,” your “motivated skills,” the high skills that give satisfaction versus the high skills that were not satisfying and not enjoyable to do.

This distinction is very important because we believe we are supposed to be using the skills in which we are very skilled. These skills can be a source of confusion as well. For example, suppose you don’t enjoy pushing numbers even though you are very skilled at it. One day your manager says that the person who does the monthly report is out, and could you please do it. You do it and dislike every moment of it. You do an excellent job and your manager and others in the department say “Wow, that is great, why don’t you do it every month?” Big source of confusion—wonderful feedback about doing something you totally dislike. You don’t feel satisfied from doing it and lose interest!

Bernard’s approach steers you away from falling into that trap. To understand the “skills you can have confidence in,” he guides people to identify 12–15 experiences where they had gained great satisfaction, and to write a paragraph describing the experiences.

The key experiences could come from any time or activity in your life. The following are examples that came to mind for me:

1. Helping to build a house when I was fifteen years old
2. Advancing through the stages of being a Boy Scout
3. Doing well in Science and Math in High School
4. Learning to ride well and maintain a bicycle and a motor scooter
5. Bending and challenging rules to get things done
6. Learning to swim well
7. Doing daring things with friends like finding rattlesnakes under rocks

8. Standing up to my mom and offering to stand up to her bridge club when they were saying negative things about a friend (she did not take me up on the offer)
9. Meeting and marrying my wife Toni and having wonderful, caring, loving, joyful children
10. Excelling in flying airplanes
11. Successfully completing the USAF Project
12. Helping others make major shifts and break-throughs in their lives in both my vocations and avocations
13. Doing original behavioral research to identify what it takes to be most effective in a job and to be effective as a leader both in getting results and in effectively leading others
14. Finally, finally, FINALLY learning how to deal with my own stuff that kept bothering me (depression, lack of confidence, lack of self-acceptance, anger, deceiving myself and others)

The key is to recognize experiences where you get the most satisfaction regardless of what anyone else thinks or says! It's a key to doing what gives you excitement, fulfillment, and interest in your work and hobbies so that life is rewarding and uplifting with over 50% of your waking hours.

The other option is to go through life:

1. not getting satisfaction,
2. discouraged and plodding along going through the motions,
3. feeling down and depressed,
4. reacting and creating drama in order to feel energy,
5. getting addicted to external stimulants that make you feel good,
6. suppressing what makes you not feel good!

Then Bernard guides you to identify the skills used in each of the experiences, and using a chart of experiences on the left and skills across the top, identify the skills most frequently used. Then he advised you to find work and other things to do that use those skills.

KNOWING AND LIVING YOUR PURPOSE

Example of describing an Experience—The project I needed to complete as a USAF Project Manager was to provide an all-weather loading capability for a piece of vital equipment into two aircraft models. The equipment was produced and delivered to the USAF by another government agency. It arrived on a cradle supported by small hard casters that would only roll easily on smooth pavement.

Yet the equipment had to be loaded at bases all over the world and the surfaces it had to be rolled over included solid ground, gravel, ice and snow. In those cases it was almost impossible to move. The agency would not change the cradle. The USAF put them in a junk pile and used its own equipment, which had subsequently become obsolete. I put together a request for proposal, evaluated bids, and selected a contractor who was located locally. And, even better, one of their personnel had intimate knowledge of and was the key person who helped develop the present piece of equipment being used.

After the contract was awarded, the contractor announced the key person was no longer available and that a Division of the Company located 1800 miles away would do the project. The engineering group there had no knowledge or prior experience with the equipment, the aircraft, or conditions under which it would be used. This was a shock! My supervisor and I visited the Division. We were satisfied enough to proceed with the contract. We were pressed for time and did not believe we could take the time to go through another bidding process.

I obviously needed to work closely with the contractor management and their technical people. In addition, coordination was needed with other groups/organizations:

1. USAF contracts office
2. Human Usage Requirements Group (who had absolute say over design decisions that affected how easily the equipment could be used by people located in all environments where it would be used)
3. Test Group (who checked the ability of the equipment to perform as specified)

LEROY MALOUF

4. The Command that actually operated and maintained the aircraft
5. My own chain of Command and other Project Managers in our organization

The project was completed in twelve months and was then released for production and distribution into the field. I accomplished this and received a Commendation Medal. I felt a great deal of satisfaction in conducting and completing this project, working with a wide range of people and the organizations involved.

Examples of skills used in the Project:

1. Coordination—With different people and groups
2. Perseverance—Each of the groups had their own priorities that often conflicted with the need of getting the project completed, and with what they felt they needed to do
3. Communication—Of project requirements, of what others wanted and of what they could or could not do
4. Excellence—Creating a piece of equipment that excelled in doing the job, and that went beyond being “good enough”
5. Flexibility—Adapting to rapidly changing situations
6. Resilience—Keeping the project going and the resources engaged in spite of the obstacles
7. Optimism—Keeping myself and others energy and enthusiasm up about the project
8. Technical knowledge—Understanding the details of the design and development of the equipment

Examples of other skills that could be included are (this is not intended to be a comprehensive list):

1. Fearlessness
2. Creativity
3. Confidence

KNOWING AND LIVING YOUR PURPOSE

4. Ingenuity
5. Accountability
6. Responsibility
7. Insight
8. Perception
9. Conflict Resolution
10. Problem Solving
11. Working Alone

The following table is a shortened example of how to do the analysis.

		Motivated skills you have confidence in...							
		Coordination	Perseverance	Communication	Flexibility	Excellence	Optimism	Resilience	Technical Knowledge
Key Experiences	Helping to build a house		X		X	X	X	X	
	Advancing being a Boy Scout		X		X	X	X	X	X
	Doing well in Science and Math		X		X	X			X
	Successfully Completing USAF Project	X	X	X	X	X	X	X	X
	Find the Most Common Skills	<i>1</i>	<i>4</i>	<i>1</i>	<i>4</i>	<i>4</i>	<i>3</i>	<i>3</i>	<i>3</i>

The next step is to identify the skills most frequently used in the situations where there was satisfaction and success. In this shortened example,

it is those with a frequency of 3 and 4. (There was a higher frequency when all my situations were included in the analysis I did.)

These skills are the guide for choosing work. Finding work that includes them greatly increases the probability of satisfaction and success. You are building on your strengths!

I completed the analysis using all my situations and a wide range of skills that were involved, and identified the skills that I most frequently used in the various experiences where I gained satisfaction. They clearly pointed toward work where I am responsible for doing the work, pulling together all resources needed, and getting the job done.

I was thoroughly enjoying the work I was doing as an Applied Behavioral Scientist. And yet, I was losing interest. I was leaving or being asked to leave jobs. I was puzzled and confused about what to do next—work for a large company, join another consulting firm, or start my own business???

I went to see Bernard and explained my dilemma. He asked if I brought my analysis. He loved to work with these analyses of job satisfaction. I gave it to him as we were sitting in a restaurant having lunch. He looked at it about five minutes and then said, “I have just one question to ask you.” I had an emotional reaction like a major truth is about to be revealed that could have a major impact on me, like electricity surging through me, like when the “knife is cutting all the way to the bone” when carving a roast beef!

He asked, “In how many of these experiences [where I had gained satisfaction] was it like:

- being on a football team in High School where you do everything together—training, being coached, playing the game, winning or losing, or
- being on the track team where, when you run a race, it’s just you, win or lose?”

As soon as he asked I knew the answer and said “track team in almost all of them!”

KNOWING AND LIVING YOUR PURPOSE

He said, "It would be a mistake for you to go work for anyone else. At the level in the organization where you have been working, you have to deal with administration, red tape, and politics. You don't get satisfaction from any of these activities and, yet, you would have to do them. You would ignore them or not do them well and somebody would 'eat your lunch, and you would be asked to leave."

He further clarified the key distinctions between these skills you have that you get satisfaction from and the skills that you have that you don't get satisfaction from.

And I replied, "You are right. I don't have a decision to make. I am going to start my own business!" This was the start of LeRoy Malouf and Associates. The company grew as I was doing the work of helping individuals and organizations be more effective and productive.

Our normal reactions in times of challenge or adversity are to react and think about it as bad times, or bad luck, or it's somebody else's fault. Another way of thinking about it is that it may be leading us to where we really need to go.

Making the decisions and choosing my eighth, ninth, and tenth careers were major experiences of knowing and living my purpose.

In this chapter we have covered a first way of dramatically helping us to find work that helps us to live our purpose:

Discover the skills that give us the greatest sense of accomplishment and satisfaction with what we are doing, and match these skills with the specific work we are doing.

Notes

1. Haldane, Bernard. *How to Make a Habit of Success*. New York: Warner Brothers, Inc., 1981.
2. Haldane, Bernard and Peter Ferdinand Drucker. *Career Satisfaction and Success: A Guide to Job and Personal Freedom*. Indianapolis: JIST Works, Inc., 1995.

HOW TO SUCCEED AT WORK

“Match job, people, and environment”

Choosing the best work environment is a second way (work related) of helping us to know and live our purpose.

A very successful company that sold its product in branches all over the country wanted to know what made certain branches most successful, so it could help other branches be more successful.

Its two most successful branches were in the same major city. The first branch was headed by an easy going graduate of an Ivy League school. There are eight schools in the Ivy League (located in the Northeast US) that play competitive sports with each other. There is often networking and camaraderie among graduates from the schools (sometimes referred to as an “old boys network”). Many graduates of the schools have become very successful in business and commerce.

The branch manager only hired other such graduates for the sales jobs. They sold an expensive version of the product to high-income people. The job was defined as one that would build long-term relationships and that was aimed at selling only what would meet the clients’ needs.

The second branch was across town and was headed by a hard driving manager with a “do the job or you’re out” approach.

He only hired hard driving people to fill the sales jobs. They sold a low cost version of the product to low-income people. The job was defined as get in the door, sell the product, and get out. Move on to the next one. The product met the customer needs.

Both branches were very successful. What each had done was to match all five of the following:

1. What the employee gained satisfaction from doing
2. The job description
3. The manager's approach
4. The culture of the Branch
5. The types of customers they sold to



As you can see from the figure, every one of the above intersects with the others. For employees to be satisfied in their work and the company to prosper, all aspects must be in harmony. In the example described, every part worked together to make each person and each Branch very successful. People were gaining satisfaction in their work.

Note that if you took any person from either of the branches and put them to work in the other branch, there is a high probability that their satisfaction and success would drop sharply. There would no longer be a match.

KNOWING AND LIVING YOUR PURPOSE

Another example is about the president of a company with expensive products and many outlets. His company invested in developing an inventory control system in order to have enough inventory to ship to meet customer orders. They also did not want to build too much product and thus incur excess manufacturing and inventory costs.

He said his father was the chairman of the board, and when he saw inventory building he would direct that it be shipped. Then, the inventory would go down to levels where the sales demand was not met. He said he spoke with his father several times and asked him not to get involved in inventory decisions and each time his father replied "It's OK sonny boy, I've been in this business a long time. I know what I am doing."

He said that when he got this response from his father, the meeting would end and nothing would change.

While the president was participating in a workshop to increase skills in dealing with difficult situations, he kept saying, "I know and have all these skills."

The final exercise was to have another participant role play being his father, and then to video tape him having a discussion about inventory decision-making. The discussion went about five minutes, and he said, "Stop the exercise, it's just like it was before, it's not working." He realized that he was not effectively making the points about inventory control, and was giving up, again.

He reviewed the video to understand what he was and was not doing and then said, "I'm ready, let's start the meeting again." Exactly the same scenario played out.

It was even more surprising to see himself giving up a second time while realizing he thought he had the skills to effectively deal with the situation. It is one thing to have skills, and another to be able to effectively use them while dealing with a challenging situation.

He said, "Ready again." This time he did it and it worked well.

I called him in a month and asked how it played out. He said, “The chairman is no longer making inventory decisions. It’s the best discussion we have had, both between chairman and President, and between Father and Son.”

Note how the president changed his job; how he approached the job; and the job of, and relationship with, the chairman. His satisfaction and success increased.

These examples illustrate the choices you can make to choose situations to work in where you’ll be most successful. This process helps you to know and to live your purpose more easily.

This is not to say that satisfaction and success are the be all and end all of life. Rather, when you are spending 8–12 hours of each work day commuting to, and focusing on, your work, it is very helpful for it to be expansive, fun, fulfilling, and productive.

If you are not gaining satisfaction and success and are feeling de-motivated then it can negatively affect your whole life.

BEING ENTREPRENEURIAL: THE HIGHS AND LOWS

“Finding the right fit for successful work”

Another facet of knowing and living your purpose is to know more about “what makes you tick?” What leads you to do the things you do or don’t do? Armed with this vital information you can build on your strengths and avoid what you are not so good at. What kept me going, even in times of adversity, was my entrepreneurial motivation.

For me, some positive characteristics of being entrepreneurial are:

1. Working hard and doing whatever it takes to achieve goals
2. Relying on self to pull through in challenging situations
3. Striving for excellent work and results vs. just doing a good job or just enough to get by
4. Training many others to do excellent work
5. Measuring achievement and success from positive feedback on projects and results in sales and profits
6. Seeking and taking advantage of opportunities
7. Getting great, positive, measurable results with individual clients and their organizations

8. Completely enjoying what I am doing in each moment, prospering, and feeling a great deal of accomplishment, exhilaration, and satisfaction
9. Satisfaction from the work of helping others in powerful ways
10. Feeling increasingly energized and believing strongly that I am living my purpose

For me, some of the down sides of my being entrepreneurial are:

1. Hiring sales people, sales managers, and professionals who tended to be like me, who were primarily interested in furthering their own interests vs. in building a company, and not finding ways to work well together for the benefit of all
2. Making decisions alone vs. fully involving others
3. Finding that people are difficult (both at work, socially, and in family) and often I believed and acted like they were obstacles to progress
4. My “I have to do it” orientation causing negative reactions both with people inside the company and with clients, particularly where teamwork was needed
5. Too often doing the expedient thing vs. doing the right thing in difficult situations
6. Rapid growth leading to the need for more administration and organization and I started feeling less satisfaction because of the need to be doing that work

High Achievement Motivation has been identified as one of the key characteristics of successful entrepreneurs. Dr. David C. McClelland was one of the Psychology Department Faculty at Harvard University. He and others did extensive research on Achievement Motivation to gain understanding of how successful entrepreneurs think and act. In the 1930's through 1960's, the US Government funded numerous projects, which successfully demonstrated that people could be trained to increase their entrepreneurial motivation and activity. This was verified through significant on-the-job results gained by actual entrepreneurs. For more information refer to his book *The Achieving Society*.¹

KNOWING AND LIVING YOUR PURPOSE

Achievement is one of the Three Social Motives. The Motives describe how people process information, and how the relative mix of them helps us understand how we act in this world, and how we interact with others. Dr. McClelland⁷ was a leader in understanding the motives, and his book *Human Motivation* is an in-depth description of how people function as a result of them.²

He was the chairman of one of the companies in which I worked as a project manager on one of these projects. I witnessed people we trained create statistically significant and improved business results.

I was enjoying the work, and at the same time I kept struggling with these problems I was creating. I kept searching for and finding ways to keep developing myself. Each new insight was a relief, a time of joy and a sense of moving forward.

At times, life still felt challenging. I was figuring out this jigsaw puzzle, searching for the next piece that fits and helps to complete the whole picture. And then there's the frustration of not finding the next piece, feeling down, depressed, or anxious, and fearing that the picture is not going to come together. There were many times when I just wanted to get through the day, to just be "whelmed" instead of "overwhelmed."

I was aware that I was not alone in my struggle. However, it was *not* comforting to realize that most people were struggling as well. Fortunately, my vocation of working in the behavioral sciences yielded valuable insights and opportunities for development.

As I look back, one of the things that amazes me is that I was learning about my motives in some depth, and realized I had high Achievement Motivation. There were times when I thought about venturing out on my own. Yet, I did not develop the impetus to do so until Bernard Haldane asked me the question that enabled me to clearly understand that I got the most satisfaction doing activities I was doing alone or that I was in charge of. That insight came at a time when I needed to decide what job to take so that I would increase my satisfaction with my work. And, more importantly, choose work that would keep me energized versus losing interest in

LEROY MALOUF

what I was doing. This fork in the road led to my eighth career as an entrepreneur! It was the start of LeRoy Malouf and Associates.

I sold projects to clients and then delivered the work. Everything was working fine until the company grew to the point where I was not able to do all the work by myself, and full and part time people were hired. Three of our offspring joined the company. We changed the name to LMA, Inc. to reflect that the company was more than just myself! The major work of the company is done through a subsidiary SMS, Inc.³

Those three offspring now own the majority of the company. They lead and manage it completely. With the company in capable hands, I realized that I needed to move on in order to fully know and live my purpose.

Notes

1. McClelland, David C. *The Achieving Society*. Princeton: D. Van Nostrand, Publications, 1961. Print.
2. McClelland, David C. *Human Motivation*. New York: Cambridge University Press, 1987. Print.
3. *Situation Management Systems: The Influence Company*. Situation Management Systems, Inc., 2013. Web. <<http://www.situationmanagementsystems.com>>

TWO SELF-DEVELOPMENT METHODS

“All modalities help numerous people.”

The downsides of being an entrepreneur kept me searching for how to more effectively live my purpose.

Diogenes was an ancient Greek Philosopher who became notorious for his philosophical stunts such as carrying a lamp in the daytime, claiming to be looking for an honest man. Like Diogenes, I was searching and finding my truth and was living with more ease and synchronicity.

Some of the modalities I benefited from both while I was full time in LMA and afterward are described next. The following is not intended as a comprehensive description of these modalities. Rather, it is a brief description of my experiences and insights gained from participating in or learning about them. The names are not included because the first one no longer exists, and I would not recommend participating in the second one.

Participating in various modalities helped me to realize that all well-founded approaches help numerous people. Nothing seems to work for everyone!

I participated in the first modality over a three-year period, involving several weeks. The focus was on developing intuition and insight, and on learning more information about ourselves. We drilled on understanding

how our energy and thoughts made us stronger or weaker. We kept sensing how these energies moved in and outside of our bodies.

At the time it seemed like a lot of repetition. In hindsight, however, it was very helpful in understanding others and myself at a much deeper level.

A key lesson for me was that I was subconsciously extending energy from my body to others, trying to get approval from them. It made others feel like I wanted something from them that they did not quite understand, and would often reduce their trust in why I was interacting with them. I felt frustrated and confused because I was reducing trust and did not know what to do to increase trust.

One of the main factors that drive Achievement Motivation is seeking approval from father (and others) and never quite getting it. This feeds a lack of confidence that was driving me to look for approval and answers from the outside versus from the inside.

This modality provided insights that allowed me to understand how my entrepreneurial roots were impacting the reactions and confusion of others. I realized I was “leaking energy,” and that this leaking kept the energy inside me “stirred up” and not settled and calm.

I also realized that this leakage started when I was very young. With two strong parents and two strong older sisters, I often did not feel adequate or safe and would escape out of my body to seek some place of safety. What this translated into as an adult was seeking safety and approval from others. Too often this behavior was not producing results and further undermined my confidence.

I learned that a way of stopping this leakage on a physical and energetic level is to create an energy boundary. A light bulb radiates heat and light and does not leak because it has a glass “membrane” or “boundary.” Our skin, like the glass of the light bulb, is a physical boundary that helps keep our body intact and keeps us from leaking fluids.

We can use our skin to help us create an energy boundary. Since it felt like I was leaking energy from many places around my body, I rubbed my skin from head to toe and kept feeling it help keep my energy inside. I also

KNOWING AND LIVING YOUR PURPOSE

thought of it as putting on a “wet suit” all over my body (used for diving in cold water—it is a great “thermal boundary,” keeping warmth in and cold out).

This attention to my body and energy serves as a great reminder to keep focusing on unconditional love and acceptance of myself.

I participated in the second modality over a three-year period, in several weeks of workshops. The focus was on using various techniques to help deal with issues in our body, relationships, sense of well-being, and the integration of spirit and body.

The workshops generated tremendous insights and excitement. Many participants gained significant life-changing break-throughs.

I have experienced and have heard from others about a number of modalities that have become a way of life for participants. Some similarities I see is that they:

1. Are expensive, involve many weeks of participation, and use primarily intellectual approaches to deal with complex human conditions;
2. Have their own ways of helping participants gain insights;
3. Do not really clear away root causes for our conditions;
4. Have leaders with very strong egos, who control every aspect of the process.

It is most helpful for us when we make choices about what we participate in that are in line with our True Self. Then we naturally create the most satisfying life.

WEAK ENERGY DRAINS AWAY OUR LIFE PURPOSE

“Choosing What is Real”

Where do our symptoms come from? To get a deeper understanding of how our symptoms can go away so quickly, I find it helpful to understand how and why we create symptoms. How do we move away from our natural place of knowing and being who we really are?

It appears that one of the biggest paradoxes about us human beings is that we don't support what we say we want, and we don't let go of what we say we don't want.

A story a couple told me begins to illustrate what is going on with us human beings. They work out in a gym 2–3 times a week. In February of one year, they reported that in the first week in January there were numerous new people working out in the gym. The third week only about 50% of the new people showed up. By the first week in February, there were very few new people.

When you ask people how often New Year's Resolutions become reality, there is usually a laugh and then the response “Almost never!”

So what is going on? This is a quandary since we truly do want to keep improving ourselves and living better lives.

My favorite way of explaining what is happening is to look at five-year-old children. It is widely observed and quoted that they laugh 300–500 times a day! And, that the average adult laughs only 5–20 times a day. I have observed in others and myself that on a “bad day” we have trouble laughing once.

A key belief on which EWBP© is based is that we want to be “well and fit” in all ways in spite of all the ways we cause our energy to go weak. We want to live in wellness and vitality as a normal part of everyday life. We observe that our bodies and spirits are “designed and constructed” to support us being in this state. For example:

1. We get a cut and it heals, we catch a disease and our body eliminates it and becomes stronger in repelling the disease again, and our immune response is flexible in dealing with agents that threaten our physical wellness.
2. Our body continuously (every second) creates new cells to replace dead or diseased cells, or those that are not functioning well.
3. We get unhappy or “down” about ourselves or a situation, draw our energy in, then get an insight or idea about how to move ahead. Then we move forward with positive intent and excitement.

On the other hand, we frequently experience that we do not support our wellness and vitality (consciously and unconsciously). Another way of describing patterns we have that create these weaknesses in ourselves are:

1. Thoughts and emotions—Self-judgment, judging others, ongoing anger, resentment, inferiority, superiority, guilt, fears
2. Beliefs—You can’t find people who want to do good work, there are no quality products anymore, you have to do it yourself, people (who don’t think like me) are stupid, drivers don’t care about anyone else
3. Assumptions—There’s no sense placing the ad, no one will respond, you can’t teach an old dog new tricks, my friend is always late

KNOWING AND LIVING YOUR PURPOSE

4. Limitations—There is only so much one person can do, helplessness, holding on to the past and to the way that used to work

There are many ways we block ourselves. We buy into and take on these blocks from our ancestors, our parents and relatives, the people we socialize with, work, society, peer groups, our experiences, our environment, etc.

These blocks become patterns that, in turn, become the new “normal” ways for us to think and act. They play in the background of our thoughts, minds, and bodies.

Any one of these ways of weakening our energy is small, but when you accumulate them over days, weeks, months, a lifetime, we get energetic blocks. We block ourselves physically, mentally, emotionally, psychologically, psychically, and spiritually. Eventually, we say, “Ouch!”

These are what we call symptoms. They are a sign of some disease or disorder, or a sign or indication of the existence of something undesirable. Understandably, we want to get rid of them so we can feel better again.

Another way of thinking about this is that symptoms are signals to us, a way of communicating with ourselves. They are signals that something is causing us difficulty and that we need to do something about it!

These symptoms are saying, *“Hello, I know you’re very busy now, but there’s something you need to take care of!”*

What happens when we don’t remove the symptoms? We turn up the “volume”—the symptoms get worse! They are saying, *“Can you hear me yet? We really do need to take care of this!”* In this context, *each event in our life loves US and is trying to guide us back to wellness!* They are from us to us to enhance our well-being, even though this may not be conscious to us.

Symptoms are only energy, neither right or wrong, nor good or bad. We may have a lot of trouble believing this, especially when we are feeling really sick.

Our conscious and normal approach is to try to get rid of or reduce the symptoms instead of eliminating the root cause(s). We:

1. Take over-the-counter remedies, supplements, herbs to reduce pain / symptoms;
2. Take drugs to reduce symptoms and to get our bodies to function;
3. Get some form of stress reduction to feel better;
4. Get operations to cut out some offending parts of our bodies;
5. Participate in numerous modalities and treatments;
6. “Cope”—learn to live with the symptoms;
7. Suppress the symptoms.

Fortunately, every product, approach, and modality works for, helps, and supports numerous people. However, nothing seems to work for everyone.

Most of these are helpful and the symptoms often go away. The key question is, “Do the symptoms come back?” Do we have to keep struggling with our symptoms?

The EWB Process© focus is to eliminate the root causes so that the symptoms are permanently removed, and our normal well-being processes keep us functioning the way we want to!

Let’s take this further and identify the thoughts and feelings that cause our energy to go strong or weak.

KNOWING AND LIVING YOUR PURPOSE

EMPOWERING AND DISEMPOWERING THOUGHTS / FEELINGS

When someone tries to “push our buttons,” or holds a belief structure that is very different from our own, we tend to react negatively. The real challenge in being who we really are in tough situations is that only a small portion of our life is strong and empowering.

20–25% Empowering	75–80% Disempowering
<p>Neutral Orientation to Success Managing Self Orientation to Others Visioning Creating Harmony Joy, Happiness Thankfulness, Gratitude Seeing Opportunities Relaxing Accepting self & others Forgiving self & others Peace Patience Kindness Gentleness Loving self & others Opening Ease/flow Balance Truth Faith Generosity Hope Compassion Feeling I am enough Confidence self & others</p> <p>Natural state for 5 year old children.</p>	<p>Judging/blaming Self Judging/blaming Others Anger, Rage, revenge Resentment Jealousy, Envy Guilt, Shame, Regret, Bad Sadness, Grief Depression, Distaught Anxiety, Worry Insecurity, Inferiority Superiority Hurt, Wounded Lack of Self-Acceptance Fears, Phobias Attachment, Dependence Reacting, Drama Manipulating Closed, Enslaved Criticizing Controlling, Pushing Illness, Weak Dis-Harmony Doubt, I Can't Hopelessness, Despair Whining, Bitching, Moaning Betrayed Wanting, Anguish Self-Righteous, Arrogance Suffering Forsaken, Forgotten Thrown Away Destroyed, Devastated</p>

PHRASES WE USE THAT WE GO WEAK TO

It's important to keep recognizing the various ways we cause our energy to go weak so that we can make the switch to strengthening our energy. What often comes out of our mouths is another good indicator of how we weaken our energy.

These common sayings also reflect our ways of thinking:

1. I hate it when that happens.
2. That makes me angry.
3. I really get impatient or annoyed when...
4. I get down when...
5. That frustrates me.
6. You're upsetting me.
7. I always get upset when...
8. Why do I always forget...
9. I can't do...
10. I'm sick of...
11. I don't like it when...
12. That really bothers me.
13. It bothers me when...
14. I react to...
15. I get itchy when...
16. I just can't stomach it any more.
17. Just shoot me.
18. I could have killed him/her for...
19. Nobody says that to me.
20. I've been screwed/ripped off/taken advantage of.
21. Let me tell you ..."the drama of what happened."
22. They are always like that/doing that...

KNOWING AND LIVING YOUR PURPOSE

23. Everyone is out to get me/you.
24. It drives me crazy.
25. Nothing comes easy.
26. Life is a struggle; no pain no gain.
27. The only sure things are death and taxes.
28. That stuff just goes on forever, it never ends.

HOW LITTLE THINGS BECOME BIG!

Another framework for understanding how we weaken our energy is to consider the small things add up to make us feel weak.

<p>FEELING DOWN</p> <p>Depressed Anxious Sorrow/Grief Guilty/Shameful Hopeless Alone</p>	<p>FEELING & BEING ANGRY</p> <p>Anger Resentment Rage Hatred Revenge Controlling</p>	<p>MENTAL MEMORIES OF SYMPTOMS</p> <p>Checking it Working on it Feeling it Treating it Going over it Anxious Worrying</p>	<p>NOT REINFORCING DESIRED STATE</p> <p>Old identities Old language Old beliefs Not being thankful Asking & asking as though you don't really "have"</p>
<p>ACTIONS (that bother us)</p> <p>Walking Running Getting into & out of Go to/from Going up/down Talking Eating Public Speaking Listening Nervous or sarcastic laughing</p>	<p>POSITIONS (that bother us)</p> <p>Sitting Standing Bending Lying down Pointing Gesturing</p>	<p>REACTING</p> <p>Drama Blame - Self - Others Taking sides Power plays Strong emotions Frustration Irritation Using "bothers" to motivate you</p>	<p>SUFFERING</p> <p>Suffer because we are "supposed to" Going beyond empathy & compassion</p>
<p>FEARFUL</p> <p>Helpless Paralyzed Overwhelmed Desperate</p>	<p>BENEFITS</p> <p>Strong for holding on to benefits of having the symptoms Not willing to get the benefits in other ways</p>	<p>MEMORIES</p> <p>Intrusive Compulsive Disturbing Re-playing Persistent Scenarios Re-thinking</p>	<p>WORDS WE USE</p> <p>"I could have died when ..." "I hate it when ..." "That makes me sick when ..." "My pain, problems, etc. ..."</p>
<p>ENERGETIC SUPPORT High for being depressed and dying. Low for joy and living.</p>			

KNOWING AND LIVING YOUR PURPOSE

What is Real and Not Real?

Real is defined as our natural state that we go back to when we clear away what bothers us. It is a bigger picture of knowing and living your purpose.

What is not real is the state we begin to believe is normal through a life time of weakening our energy.

What is Real: Our Desired State of Being 20-25% of Our Lives	What is Not Real: Our Mistaken identities 75-80% of Our Lives
Health, Vitality, Wellness	Dis-ease, Symptoms, Root Causes
True Self Infinite Boundless Prosperous in all ways One with all	Limited Self Narrow Bounded Poverty Minded Separate
Love, joy, peace, fun	Drama, pain, emotional over-reaction
Remembering who we really Are—knowing and living our purpose	Stuck in our stuff
Creating with ease	Struggle Time bound

When you observe five year old children it appears that they are living in “What is Real” with ease, fun, joy, and spontaneity. You can check when a person’s energy is strong or weak using muscle testing (also known as dowsing and kinesiology), and to measure how much strength or weakness. For example, when I measure the energy of five-year olds it is strong

to 90% of their own life (feelings, words, thoughts, and actions). The average for adults is 20–25%!

As we progress in age, the amount of our lives we are going strong to keeps going down. We move from innately knowing and living our natural state of “What is Real,” to acting as though “What is not Real” is our natural state.

Unfortunately, there is little opportunity to learn about how we make our lives strong or weak, and what to do about it.

Fortunately we keep gaining insights as we go through life. We get helpful advice or coaching, we read something that inspires us, we participate in self-development events, and we shift from pain and struggle back to what is **most** real for us (in spite of our sense of being stuck still feeling very real at times).

The good news is that there are ways we can systematically and repeatedly get to and stay in our most real state of being, which then supports us in knowing and living our purpose.

II

MY AVOCATION BECOMES MY VOCATION

“Predictability Precedes Purpose”

In 2000, at age sixty-eight, I began my ninth career. Here’s where I was:

1. Wanting to live life to the fullest and to help others do so, as well.
2. Still struggling with myself, lacking confidence in dealing with my own issues.
3. Uncertain about the exact focus and how to make things happen easily, quickly, and with a high probability of getting results.
4. Not clear how to get my work known and established.
5. Developing a name that captured what I wanted to do—my purpose—Energetic Well Being Process©.

In early October of 2001, I was attending a Dream Workshop© being conducted by Keith Varnum.¹ I attended several of these workshops and Vision Quests. Many of these are conducted in Sedona, AZ, and other powerful locations in nature, all designed to awaken and manifest your life purpose and passion. Keith’s passion, energy, and support of participants is fantastic!

A friend at the workshop brought a wellness magazine and the whole back page ad was about a Dr. Kam Yuen who was doing free demos and then a weekend Yuen Method™ workshop for the coming two weeks in a row. It looked very interesting. I checked my schedule and found I had conflicts with the demonstrations being conducted the first week and for the workshop being conducted at the end of the second week, as well.

I told the friend that I would have to look at it in more depth the next time Dr. Yuen came to Boston, since I did not want to commit to a workshop without going to a demo. She said, "I'm going to a demo the first week and will let you know all about it!"

On Wednesday, I received an email from her that said, "Don't bother going to a demo, go to the workshop. It is right down your alley!" So, I went to the workshop!

It was mind blowing! Dr. Yuen was calling people up on the stage, asking about their symptoms, and then clearing away the symptoms by finding root causes. He kept doing it all day long!

It was not clear how he was doing it. I kept copious notes and kept asking myself, "What is he doing? What is he doing?" I noticed other people doing the same thing. I kept looking for patterns that would explain the process. We would compare notes at lunch and on breaks to see if we could better understand the process.

As the workshop progressed, I kept feeling lighter, and more expansive, energized, and confident. I realized that I could combine what I already knew with this Method to create a very powerful Handbook for Living!

I decided to take more of the workshops and to go through his certification process, which also involved interning in workshops to facilitate the participant's learning. It was wonderful to keep learning and experiencing how to quickly relieve symptoms (physical, mental, emotional, psychological, psychic, and spiritual).

Yuen Method Full Spectrum Living™ became a major focus of the work I was doing with clients, to enable them to quickly clear their symptoms and to teach them how to do it.²

KNOWING AND LIVING YOUR PURPOSE

I had been working with people all along using the approaches I had learned over the years, and I still wanted to keep using these very effective modalities. I started working with individual clients in person and on the phone from the moment I first learned the Yuen Method™. I found I could combine the Method with the other approaches and that each helped support the effectiveness of the others.

After three years I started teaching the method, and did so for eight and a half years. In those workshops I only taught Yuen Method™ because I did not want to confuse participants, and because this was one of the conditions of being able to teach. It was wonderful seeing participants learning how to do the work for themselves and others!

I taught in Massachusetts, New Hampshire, Washington State, Georgia, Virginia, Maryland, and California, and sometimes in different locations within the states. I also taught Level 1 as a teleseminar, and put together a Home Study program, as well.

When I taught in Egypt in September of 2012, the participants said, “We have studied and learned many modalities. And, we knew someday there would be one that would go right to the core, to quickly remove symptoms!” This is exactly what I was experiencing with the Yuen Method™. At long last, here was a handbook for living that deserved to have the name! Dr. Yuen is a genius at finding root causes and eliminating the symptoms, and he keeps finding ways of making it faster and easier.

What I began to realize is that the Yuen Method™ was slowly, but surely enabling me to keep:

1. Switching from looking outside of myself for answers, to finding my answers inside.
2. Increasing the time and days of living the reality of my first big spiritual experience I had in college—living heaven on earth now.
3. Being in my natural state of love, harmony, wellness, vitality without thinking about it—it is going on automatic.
4. Enabling clients to be more in their natural state in a much shorter time than the sixty years it took me.

I am grateful to Dr. Yuen for:

- Demonstrating the efficacy of his work for many years with numerous clients, and
- Continuing to get amazing insights about clearing our symptoms.

Using the Yuen Method™ can dramatically increase the probability that symptoms will clear and stay away, and that support for the desired state will get and stay strong. As a result of my experiences with Yuen Method™, I kept getting more and more confident that I was in line with my True Self.

Notes

1. Varnum, Keith. *The Dream: Where Your Dreams Come True*. New Directions in Computing, 2009. Web. <<http://www.thedream.com>>
2. Yuen, Kam. *The Yuen Method: No More Healing*. Morgan Marlon, LLC, 2013. Web. <<http://www.yuenmethod.com>>

REMEMBERING WHO YOU REALLY ARE

“Knowing and Living Your Purpose”

For eleven years a major focus of my work in Energetic Well Being Process© was to enable clients to live in wellness and vitality using the Yuen Method™. Then I realized my purpose is to enable clients to go to a deeper place of:

1. Being centered in the heart!
2. Being and only seeing unity, oneness, and wholeness!
3. Being neutral and in ultimate harmony!
4. Living in perfect awareness and immunity!
5. Getting stronger and more fit in all ways as they get older!
6. Discovering their joyful purpose and living it with gusto!

This chapter and the rest of the book are about steps for getting to and staying in this place more easily and quickly.

Given all the ways we make our energy weak, how do we make ourselves stronger and make it easier to understand our purpose? How do we get guidance and have a feel for who we really are?

The situation is compounded by our having mistaken identities about who we are.

Our identities get solidified through a collection of Memories, Imprints, Sentiments, Images, Identities and Roles that collectively are ways in which we think of ourselves, and ways in which others think of us. When we are confused or are pursuing life for unknown reasons, mistaken identities are being revealed.

The confusion can be in relation to the past, present, or future. For example, memories, imprints, sentiments, identities or roles negatively affect the way we think of ourselves in the future.

We need to clear away our mistaken identities and to become neutral to memories, imprints or sentiments. The reason is they may be complex and overlapping each other in ways that produce layers of roots or negative impact.

Thinking about them, reasoning, or “letting them go,” does not clear them. The roots and layers need to be cleared. Some definitions may be helpful.

MEMORIES: remnants, remains, residuals, traces. The power, act, or process of remembering. Memory denotes the power by which we reproduce past impressions. Remembrance is an exercise of that power when things occur spontaneously to our thoughts. In recollection we make a distinct effort to collect again or call back what we know has been formerly in the mind. Reminiscence is a conscious process of recalling past occurrences, but without that distinct reference to particular things which characterizes recollection.

IMPRINTS: should/shouldn't, do/don't, must do/mustn't do, can do/can't do. To fix on the mind or memory; to impress; for example, how your admonitions and instructions are imprinted on your mind. A characteristic effect or result; such as, the imprint of starvation may be conscious or unconscious.

SENTIMENTS: what might or could have been, should be, or could be. A complex combination of feelings and opinions as a basis for action or judgment; general emotionalized attitude; (an example would be patriotism which has been called a noble sentiment); a thought, opinion, judg-

KNOWING AND LIVING YOUR PURPOSE

ment, or attitude, usually a result of deliberation, but often colored with emotion; sentimentality; maudlin emotion.

IMAGES: A mental idea, representation, or conception from past, present or future, that a person goes weak to, or has a reaction to.

IDENTITIES: the set of behavioral or personal characteristics by which an individual is recognizable as a member of a group. It is an umbrella term used to describe: individuality, personal identity, social identity, sexual identity, and cultural identity in psychology, sociology, and philosophy. Group identity can be related to religion, work, citizenship, tribe, gang, geography, language, dialect, ancestors, and so on.

ROLES: can be described as the characteristic and expected social behavior of an individual.¹

An *achieved role* is a position that a person assumes voluntarily which reflects personal skills, abilities, and effort.

An *ascribed role* is a position assigned to individuals or groups without regard for merit but because of certain traits beyond their control, is usually forced upon a person (a prisoner, a guardian of a family estate).

A well-known example is the *sick role* as formulated by Talcott Parsons in the late 1940s. In the transitory “sick role,” a person is exempted from his usual roles, but is expected to conform to transitory behavioral standards, such as following doctors’ orders and trying to recover.²

Role development can be influenced by a number of factors:

1. **Societal Influence**—The structure of society often forms individuals into certain roles or personas, based on the social situations they choose to experience.
2. **Genetic Predisposition**—People take on roles that come naturally to them. Those with athletic ability generally take on roles of athletes.
3. **Cultural Influence**—Different cultures place different values on certain roles based on their lifestyle. For instance, soccer players

are regarded higher in European countries than in the United States, where soccer is less popular.

4. Situational Influence—Roles can be created or altered based on the situation a person is put in outside their own influence.
5. Role Set—That complement of role-relationships in which persons are involved by virtue of occupying a particular social status. For example, a high school football player carries the roles of student, athlete, classmate, etc.
6. Commitment Role—That which we take on through vows or oaths, or what we swear to do, promises we make in this and other lifetimes, tasks we agree to perform even if it means that we give our life.³

An example of the unconscious and non-conscious norms and cues we have internalized and the ways in which we handle difficult situations is illustrated by how we react to grief.

We don't know how to! F.M., California who does grief counseling

“Friends, family, and colleagues don't know how to be with a person who is experiencing immense grief. They stay away, say inappropriate things (i.e. the dead person is in a better place), or try to fix it. The message is it's not okay to display grief in public (in contrast to other cultures) and certainly not in the workplace. The standard time off for bereavement leave is three days—pretty much a joke. We see clients on average for a year.

“People keep their grief hidden. I am often the only person to whom they can be fully present with in their grief, thoughts, and stories. This is true even with families where there has been a death because people grieve differently and they have a hard enough time being with their own grief, never mind that of another family member.

“I create an open and inviting space in which I meet with a client. It's a safe place where they can reveal their truths that doesn't seem to be available for them anywhere else. Quite often clients will reveal to their counselor that the counselor is the only one who has told them a truth.

KNOWING AND LIVING YOUR PURPOSE

“Every loss is difficult and a person will often grieve. However, the loss of a child, suicide, and accidents are especially hard. Guilt is a big feeling that is based in beliefs like “I am responsible for another’s life,” “I should have done...,” “If only I had...,” and others. It takes time for people to let go of these.

“Being open with others during difficult times has not been a part of what we have learned about in dealing with our emotions and the emotions of others.”

This difficulty we have in handling our emotions adds to the confusion caused by roles and identities we have chosen unconsciously, and supports our selection of mistaken identities.

Some of my mistaken identities are:

1. Male—Look and be strong and competent. Don’t show weakness.
2. Father—Support our offspring no matter the time and costs.
3. Entrepreneur—Successful and excellent at all costs, even if not doing the right thing.
4. Energy Worker—Walk the talk, apply what I teach to myself, look stronger and better at every stage.
5. Fix-it person—Able to fix anything and everything.
6. Likeable person—Humble, easy to know and work with, patient, kind.
7. Husband—Easy to get along with, able to compromise, supportive, loving, patient, accommodating.
8. Spiritual—Calm, peaceful, knowing, resilient, drawing on infinite knowledge and resources.
9. Organized and efficient—Every task and project is done effectively and efficiently, everything gets done well and on time.
10. Professional—looking and acting completely competent (in addition to “having a briefcase and being over 20 miles from home”).

11. Friend—You can rely on me no matter what.
12. Patriotic—I support the USA.
13. Money—is priority over everything else.
14. Not a good investor—have lost on many investments.
15. Provide good customer service.
16. Win—at whatever I do whether alone or with others.
17. Fitting in—with family, socially, at work.

Not that there is anything wrong with any of these. On the other hand imagine making these all a priority and thinking about them often to be sure I live up to them. And, consciously or unconsciously, feeling like I have to feel guilty if I don't live up to these identities. Can you feel the high expectations, "weight," and complexity of them building up?

No wonder I found numerous ways to judge and not accept myself.

The following is another example of being stuck in a mistaken identity, and then finding True Self and Purpose.

Mistaken Identity D.O., Virginia

"I am 60 years old. At 55 my life was shattered—my husband of thirty-two years passed.

"He was my life—an international lawyer, Diplomat, and Colonel in the Marine Corps. We had three children, lived in Vienna, Austria, and traveled around the world. We had parties and went to state functions. This life was over. Now, there was a dining room table filled with papers and I didn't know what to do, except to cry. My heart was broken. How can I live without him?

"Eventually I went to see my doctor, Dr. Gennaro. She told me about an energy work demonstration in her office. As I sat in the back of the room, LeRoy picked up on my energy. I told him 'My name is Deborah and my husband passed,' and then came the tears. After, I decided to sign up for an EWBP Workshop. I felt anxious and did not know if I could do this or

if it would work. LeRoy said all you have to do is say, 'Apply.' That is what I did: apply!

"Everyone began noticing a shift in me—I felt nothing. After the two-day workshop I reached out and started to make phone calls and there was less crying. I felt more alive—I realized I did feel the shift. I worked on myself daily and used the clearing protocols whenever a life issue occurred. Yes, EWBP is working and I can do it.

"At one of the several workshops I attended, I met one of LeRoy's mentors, Gary Niki, who said to me 'is your husband dead or alive? You are acting like he is still alive. How long do you want to hold on to this?' They both worked on me to find root causes and to find my true self.

"The root issue was that for thirty-two years I was living my husbands life and not my own. Once this was cleared my life changed—all sadness and grief went away like a wave. Now, I was ready to live MY life. I really started to live, taking different classes and doing clearings every day on myself and others.

"I am no longer Deborah whose husband passed! I am a certified Angel messenger on the radio, and have my own business and meet-up group. I am now a Reverend. I feel wonderful, with everyday being full of love and joy.

"My purpose is to live MY life, spread love and joy through out the world, and help other people get to their true self.

"Thank you LeRoy for EWBP, and seeing something I had inside me that I could not see myself."

To help clarify our true identity, we can start with some perennial questions that have plagued humans and that have been addressed by philosophers, spiritual leaders, therapists, and by most of us at some point in our lives:

1. Who am I?
2. How did I get here?

3. What is my purpose?
4. What is this life really about?
5. How do I find answers to these questions?

Rather than address the thousands of viewpoints and books on these questions we are going to keep it pretty simple. What are the options:

1. It's all a big cosmic joke.
2. God created it all.
3. It's the evolution of nature and of living things.
4. It's a big accident, or series of accidents.
5. My parents decided to have a child.
6. I created my life.
7. What if all, or none, or only one or two of these are true?
Hmmm. This could take us through endless philosophical discussions, hopefully with friends in fun circumstances, with good listening, understanding, and acceptance of the person and their beliefs, and with minimum arguing!

Let's narrow it down to two options:

- I'm a victim, letting the tide take me wherever it goes, struggling all my life, or
- I chose, I'm here; I'll "deal with it!"

"Dealing with it" can range:

From—the very "practical"—finding ways to live in whatever circumstances—gaining the skills and obtaining the resources to do what we want to do—and to do this as easily as possible even if we have to struggle to do it.

To—finding answers to who "I AM"—understanding our purpose—and living it with increasingly more ease and synchronicity.

Whether we are living as a victim or being “very practical,” we cope with the world as it appears to be, a world of constant struggle to overcome obstacles. We strive to get good at what we are doing while dealing with:

1. Numerous beliefs of what to do or not to do.
2. Making moral judgments.
3. Judging ourselves and others.
4. An increasing number of symptoms.
5. Degeneration and aging up to our death.

The following is how Fred Zweig summarizes the situation—used with permission. (Fred wrote the Foreword):

“Here is the tragedy. It is as if there is a taboo against the truth of our identity. The truth is that we are the embodiment of that mystery we call the divine. Our soul, the essence, presence and power within and all around us, has a center that is everywhere and a circumference that is nowhere, and can take any form! Albert Einstein says “It seems that the human mind has first to construct forms independently before we can find them in things. Knowledge cannot spring from experience alone but only from the comparison of the inventions of the intellect with observed fact.”

“The important key to our identity is in Einstein’s statement. *We can choose* what forms to construct independently in our minds. Healthy people make choices for wellness and vitality every day and yet our culture does not focus on this important opportunity. Our leaders (educational, political, economic, and religious) act as if we are dependent on the limitations of circumstance as opposed to our divine right, power and responsibility to create circumstance.

“Considering all of the above, compare possibility with performance. Every human being is a miracle with infinite possibility. Every human being has a nucleus of indestructible life force that pervades the universe and every being. That indestructible life force continually arising in human beings is inevitably expressed as continuous co-creation.

“Every human being has the imperative to experience consciously a minimum daily requirement of infinite co-creation. This is not happening. We are surrounded by love of power, money and status. We have become isolated, depressed, addicted, and distracted, from living who and what we really are.

“Our present mode of education, our focus on the sensory visible spectrum, our ignoring the vast invisible eternal aspect of our being, our spiritual sickness of partial perception has led us into crisis. How and why we exist remains an inexplicable mystery beyond our ordinary ways of thinking. We demand clear-cut explanations before we will make the effort to change our behavior. The situation exists because the mystery is not comprehensible. However, we can experience it.

“And yet, our vast interdependent systems of culture, thoughts, and beliefs by which we live seem to consider it bad form to center and to focus our thought and effort as if the truth of our identity, our mission and our destiny actually exists.

“Throughout history there have been individuals who have had direct knowledge and experience of the truth. They were the great spiritual teachers and though they spoke different languages and lived in different localities. They knew that locality, language, and superficial difference was no excuse for ignoring the universal truth of eternal unity.”

To build on what Fred says, when we look at the adaptation of living things in nature and at human evolution over hundreds of years, we see constant adaptation, flexibility and growth. People who are really good at understanding who “I AM” seem to be very good in their growth and development, in getting beyond living their mistaken identities, and in being who they really are.

I “worked on” myself every day as I kept evolving my “handbook for living” through many developmental experiences. I believe we are all on this earth to live who we really are every day.

The positive aspects of my mistaken identities now are a part of me. They happen naturally instead of my having to feel the burden of them or

KNOWING AND LIVING YOUR PURPOSE

“work” to make them happen. I am now “Being” the best “handbook” that I have found and keep evolving, while realizing I am fine just the way I am.

I get tremendous satisfaction helping clients do the same—it’s a “True Self Retrieval Service.” This is what I call “living heaven on earth NOW!” A primary purpose of this book is to support and enable you to do so, as well.

Notes

1. “Memories, Imprints, Sentiments, Images, Identities, Roles.” Merriam-Webster.com. Merriam-Webster, 2013. Web. <<http://www.merriam-webster.com/>>
2. Parsons, Talcott. *The Social System*. London: Routledge, 1951. Print.
3. “Societal Influence, Genetic Predisposition, Cultural Influence, Situational Influence, Role Set, Commitment Role.” Merriam-Webster.com. Merriam-Webster, 2013. Web. <<http://www.merriam-webster.com/>>

WE START BY BEING STRONG EVERY DAY!

“The option—being energetically and physically weak”

We human beings have only two energy states. We are strong or weak. There is no grey area. We are strong or weak to everything, as described in chapters ten and twelve.

If our energy keeps being weak, then we are likely creating more symptoms and focusing our attention on dealing with them. Then our attention is not focused on knowing and living our purpose.

A first step toward understanding, being, and staying energetically strong is to increase awareness every day of what is meant by your energy being weak or strong; and then to consciously strengthen your energy.

Where we human beings are now:

Our energy goes weak to 75–80% of our own thoughts and feelings (reactions, upsets, judgments, etc.). We then feel and believe that our natural state is feeling weak.

Most of us are not very sensitive to feeling the sometimes subtle difference between feeling strong or weak internally.

We move away from our natural state of internal strength, wellness, abundance, and vitality.

We CAN move back into that natural state.

How to sense being internally strong vs. weak:

To feel what being internally strong is like:

1. Say your real name five times.
2. Walk three steps forward.
3. Remember a big belly laugh.
4. Remember doing something where you were feeling a great sense of accomplishment.

What do you feel or notice now?

People often say calmer, energized, stronger, lighter, happier, etc.

To feel what being internally weak is like:

1. Say “my name is...” and use a name that is not your real name five times.
2. Walk three steps backward.
3. Remember reacting and being upset.
4. Remember feeling down.
5. Remember being discouraged or feeling hopeless about what you were doing.

What do you feel or notice now?

People often say weaker, deflated, let down, energy going down.

Go back to saying your real name five times to sense or notice the difference between being internally strong and weak.

Strengthening Your Spinal Cord, Your Core Energy

Our spinal cords are involved in virtually everything we do physically. It is important to be physically *and* energetically strong every day. While your spinal cord and central core are not physically the same, making one strong helps make the other strong.

To help imagine your spinal cord, central core, and mid-line, briefly touch the top of your head and the base of your spine in order to “locate them in space” (you don’t have to keep touching the points). Imagine this central core to be of any size, located up and down the middle of your body. Imagine it being full of energy, strength, laughter, light, and love.

You can help do this by imagining you are wearing a tall zippered jacket and moving your hand up and down in front of your body from top to bottom three to four times.

Imagine your central core being strong to 10 out of 10 (or 100 out of 100). If it still does not feel like 10, (or 100), sense where there is vertical weakness.

You can help sense it by moving your hand up and down in front of your body and feeling where your energy is going weak.

Then “zip up and down” at these places.

Polarity

Another way to stay strong is to be sure your energy is aligned with the natural state of how energy flows in the human body:

1. Our natural state is being strong when our feet are pointed *in* at forty-five degrees.
2. Our natural state is being weak when our feet are pointed *out* at forty-five degrees.
3. This is because of the way our bodies are constructed and the way our energy flows in and around our bodies.
4. When our energy is this way, our polarity is aligned with our natural state.

5. If our energy is weak with toes in or strong with toes out, our polarity is reversed (which is very common). It's like saying your energy is not aligned or your compass reads South instead of North.

It is easy to align your energy:

1. Make a series of circles with your hand, (either hand, any size, either direction).
2. Make a series of infinity signs, (figure 8's), with your hand. (Our energy goes strong to circles and infinity signs!).
3. Using a circular motion, tap across the top middle of your head, down to an ear, across the base of your skull, over to the other ear, and continue this circular motion four to five times (it's like re-booting your computer).
4. Make a series of taps on the top and middle of your chest bone, just below your throat, while making a "ha,ha,ha" sound.
5. Continue making a series of taps on the top of your head and on the large vertebrae at the base of the neck making a "ha, ha, ha" sound.

If you still are not feeling aligned or completely strong in your mid-line, keep focusing on feeling strong to each of the following:

1. Feeling shy or lack of confidence can weaken a person. Ask yourself: "What bothers me about being questioned, or being asked for personal information?"
2. Imagine that "everything in my life is equal or better than anything I ever believed, thought, experienced, feared, desired, wanted, and expected."
3. Imagine that "everything in my life is the opposite from what I believed, thought, experienced, feared, desired, wanted, and expected."
4. Optimizing my physical presence in my body, in this life, on this earth, in this dimension.
5. Body, mind, and spirit are all important, and each is strong and even, separately and combined.

KNOWING AND LIVING YOUR PURPOSE

6. Send my mind off into the black holes in the universe, and strengthen my great mental energy to process info in milliseconds, and accurately pin-point truth.
7. Eliminate self-sabotage.
8. After each one, zip up and down three to four times and check again.

Of course, the result of not working towards getting yourself stronger every day, as the sub-title to this chapter says, is to have your energy staying weak to 80% of your life, and creating more and more symptoms for yourself!

A big bonus we get from being consciously strong every day is that it helps us be more aware of how and when we are causing our energy to go weak. When we realize it we can decide to make our energy strong instead, by looking at options for how to do so.

To complete our energetic preparation we get into a place of Oneness by being strong to the statement at the bottom of the ONE diagram (on the following page) “My true self one with everything, everything one with my true self, one with divine spirit and order, and with my infinite potential.”

LEROY MALOUF

ONE
I AM



**THE TRUE SELF ONE WITH EVERYTHING,
EVERYTHING ONE WITH TRUE SELF, ONE WITH DIVINE SPIRIT AND ORDER,
AND WITH INFINITE POTENTIAL**

© Energetic Well Being, LeRoy Malouf
West Barnstable, 2009

All the cells in our body are in a matrix. When the matrix is strong we can refer to our body as having high structural integrity. Therefore, it helps us to be physically strong as well as energetically strong.

If we have high stress and tension in our lives and bodies, or if we have symptoms that are not going away, we feel the need to relax. Relaxation—aaah. We all love the word and love the feelings and images we associate with the word. Yet, trying to relax does not deal with the unconscious and subconscious ways in which we build up tension in our body.

We need to clear away the root causes of our tension. We can work with our body to help it let go. We can get too relaxed if we don't work with our body. Though it may seem counter-intuitive, we want tension and relaxation to be natural to the body, happening as routinely as our heart beats in a way that keeps us balanced and well.

Here are some reasons why it's important to make tension and relaxation work in harmony.

We can't relax our way out of a symptom or out of excess stress—we get too relaxed. We lose the structural integrity of the body and are not physically stable. Then we think we are not well and have to struggle all our life.

If Structural Integrity is low:

1. We are less able to deal with our own energies.
2. We are less able to handle energies coming in from outside of us.
3. Money is a strong energy—we struggle with it if our structural integrity is too low.
4. We will merely be like others existing in degeneration, with little or no quality of life.

We need to strengthen the body! Continuing to strengthen the body will lead to regeneration and rejuvenation, and allow us to experience and accept strength in the body or in parts of the body down to the cells, molecules, atoms, and sub-quantum particles.

To help strengthen the physical body, get at least ten minutes of low impact cardiovascular exercise five times a week. Some suggested cardio exercises to strengthen the body are *(please consult your doctor before beginning any exercise routine. Choose proper exercise gear and shoes. Be aware of any dis-*

comfort, especially in knees and ankles. Consult your doctor if discomfort continues).

Walking—Use the hips to walk, landing on the heels of the feet vs. landing on the toes first. Walk fast for the first one to three minutes to get used to high speed (for all aspects of your life). Go back and forth between fast and brisk if it is comfortable.

Bicycling—Many communities now have bike paths designed to accommodate all levels of bikers in a safe environment. Select a bike that is sturdy, and also comfortable for your body. You can vary your biking speed as you do with walking speeds.

Swimming—You can vary your swimming speed as you do with walking speeds. Ensure you swim in a safe area such as a pool or beach where lifeguards are present

Yard Work—The intensity of yard work varies with the task. Gentle gardening is not as intense as mowing the lawn with a manual mower. Weeding a garden is more intense than watering plants.

Climbing Stairs—You can vary your stair climbing speed as you do with walking speeds. Ensure stairways are clear of debris and are sturdy and safe.

Playing Tennis—You can vary the intensity with which you play.

Ballroom Dancing

Rebounder—Mini Trampoline—It is important to use a quality rebounder (low priced rebounders can result in injury from causing too much of a jolt to the body). I regularly use a Cellerciser®, and have also used a Needak®. There is a ten minute routine that comes with the Cellerciser® that you can also find on YouTube.

Both energetic and physical strength support us in being in our natural state of wellness, which frees us up to live our lives fully.

THE POSITIVE POWER OF BEING NEUTRAL©

“Neutrality, a good place to visit, and a strong place to live”

Another way of strengthening your energy, and to stay in knowing and living your purpose, is to get neutral. “By shifting into neutral we get power!”

Neutrality is an example of what is true for us energetically is the opposite of what is commonly believed. For example, when we drive a vehicle, we know to shift out of neutral into “First gear” or “Drive” to go forward with power. The paradox, in relation to our personal energy, is that we need to be neutral to be more powerful!

Why is getting to “neutral” important to how we gain and use our energy?

When we are NOT neutral we are:

1. Reacting to people and events and creating drama;
2. Feeling upset, worrying, being anxious, depressed;
3. Allowing our strong negative emotions, hurt feelings, and fears to control our thoughts and behavior;
4. Feeling agitated;
5. Judging, and blaming others and ourselves;
6. Building irritation, frustration, and anger;

7. Using up our energy and getting exhausted from our reactions.

The consequences of not being neutral are that we are:

1. Being divisive, creating separation (we/they), and good/bad situations;
2. Living in duality vs. unity;
3. Building a foundation for, and creating, our symptoms;
4. Increasing support & momentum for our symptoms!

And in more extreme cases we may become abusive, violent, addicted, and create battles and wars.

These strong negative emotions and reactions can create and perpetuate our symptoms. Any one of our negative emotions and reactions may have a small impact on us. What happens when you accumulate them over days, weeks, months, or a lifetime?

We have the ability to manifest our symptoms very literally. As exemplified early in this book, when we feel that people or circumstances are a “pain in the neck,” we most likely will experience a pain in our necks! When we feel that the situations we are in are a “pain in the butt,” we most likely will have pain in other locations.

What is happening inside us when we are neutral is the opposite of what is happening when we are not neutral. When we are neutral we stay objective; are better able to understand people and situations; and we are more open minded and balanced. We are unbiased and impartial. We create perfect harmony.

We are not reacting to a person, group, organization, government, or country. We are neutral to what they think, say, or do, or what they do not think, say or do!

A common question is “Does being neutral mean we have no feelings or connection?”

KNOWING AND LIVING YOUR PURPOSE

Certainly not. It is quite the opposite—we are more free to feel, to love, to support, and to act with full energy and commitment. We're centered in our hearts. We're not holding ourselves back. We are able to connect to our passion instead of to our energy blocks.

The benefits of getting to neutral are that we:

1. Eliminate root causes of our symptoms.
2. Prevent our symptoms from coming back.
3. Prevent the creation of more roots and symptoms.
4. Stay in a calm, balanced, and creative place.
5. Eliminate over-reaction.
6. Increase respect and appreciation of self and others.
7. Shift from life-long habits and patterns of negative thoughts and actions that cause us to be weak to thoughts and actions that strengthen us.
8. Get into a space that most strongly supports us in finding and living our purpose.

Becoming neutral is an important way for us to regain and stay in our natural state of wellness, joy and vitality!

Neutral—a state of mind

Neutral—your ticket to peace

Neutrality, a great place to visit and a better place to live

Get Neutral or ELSE—get symptoms

A client shares her experience of getting to neutral. *N.D., New York*

“One of the most powerful, freeing techniques I have learned from the Energetic Well Being© work, is the Positive Power of Being Neutral©. I learned this from an on-line teleseminar several months ago.

“Before taking the workshop I was experiencing a constant state of anxiety, and was overcome with anger and rage and felt totally out of control. I hadn’t slept well for months and felt on the edge all the time, expecting the worst. Now I feel I have the tools to change all of that and everything else, and to actually have fun while I do it.

“I use these tools and what I’ve learned from the Energetic Well Being Essentials© course more and more on everyday situations, on more deeply rooted stuff from the past, and my reactions to all of that. It quickly takes me to neutral. I am in awe of the power and simplicity of these teachings. Unhealthy, subconscious energy is released quickly on issues that have plagued me my whole life.

“I am now sleeping well, dealing with my out-of-control feelings, and continuing to make progress. I am experiencing more freedom.

“I love this ‘process’ because it can be playful and imaginative as I exaggerate both sides of the ‘equation’ until they dissolve away. And if there is ‘stuff’ left, I just do it again.”

A need we human beings have for being neutral is further illustrated by a story about Sri Nisargadatta Maharaj. He was a common tobacco shop owner in India. He met a Spiritual Master and then became one. People came in increasing numbers to ask questions and find guidance for improving their lives. He built a second floor on his tobacco shop in order to have a place for receiving those who came and to give them guidance. These question-and-answer sessions were recorded, transcribed, translated, and published in his book “*I AM THAT*.”¹

Each chapter in the book is an account of a discussion with a person who came to him. In one account, a person kept asking different questions about the future and apparently was not getting the answers he/she were looking for. Finally the person asked:

“WHAT PART OF THE FUTURE IS REAL AND WHICH IS NOT?”

The answer was:

“THE UNEXPECTED AND THE UNPREDICTABLE IS REAL.”

KNOWING AND LIVING YOUR PURPOSE

This is an unexpected revelation because it prompts the question:

“How good are we human beings at dealing with the latter?”

When you look around and observe our reactions the overwhelming evidence would say:

“Not too good—we go into a state of over-reaction!”

When I talk with people about neutral, I find they have different, and often conflicting, definitions and understandings of it. I realized that the definition needs to be consistent with what supports us in being in our natural state of wellness, vitality, peace, and harmony.

One of the first definitions I thought of was that neutral is “being totally detached from everything.” Then I thought, “Well this is not going to work for me since I am very attached to my wife (of now sixty years), and I love and support her.” This led to another realization that it is even more important to be neutral when we are very attached to a person, belief, understanding, or situation.

To help define what neutral is in the EWB Process©, consider the following energetic definitions based on a dictionary and thesaurus:

Dispassionate—not influenced by emotional or personal involvement

Passionate—having, showing, or expressing an intense belief or desire for something

Balanced—emotional and mental steadiness

Objective—based on facts, not personal feelings

Open-minded—receptive to ideas or arguments

Attached—emotionally connected to something or someone

Detached—not connected to something or someone and not influenced by emotion

Unbiased—belief that no people, ideas, etc., are better than others²

Being neutral is not reacting to anything that you, another person, a group, an organization, a government, or a country, thinks, says, does, or doesn't think, say, do.

Free to feel anything in any situation—even reacting to, or not being neutral to that situation. Feel whatever it is and clear it to neutral in *three seconds* (or longer if it doesn't go neutral). Consider this a three second rule to help remember how to get to neutral.

Definitions not applicable to this energetic definition of neutral:

Uninterested—lacking interest to learn about or become involved in something

Middle-of-the-road—course of action that is not extreme and is acceptable by many

On-the-fence—non-committal, hedging your bets

Compromise—an agreement that is OK and not the best for anyone

Apathy—lack of emotion, interest or concern

Noncommittal—not expressing what you think about something³

Back to the energetic definitions—remember times in your life when nothing seemed to bother you, when you were feeling calm and peaceful, and when you were observing things going on around you without being bothered about them, if only for a short period of time. What happened to get you into that place? What did you do? How did you shift your thinking?

Sometimes, such a shift seems to happen:

1. From just having a great night of sleep.
2. When everything seems to be “going my way.”
3. Because I think of myself as an “up” person.

KNOWING AND LIVING YOUR PURPOSE

4. When I'm feeling especially "close" to my significant other, spouse, family, or friends.
5. When I'm enjoying or getting satisfaction from what I am doing.
6. Because I decide I'm not going to let things "get me down."

All these times are great! Many times they don't seem to last. Why? Well on average we adults still are going strong to only about twenty percent of our lives.

We can increase that percentage by learning to get to neutral more and more frequently.

Sounds great, but where do you start? The previous chapter explains the importance of being more aware of when your energy is going strong or weak. When your energy is going weak to something, or to some situation, it is a good place to start when something is bothering you.

Another way of finding where to start is to answer some questions that can help reveal opportunities for going to neutral. For example, you can take a blank piece of paper and generate as many responses as you can think of to the following questions:

1. I hate it when...
2. I get angry or upset when...
3. I am impatient, frustrated, itchy or annoyed when...
4. I get down when...
5. I judge myself when...
6. I judge others when...
7. I react when...
8. What are the three most important things that you think you are not doing?
What is bothering you the most about not doing them?

By responding to these you create your own customized, specifically designed, tailor—made list of where you can benefit by going to neutral.

Your responses also reveal various ways that you are or may be causing your energy to go weak.

The following is a step-by-step approach for going to neutral. The steps are illustrated with an example of an actual situation where a person was very bothered by the words and behaviors of the others in an office in which she worked.

NEUTRAL PROCESS PROTOCOL

1. Focus on the person, group, organization, situation, or event.
Example: I am very upset about the people in my office.
2. Identify what bothers you about that person, group, organization, situation, or event.
Example: They complain too much.
3. Define the worst scenario(s) regarding what bothers you.
*Examples: Negativity is created everywhere in the office.
They are always stuck in the negative.*
4. Define the best scenario(s) regarding what you want or desire.
*Examples: They are enthusiastic about everything
Always stay positive.
Express appreciation in all things*
5. When you focus on the situation, does anything bother you?
If so, repeat the above steps until you are no longer bothered.
This is the key question to ask in order to understand if you have become neutral. If anything about the situation still bothers you, you are still not in neutral.
6. If you still are not neutral: *Dig deeper.*
What else is bothering you about the situation?
*"There is a lack of motivation to make things better."
What bothers you about that?
"It creates a breakdown in productivity."
What bothers you about that?
"The reason for being ceases to exist."
What bothers you about that?
"Extinction."*

KNOWING AND LIVING YOUR PURPOSE

7. If still not going to neutral:
What bothers you about *not being able to get to neutral*?
“*I don’t want to keep reacting.*”
What bothers you about that?
“*It is damaging to people/relationships.*”
What bothers you about that?
“*I get negative, feel hopeless, and lose relationships.*”
8. Go to neutral for being neutral or not.
9. If a two-way neutral: Always calm/peaceful vs. Always reacting
is not helping you get to neutral, go to four-way neutral by
taking the phrases from each side of the two-way and getting to
the best and worst for both of them:
Always calm/peaceful Never calm/peaceful
Always reacting Never reacting
10. Get to neutral by counting the number of layers of blockage or
resistance (thousands, billions, trillions, quadrillions, hundreds
of quadrillions, or 10^{10} 10^{20} 10^{30} 10^{40} 10^{50} ...). This is often
enough to get through to neutral.

Please note that when considering the worst and best scenarios, really go to the worst and to the best. If there is still something bothering you, you have not gone to the worst, and you will still react. So, dig deeper...think of something even worse or something even better. If you don’t get to the best, you will still have lingering expectations that, if not met, will trigger you to react. Getting to the worst of the worst and the best of the best is critical to revealing the ultimate truth and clearing it away.

What is covered in this chapter is normally taught in a one-day workshop, teleseminar, or home study program. The reason for the extra time is that it is a skill—building process. It has taken a lifetime to create our symptoms and reactions. We have our normal ways of dealing with issues, or of not dealing with them very well, which often includes self-sabotage.

Repetition in different, more effective ways of dealing with situations helps sharpen our skills. The information in this chapter is exactly what is in the workshop. There is enough information here so that if this approach resonates with you, then you can get more neutral on your own.

Stand in our own power and speak the truth from our hearts. C.P.

“I recently had the great pleasure of taking EWBP© Workshops with a wonderful, kind, and compassionate man and gifted teacher, LeRoy Malouf. One of the courses that I took was called the Positive Power of Being Neutral©. It truly has created more change in my life than any previous course I’ve taken in a long while.

“The power of being neutral is an incredibly simple technique that creates inner peace, quickly, easily and gently.

“The mind is very powerful and can often be the most powerful limiter of our health and well-being. If we can be in a place of neutral then we can use our mind to enhance our energy, boost our immunity, increase our resistance to disease and help us to achieve longevity.

“Also, coming from a place of neutral allows us to remain intimately connected with others without reacting to what they say or do. It means we can truly stand in our own power and speak the truth from our hearts.

“I remain very grateful to LeRoy for creating and delivering such an important and life altering course.”

Options for Becoming More and More Neutral:

There are many ways to get to neutral. You may resonate more strongly with one or more of them. Any one option may work for you toward becoming neutral at any given time. Having options also helps enhance confidence in dealing with a situation, since another way may work when a particular way does not.

1. Neutral Protocol (described above)
2. Going to a Neutral “space”
Being strong to Emptiness—Empty space in: your thinking, in the hollow organs in your body, between all vertebrae, around all discs, between layers of skin, in your relationships, and in your universe
3. One with the ocean
Imagine you are immersed and any stuck place in your thinking,

KNOWING AND LIVING YOUR PURPOSE

beliefs, or body, are like salt. Let the salt dissolve—let your whole body dissolve—you are one with the ocean

4. Ho'oponopono—A wonderful approach to loving yourself at a deep level. When something someone else is doing or saying is bothering you, find out when in your life you did the same thing, and then express love to yourself by expressing to, and feeling in, yourself, “I’m sorry, please forgive me, thank you, I love you” (meaning you). See Appendix 2 for a more detailed description.⁴
5. Ask yourself “Do I want to create this/that drama?”
Shift your thinking away—walk away—don’t bury it—shift
6. Meditation—there are many approaches
Dr. Herbert Benson analyzed the patterns and created a universal meditation process—you can feel physical impact in about six weeks, described in his book, “*The Relaxation Response*,” mentioned in chapter two⁵
7. Give thanks as though the desired situation already exists
8. Be comfortable not knowing while searching
9. Read and listen to “*Getting Into The Vortex*,” by Esther and Jerry Hicks⁶: <http://www.abraham-hicks.com/>
10. Check our videos and about books Quantum Entrainment⁷:
<http://www.kinslowsystem.com/>
11. Check out Heartmath⁸—Coherence Coach:
<http://www.heartmath.com/>
12. *Expand out...*Allowing yourself to be bigger than the problem you are imagining—as big as the room you are in, the house or building, the neighborhood, the city, the state, country, continent, as big as the whole planet, solar system, galaxy, and finally the entire universe
Check in with your body at each step—really feel it—notice any changes in what you see, feel, hear, and imagine—and then expand again
13. Create Strength, Joy, and Lightness—*Finish off one or more of these sentences:*
 - I love...
 - I feel happy/joyful/wonderful when...

- I feel good about...
- I laugh when...
- I get excited/enthusiastic when...
- I am passionate about...
- I am peaceful/content/calm when...
- I am grateful/thankful/appreciative when...
- I am in awe when...
- I express myself best when...
- I am most creative when...
- I feel most free when...
- I do things easily when...

And another fun way is to follow Steve Bhaerman:

-Swami Beyondananada's Ten Guidelines for Enlightenment-

1. Be a *FUNdamentalist*—make sure the Fun always comes before the Mental. Realize that life is a situation comedy that will never be canceled. A laugh track has been provided and the reason we are put in the material world is to get more material. Have a good *laughsitive* twice a day, which will ensure *regularhilarity*.
2. Remember that each of us has been given a special gift just for entering, so you are already a winner!
3. The most powerful tool on the planet today is Tell-A-Vision. That's where I tell a vision to you and you tell a vision to me. That way, if we don't like the programming we're getting, we can change the channel.
4. Life is like photography—you use the negative to develop. No matter what adversity you face, be reassured: Of course God loves you—He's just not ready to make a commitment.
5. It is true: As we go through life thinking heavy thoughts, thought particles tend to get caught between the ears and cause a condition called "truth decay". Be sure to use mental floss twice a day, and when you're tempted to practice "tantrum yoga," remember what we teach in the Swami's *Absurdiveness* Training Class: DON'T GET EVEN, GET ODD.

KNOWING AND LIVING YOUR PURPOSE

6. If we want world peace, we must let go of our attachments and truly live like nomads. That's where I no mad at you and you no mad at me. That way, there'll surely be *nomadness* on the planet. Peace begins with each of us. A little peace here, a little peace there, and pretty soon all the *peaces* will fit together to make one big peace everywhere.
7. I know great earth changes have been predicted for the future, so if you're looking to avoid earthquakes my advice is simple: When you find a fault don't dwell on it.
8. There's no need to change the world. All we have to do is toilet train the world and we'll never have to change it again.
9. If you're looking for the key to the universe, I've got some good news and some bad news. The bad news: There is no key to the universe. The good news: It was never locked.
10. Finally, everything I've told you is channeled. That way, if you don't like it, it's not my fault. But remember: Enlightenment is not a bureaucracy, so you don't have to go through channels.

© Copyright 2001 by Steve Bhaerman. All rights reserved. Used with permission.

Visit Swami at www.wakeuplaughing.com

Neutral is a place of confidence, relaxation, power, lightness, and purpose that serves you well in any situation!

Notes

1. Maharaj, Sri Nisargadatta, translated by Maurice Frydman. *I Am That*. Bombay: Chetana Publishing, 1973. Print.
2. "Dispassionate, Passionate, Balance, Objective, Open-minded, Attached, Detached, Unbiased." Merriam-Webster.com. Merriam-Webster, 2013. Web. <<http://www.merriam-webster.com/>>
3. "Uninterested, Middle-of-the-Road, On the Fence, Compromise, Apathy, Noncommittal." Merriam-Webster.com. Merriam-Webster, 2013. Web. <<http://www.merriam-webster.com/>>
4. Vitale, Joe and Ihaleakala Hew Len. *Zero Limits: The Secret Hawaiian System for Wealth, Health, Peace, and More*. Hoboken, NJ: John Wiley & Sons, Inc., 2008. Print
5. Benson, Herbert and Miriam Klipper. *The Relaxation Response*. New York: Harper Collins Publishers, 2000. Print.

LEROY MALOUF

6. Hicks, Ester and Jerry. *Getting Into the Vortex: Guided Meditations CD and User Guide*. New York: Hay House, 2010. Print & Cd Audio.
7. Kinslow, Frank. *Kinslow System & Quantum Entrainment*. Lucid Sea, Inc., 2013. Web. <<http://www.kinslowsystem.com>>
8. *HeartMath: A Change of Heart Changes Everything*. HeartMath, LLC, 2013. Web. <<http://www.heartmath.com>>
9. Bhaerman, Steve (a.k.a. Swami Beyonananada). *Wake-Up Laughing*. Wake-Up Laughing Productions, 2013. Web. <<http://www.wakuplaughing.com>>

THE PHYSICAL INTELLIGENCE OF OUR SYMPTOMS

“Guiding us to our purpose”

It probably sounds odd to refer to our symptoms as having physical intelligence. Generally, what we want most is just to get rid of them. What if the symptoms actually contain clues about what we need to deal with in our lives that are bothering us? Remember, our energy goes weak to everything that is bothering us! Any one of those things that bothers us may have a relatively small impact. But, when you accumulate them over days, weeks, or years, they eventually create energy blocks and we say “ouch!” If our natural state is wellness, why wouldn’t we give ourselves clues as to how to get back to that state?

How do we go about interpreting what our symptoms are “telling us?” The locations of the symptoms frequently are a direct indication of underlying roots:

1. A pattern of pain, tightness, or stiffness on the left side of the body.
“For example, feeling left out, left alone, left behind, left with extra responsibility, or thrown out.”
2. The same type of pattern on the right side.
“May be about being right, insisting on being right, being wrong, being told you are wrong.”

3. A pain in the neck—Who or what in your life is a “pain in the neck?”
“Receiving frequent unwanted calls from telemarketers.”
4. A pain in the buttocks—Who or what is a “pain in the butt?”
“My boss constantly reminding me about the same old reporting requirements.”
5. Lack of energy in or issues with the hands—What in your life is “not being handled well enough?”
“I can’t seem to find time to pay attention to what I need to, nor can I get anything completed.”
6. Numbness
“What do you not want to be conscious or reminded of? What do you want to be “numb to?”
7. Lack of energy in, or issues with, the feet
“Judgment or worry about ‘steps taken or not taken.’”
8. Lack of energy in, or issues with, breasts
“Stuck in over: mothering, nurturing, guarding, protecting, worrying, fearing, analyzing, internalizing.”
9. What is above that is causing symptoms below, and vice versa?
“For example, issues from the colon or uterus affecting the sinuses, or vice versa.”

Notice that all these are referring back to life issues. In this work, most of the root causes of our symptoms stem from bothers and concerns about life.

Issues with some bodily functions can indicate *life* issues. For example, consider the various functions of the digestive system:

1. Mastication—What in your life are you having difficulty engaging in (“getting your teeth into”)?
“I am being asked to do financial reports on my project and I just don’t see the rational for some of the items being asked for.”
2. Swallowing—What do you no longer want to “take in?”
“I am being paid less than others who are doing the same job. I’m not going to put up with it.”

KNOWING AND LIVING YOUR PURPOSE

3. Digestion in the stomach—What are you having difficulty dealing with?
“My mother-in-law lives with us and she criticizes everything I think, say, or do. I can’t get used to her being with us full time.”
4. Assimilation of nutrients in the small intestines—What are you having difficulty taking in easily or smoothly?
“We’re being taught about new aspects of our work—most of it seems irrelevant to what we have to do and to how our performance is measured.”
5. Elimination of waste from the large intestine or colon—What are you having trouble eliminating from your life?
“My friend keeps going over her relationship issues for most of the time when we get together. It’s the same thing every time. I can’t seem to get us out of the rut.”

A client who had been having difficulty sleeping for seven months illustrates an example of how life issues are the root causes for our symptoms. Key root causes for her were feeling vulnerable or not protected. When I asked about these she related 2-3 ways she felt her spouse was not supporting her.

In working with her, I sensed that something else was going on related to where she was living and she could not think of anything. A few days later an email came.

Feeling Vulnerable. J.H. Mexico

“You asked me what was going on in my area that might be adding to ‘feeling vulnerable.’ I don’t know how it escaped me, but yes, a fever has become an epidemic... and my husband was one of the first to get it.

“About three weeks before we got mites in our house, he came down with the fever. It was a very bad case of it. He was given twenty-four hours to get his platelet levels up or else he would be hospitalized. Thank God I discovered what would cure this, and he recovered. During this crisis, we also euthanized a dog (I was giving simultaneous dog end-of-life care and husband save-his-life care), and another dog was poisoned and rushed to the hospital.

“So, yes, there is something going on that leaves me feeling vulnerable.”

Our tendency is to want to forget or suppress challenging or traumatic situations. Yet they can be the direct life issues that are the key root causes.

Feeling vulnerable can come from situations such as: bullying, abuse, gang or drug violence, house break-ins, loss of money or investments, etc.

Now, contrast these root causes with what we normally hear are the causes for difficulties sleeping: staying up too late too many nights in a row; feeling it is something “I ate”; eating too late at night; feeling jet lag; experiencing disruption of normal patterns; hearing noise from traffic or neighbors, etc.

Yes these can cause sleep issues. However, when the sleep issues persist over a long time, it is more likely life issues that are the primary root causes.

Let’s examine another example where the location of the symptom was a key in finding and clearing it.

I’m terrified about a lump in my breast. *M.B. Maryland*

M.B. called to say, “While doing a self examination, I found a fast-growing, large marble sized lump in my left breast. It was hard and about an inch in diameter. My doctor sent me to get a mammogram. Upon examining me, the technician and the radiologist made gestures and comments that scared me.”

We did an energetic clearing session (over the telephone) with her that was focused on eliminating the root causes of the lump. She was upset and scared. We had another session before the mammogram, and a third one afterward. The sessions lasted thirty minutes to one hour each time.

As a result of the first two sessions the lump softened and was slightly reduced in size. I was puzzled that it was not going away, and started thinking about why the lump would be in the breast.

What do breasts represent? There is the obvious sexual over-emphasis on breasts and their size, by both men and women, that could probably take several books to examine!

Two main meanings came from looking at the definition of breasts in a dictionary:

Mammary glands—Female mammalian glands that are modified to secrete milk, are situated ventrally in pairs, and usually terminate in a nipple.¹

The definition also includes the emotional mothering and nurturing function of the breasts.

In our sessions, M.B. had spoken of a son she was very concerned about who had been in serious trouble several times. She had strong feelings of protective over-mothering and over-nurturing. She was deeply feeling both. She also had feelings of over-guarding, over-protecting, over-worrying, over-analyzing, and over-internalizing.

After this unearthing of root causes, there was a very pleasant surprise. As soon as the energetic corrections were made to clear away these over-protective emotions, the lump size immediately reduced by fifty percent. There was no time delay—it just shrunk! We had two more sessions and the lump was gone and did not return. That was nine years ago and she is completely free of the symptoms—no more lumps.

In the normal course of working with clients, a part of the energy work is to scan the client to see where their energy is weak and where it is strong. The energy flowing into her breasts was weak. After the fifth session, her energy was once again flowing fully.

What else was causing the lump? There were four other primary areas of non-physical root causes:

1. Feeling health and wellness fears of degeneration, and of dying and leaving her family. Getting to neutral was key in dealing with these “normal” fears.
2. Resonating with negative beliefs about cancer and breast cancer—there are numerous levels of negative beliefs in our

culture coming from “experts” about: environmental and substance risks; low survival rates; and the negative side effects of prescribed treatments. Another area of belief is around having the gene that increases the risk of getting breast cancer (the gene belief did not apply to her). These beliefs tend to support our *dis-ease*. What we pay attention to is what we create.

3. Losing sense of joy and happiness. She had unconsciously been losing her sense of happiness for a couple of years. This weakened her sense of well being and immune response.
4. Feeling “lumps” in her thinking—such as:
 - Thinking that things can’t change.
 - Feeling no faith in things changing.
 - Feeling fearful of taking the next steps in life.
 - Putting everyone else first and not taking care of herself.
 - Being bothered by having large breasts. (For some clients, it is about having small breasts).

Physical causes accounted for only about fifteen percent of the roots. She exercises regularly, eats well, and is in good shape. Both the non-physical and physical root causes were energetically cleared away.

Of course, the next question is whether these same roots could be causing lumps for other women? A part of the energy work is to prepare for doing the work. This includes being neutral and non-reactive to whatever is going on with a client. It is also important to not assume you know what their symptoms are or what is causing them.

This experience with M.B. did get me to check clients whose energy to their breasts was weak for over-protective emotions. In energetically checking over one hundred clients with weak energy in their breasts, there have been two or more of the over-protective emotions present in each of them. These emotions create an energy blockage that reduces the normal positive energy flows to breasts (and genitals), in both women and men.

KNOWING AND LIVING YOUR PURPOSE

For me, this has continued to be an amazing illustration of what our thoughts can do to our energy and our body. The intelligence in our body and our energy that can guide us in clearing away our symptoms still amazes me.

Another example of the impact of buried emotions is:

Aches and pains all over my body. R.O., Minnesota

1. “On a rainy autumn day in 2006, I went to a Mind, Body, Spirit type expo and strolled into your breakout session leaning heavily on my canes. I accepted your kind offer to have me come up so you could demonstrate your technique on me. You asked if I was in pain. My body had slowed down over a course of years as the pain increased in my not-yet-replaced hips (replaced in 2004). Explaining that titanium hips don’t hurt, I did describe aches and pains all over my body on rainy days—such as that day. You immediately assured me that we could take care of that. You moved your hand with a movement no more aggressive than waving a fly off a picnic table and the aches and pains passed down from generations of my family were gone. They have not come back since. It was awesome and I have been grateful every rainy day since.
“I walked away that day carrying my canes instead of leaning on them.
2. In a training class of yours that I was taking, you addressed my mobility issues. Even after receiving the new hips, I still felt quite frozen in my body and wanted my former lithe body restored. You asked me to describe what my body felt like:
 - Shape: a big boulder
 - Color: dark grey
 - Sound: heavy footsteps
 - Smell: stagnant
 - Texture: heavy dirty oil
 - Taste: rancid
 - Movement: clumsy
 - Feeling: intransigent
 - Emotion: frustration
 - Effect: devoid of freedom

LEROY MALOUF

“As I answered each question, I could feel that you were erasing what I described from the slate of my body and my consciousness. Then, you asked how I felt.

“I responded that I was still pain free, I felt liberated, young, excited about life and full of hope. You asked what I could see.

“I saw a brighter future with strength in my muscles to do what I need them to do. I saw me as a lovely lady easily walking down the street in a life that had become easy for me.

“I felt free. I felt liberated in my new body as sleek and lithe as a greyhound’s, I felt I could romp and run like a greyhound. What a bouquet of burdens you lifted and eliminated!

“And you followed up on this transformation by supporting me along the path of integrating those changes until they became automatic in my daily life. I remain enormously grateful.”

Notes

1. Mammary Gland. Merriam-Webster.com. Merriam-Webster, 2013. Web. <<http://www.merriam-webster.com/dictionary/mammarygland>>

WE CAN HELP OURSELVES EVERY DAY

“Living beyond ‘normal’ human consciousness”

Let’s go back to what five year old children are experiencing. In Chapter 10 we described how children are laughing 300–500 times a day, and experiencing joy, peace, acceptance, excitement, spontaneity, flexibility, acceptance, etc. Their energy is going strong to 90% of their lives! *Then, in too short a period of time, as adults, they are going strong to only 20–25% of their lives!*

We described in detail how, as adults, our energy goes weak any time we are irritated, frustrated, or depressed, reacting or creating drama, or in pain, etc. Any single weakening thought does not have much of an effect on us. But how many of these thoughts do we have in a day? While we are awake, four times an hour is about 23,000 times a year. Note how many times one of the ways our energies goes weak (described in detail in Chapter 10) come to mind in the first three hours after you wake up. When you extrapolate that frequency to a year, 23,000 may be a low number.

We discussed how this repetitive weakening can cause energy blocks, which in turn can cause symptoms of discomfort and pain. These may be physical, mental, emotional, psychological, psychic or spiritual.

Now let’s examine in more detail the toxic aspects of human consciousness that contribute to our energy going weak in our lives. One way of describing what is happening is that we are surrounded by misinformation,

misinterpretation, and misrepresentation, and are generally being misled about what is real and not real:

1. War, violence, brutality, abuse, or revenge are too frequently the way issues are resolved within, and between, countries, religions, tribes, gangs, families, and between many other groups where there are differences in beliefs.
2. TV shows, movies, and stories model and demonstrate that someone has to be beat up or die in order to get resolution or revenge, even for a good cause, or for “justice.”
3. Media news is mostly about drama, struggles, and death.
4. Sexual abuse, pornography, rape, prostitution, and adultery are a pervasive model for how to get sexual urges and needs met.

There are numerous more subtle forms of shaping (or misshaping) our views of who we really are:

1. Mistaken identities get in the way of accurate self perception as described in Chapter 12.
2. Degeneration and aging is the main way we believe we will end our lives.
3. Getting ahead is played out as being better than everyone else: cheating when you can get away with it; being in a gang or “in” group; bullying those who are weaker, less smart, less attractive, or not fitting the group norms.
4. We take on patterns from our parents, from our ancestors, and from other family members.
5. We are constantly reminded and warned about what can harm us.

All of these so-called “toxic” actions and beliefs affect us consciously and subconsciously. The last one listed is described below in more detail because we need to beware of the warnings. They alone can cause symptoms and dis-ease!

Numerous experts, research studies, practitioners, and those selling products warn that we can be harmed daily by: poor lifestyles; poor quality

KNOWING AND LIVING YOUR PURPOSE

foods with low nutrient value, and which contain antibiotics, growth hormones, harmful colorings, flavorings, and additives; detergents; makeup; plastic containers; electronic devices; dry-cleaned clothes; insecticides and herbicides; 80,000 new chemicals being produced each year; first and second-hand cigarette smoke; petrochemicals and exhaust fumes, etc.

An online search of websites and articles reveals statements that “these cause *cancer, asthma, allergies, skin rashes, chronic fatigue, multiple chemical sensitivities and other health problems*. We are exposed to these things all day long, most of them without choice. We can do our best to try to avoid most of these things, but we actually can’t avoid them.”

In essence, these are saying we all are going to get one or more of the above symptoms!

How are we reacting to these warnings?

We’ve learned many ways to stay away from things that harm us: Our nervous system, survival instincts, “gut feelings,” beliefs and fears about safety, disease, infection, addiction, and prevention cause us to behave in certain ways (like washing our hands and avoiding harmful things).

For the most part we take the “bumps in life” in stride, make changes in our routines to deal with them, and live in a general state of wellness. But, what happens when our reactions to these warnings become over-reactions?

1. We start being bothered and worried
2. We develop phobias and obsessive—compulsive patterns
3. We increase our levels of anxiety
4. We get into over—worrying, analyzing, internalizing, guarding, protecting, mothering & nurturing

An unforeseen consequence is that our conscious and unconscious reactions to these “over-protective” thought patterns is that we weaken the flow of energy in our bodies, minds and energy fields.

We are told we cannot avoid exposure, so we are doing what we can to protect others and ourselves. Most of us are not really aware of how much we weaken ourselves in the name of being safe and healthy. It seems we are caught in a cycle of weakening ourselves in order to protect ourselves.

It does not work well. We often create the symptoms we are worried about. Many authors have traced the effects of the mind—body connection both in negative and positive ways. According to an article by Devin Scannura titled, *Can You Die of Cancer Just From Believing You Have It?*, a Nashville physician described a patient who came in with esophageal cancer.¹ At the time of the event, in 1974, it was accepted by the medical profession that nobody survived this kind of cancer. The physician, Dr. Meador, told the patient and offered him a treatment. He took the treatment, and a few weeks later he died. An autopsy revealed that there was no esophageal cancer left. The treatment had worked and there was no other cancer or disease in his body that would explain his death. The doctor said, in essence, that the patient died of esophageal cancer but not *from* esophageal cancer!

In the medical profession these are called nocebos and they can be deadly. They can have as much impact as placebos that can account for 33–100% of improvements in treatments of patients! Whether they are accurate or not, our belief that “we are at risk” is enough to “cause us to be at risk.”

Scannura writes, “Nocebo cases like this suggest that physicians, parents, teachers, and the environment can remove hope by programming you to believe you are powerless.”

Author Marilyn Ferguson stated, “The deadliest self fulfilling prophecy in our culture is that we degenerate as we age.”²

I am eighty-one as I write this book, and it amazes me that I have bought into aging and degeneration in so many ways. I remember being told in science class in high school that after age twenty, all our vital bodily functions decrease in effectiveness by ten percent every decade. And, of course, this is reinforced by observing friends and family degenerating and dying.

For an excellent description of how our wellness and vitality is eroded by the numerous ways we consciously and unconsciously buy into and believe in aging and degeneration, see Chapter 12 in *Somatics*, by Thomas Hanna.³

A key to keep getting more fit in all ways is to keep thinking and acting as though you are getting more fit in all ways.

He walks the talk. *C. S., Canada*

“One of the greatest compliments I have ever received was when LeRoy approached me at a Yuen Seminar several years ago and expressed an interest to work with me. Eventually this led to our traveling to Egypt to host a seminar together. I arranged a tour of Giza for noon because LeRoy’s flight did not arrive until the wee hours that morning I told our guide ‘LeRoy is eighty now and it is a long flight, he may want to sleep in.’ She asked if she should book a walker.... I giggled ... ‘ No, that will not be required.’ That morning at 9:00 a.m., LeRoy called my room, impatient. ‘Where are you! I have gone for my swim and have answered my emails ...I am in the lobby waiting for you.... when do we leave for the pyramids?’ Shortly after, we climbed Giza in 42° C/108° F heat and, upon reaching the King’s Chamber, I whispered under my breath ‘Act old!’ I LOVE his reply! ‘What do you mean?’ I explained, ‘It is busy and they are rushing people through! Act like you need to rest!, I want to have time to sit in the energy.’ ‘ Oh! OK, I get it!’ he replied and accommodated me.”

I am routinely asked by professionals in the medical community and by people I meet every day. “How many prescription drugs are you on?” and, “What vitamins and supplements are you taking?” These are reasonable questions given that the average age of death of men in the US is seventy-six, or eighteen months after retirement, which ever comes first. The average age of death for women is eighty-one. And by the time people die, they are likely to be on many prescription drugs, vitamins, and or supplements.

My answer is that there are a couple of times I have taken prescription drugs for 1–2 weeks to help deal with a specific physical symptom. And, while I used to take numerous vitamins and drugs, *I now only take one or*

two regularly, and these act like catalysts that help enhance how the cells and body function vs. doing the work for the cells.

As stated before, every modality and product works for numerous people, and no single approach seems to work for everyone. I help clients be strong to whatever medications or supplements they are taking. The goal is to help what they are taking work most effectively for them, and then to quickly leave their body with minimum side effects.

A participant at a workshop I was conducting asked, “What’s the best way to die, heart attack or cancer? I know something is going to get me!” This is a prime example of buying into all the warnings. The consequence of buying into beliefs that we are going to get a deadly degenerative disease and die after an agonizing, painful, and prolonged time is that we most likely will.

My mother died when she was eighty-nine. She had congestive heart failure. She would periodically get very sick from it and we would think she was going to die. Then she would bounce back and the next day say, “Let’s go shopping at the mall.” We started to call her the cat with nine lives. She kept living pretty well in assisted living with a lady we hired to visit every morning, help her get ready, make the bed, etc.

One morning one of my sisters was there and she and the caretaker were straightening things out and talking with my mother who was sitting in an easy chair. She took a breath and died. I celebrated her life and was very happy for her. She died easily without the extended painful experience that so many people have.

I call this “living well and dying well!”

From an energy perspective we do not degenerate because another year goes by, we degenerate because we have not learned how to understand or deal with the root causes of our symptoms. By and large, the experts don’t know, either.

Several years ago I attended a conference where the participants gave workshops for each other. I attended one that was entitled “Pain Management.” Notice that it did not state “Pain Elimination.” There were sev-

KNOWING AND LIVING YOUR PURPOSE

en MD's, and a professor from a medical school who were sponsoring research on the effectiveness of various medical approaches.

They each spoke about their experiences in treating patients who were in pain, and finally summarized by stating, "We can tell our patients that we can alleviate their pain, but cannot eliminate it. And, that we are very dependent on the development of new drugs to manage pain." Followed by, "Are there any questions?"

Well, fools rush in where angels fear to tread, and I raised my hand and said, "There are other options in that you can eliminate the root causes for the pain and it goes away." Their faces and body language revealed a lot of skepticism.

I was asked, "How do you do that?"

I replied "Perhaps it would be better for me to demonstrate it for you rather than to try to explain it." I asked those in the audience, "Is there anyone here who has pain and who is willing to let me demonstrate relieving the pain with them?"

A woman raised her hand and said, "I have had back pain for many years. It gets better and it gets worse, and never goes away."

I stood beside her and questioned, "On a scale of one to ten, with ten being the highest, how much pain do you now have?" She replied, "Seven." I energetically worked on clearing the root causes for her pain for three to five minutes, and again questioned how much pain she was experiencing, and she replied, "four." I worked with her a few more minutes and again questioned her about the level of pain, and she replied "It's gone!"

I was so "smooth and professional," actually "surprised," I did a double take, looking at her twice, and questioned her saying, "It's gone?" Her reply was, "Yes, it's completely gone."

The panel of experts were stunned! Three came up afterward and stated, "We don't care where it comes from. If it works we will use it to help our patients."

All eight of them sought her out the next day and asked her two questions. First, "Is your pain still gone?" Her answer was, "Yes." Second, "Did you know LeRoy from the past?" She replied, "No this is the first time I have met him." It was a reasonable question to find out if it was a set up—a sham. The questions also were coming from a traditional belief that only drugs can deal with pain.

I worked with her and her husband three years later on other issues and the previous pain had not returned.

So, what are we to do to effectively deal with all these beliefs and warnings?

The warnings are based on the beliefs that physical symptoms in our bodies have one hundred percent physical root causes. In doing energy work to clear symptoms we find that, on the contrary, over ninety percent of the root causes for our symptoms are non-physical! And, that the root causes are life issues, not health issues.

For example, about twelve years ago, while visiting one of our daughters, our one and a half year old grandson began having painful hives spreading from his mouth to his neck to his back. He would only eat milk products: cheese, yogurt, milk, ice cream. His parents were being told he would have milk and gluten allergies for the rest of his life.

I asked if I might work with him and our daughter said, "It can't hurt!" She was exhausted from not being able to find something else he would eat. I worked with him about twenty five minutes and then asked her to feed him milk products, which she reluctantly did. He has not had a reaction since. I strengthened him to thrive on milk products and he continues to do so today.

One cause for allergies is negative emotions and the family had been having difficulties at that time. He absorbed them and reacted. It took twenty-five minutes to help him energetically clear away the negative emotions and the reactions, and the symptoms went away.

Of course I apologized that it took so long to clear away the symptoms!

KNOWING AND LIVING YOUR PURPOSE

The following four steps can help deal with all the warnings in our lives.

First, gain a deeper understanding of how our life issues and feelings impact us.

Resources that describe non physical root causes for symptoms are:

1. *Heal Your Body A-Z*, by Louise Hay⁴
2. *Manifesting in the Light*, by Sarah James, www.EmotionsDatabase.com⁵
3. *Feelings Buried Alive Never Die*, by Karol K. Truman⁶
4. *Healer Wisdom—Beliefs by Disease and Trauma*, by Valeria Moore, www.HealerWisdom2.com⁷

Second, develop a healthy skepticism. Don't buy into the warnings.

Realize that numerous people smoke and drink, or get exposed to many different risks, and still live long healthy lives.

In the book, *In Defense of Food*, Michael Pollan writes, “American Nutritionists, can't fathom how a people who enjoy their food as much as the French do, and blithely eat so many nutrients deemed toxic by nutritionists, could have substantially lower rates of heart disease than we do on our elaborately engineered low-fat diets.”⁸

When we or those we are close to have strong symptoms, it is hard to believe that the warnings are not real. When I stated to a group that there is really no physical reason why we should get allergies, a lady exclaimed, “Our grandson almost died from anaphylactic shock—yes the allergies are real!”

Some likely non-physical root causes for the grandson's shock could be: feeling powerless, not allowing himself to cry, or feeling attacked.

Third:

1. Get energetically strong everyday, as described in Chapter 13.

2. Get Neutral on all the warnings, as described in Chapter 14 and in this chapter.
3. Learn how to deal with, and eliminate, your symptoms, as described throughout the book. Remember, there are an increasing number of modalities that teach us how to make symptoms go away. I, and others, are finding increasingly simple and direct ways to eliminate root causes of symptoms.
4. There are an increasing number of modalities and products that help people make significant improvements in their lives, and to regain their natural state of health wellness and vitality. Find those that help you work on yourself as well as others, and that show demonstrable results (rather than having to have treatments for months or years).

When we are strong to everything in our lives, there is nothing outside of us that is stronger than what is inside of us.

Fourth, cultivate a life of joy, fun, positive thoughts, and thankfulness. Clinical research demonstrates that laughter stimulates our immune response and helps to keep us healthy.

The following saying has been attributed to Mahatma Gandhi:

“Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your values
Your values become your destiny.”

The heaviness and seriousness too often builds up in our lives without our even realizing it. Or, we recognize it and think it's a part of living. On the other hand, we can be free to create what we want.

Liberation. *J.H., Massachusetts*

“The EWB Process© works amazingly well. I leave from the clearing sessions with you feeling clear, clean and fantastic. It is so very liberating to have years, decades, and lifetimes of traumas and problems erased. Quite astounding actually, this clearing work makes me feel like a kid again: fresh, new, alive and ready.”

An emotional loss that often occurs is when a person starts losing their sense of joy and happiness without realizing it is happening. The following is an example of how such a loss can be turned around.

Seeing Life's Perfection. *S.F., Maryland*

“The weekend EWBP© workshop was profound and life changing for me. It led me to discover a big “glitch” in my programming—life is a chore and it’s not supposed to be fun! That’s exactly how my parents and most people in my culture live. That’s exactly how I operated, in parenting, in work, in relationships, in sex, in eating, etc. No wonder I had been so uptight all my life.

“I did the clearing work on myself immediately after I got home. [Oh my goodness], it was a HUGE shift for me. I felt like a kid again! I goofed around with my daughter, which was all new to her. My husband is still trying to figure me out.

“I retested a relationship survey and it’s all ‘yes’ now. All the previous ‘no’s came from me not loving life; how could I love myself or anyone else?”

“Thank you so much for helping me see life’s perfection!

So grateful!!!”

Notes

1. Scannura, Devin. “Can You Die From Cancer Just From Believing You Have It?” Ezine Articles. March 8, 2010. <<http://ezinearticles.com/?Can-You-Die-of-Cancer-Just-From-Believing-You-Have-It?&id=3893139>>
2. Ferguson, Marilyn. *The Aquarian Conspiracy*. New York: Tarcher Books, 1987. Print.

LEROY MALOUF

3. Hanna, Thomas. *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health*. New York: Da Capo Press, 1988. Print.
4. Hay, Louise. *Heal Your Body A—Z: The Mental Causes for Physical Illness and the Way to Overcome Them*. New York: Hay House, 1998. Print.
5. James, Sarah. *Emotions Database: Manifesting In The Light. Lifestyle*. Web. <<http://www.emotionsdatabase.com>>
6. Truman, Karol. *Feelings Buried Alive Never Die*. Brigham City: Brigham Distributing, 1991. Print.
7. Moore, Valeria. *Healer Wisdom: Beliefs by Disease and Trauma, Revision 2*. Self-Published, 2009. Print. Web: <<http://www.healerwisdom2.com/index.asp>>
8. Pollan, Michael. *In Defense of Food: An Easters Manifesto*. New York: Penguin Group, 2008. Print.

CLEARING AWAY OUR SYMPTOMS

“What does ‘Clearing’ Mean?”

Starting with Chapter 10, I presented and described numerous ways in which we create symptoms. I have shared information on clearing the root causes of our symptoms so they quickly go away. A simple belief about, or definition of, “clearing” is that symptoms go away and stay away. Can it really be that simple?

I have observed with myself and with numerous clients and repeatedly explained that our natural state is wellness, and that we rush to get back there. This chapter digs deeper into how we can clear away the root causes and stay in that state.

We start with what quantum physicists have found. They have observed sub-quantum particles in order to better understand them, and have found that the act of observing the particles results in the particles changing state. They may change from a particle to a wave, or a wave to a particle.

How is this information relevant to clearing root causes?

One way of thinking about our symptoms and reactions is that they arise from energetic blocks, and these blocks can also be thought of as waves. When you observe / find / identify the ends of a wave, the wave “collapses. One end of the wave can be thought of as the symptom or reaction.

The other end can be described as the “truth” of what is causing the symptom or reaction. By identifying both ends, you connect the points and the symptom goes away. It really is that simple! For example, identifying what is a “pain in the neck” life issue for a person eliminates the pain in their neck.

In getting to neutral, the truth of the worst scenario connected to the reaction collapses the wave. That is, if the worst scenario, in terms of what is bothering the person the most, has been identified. If it is the worst, then the person is no longer bothered and there is no basis for a reaction. In turn, the truth of the best scenario, connected to high expectations that could cause a reaction if they are not met, also collapses the wave.

If a person still is not neutral to a situation, the four-way neutral and counting the layers are other ways of finding truth and collapsing the wave. For reasons we don’t fully understand, sometimes the act of counting the number of blocks or issues is enough to clear the root causes.

People know in their bodies when the pain or symptoms are gone, and when they feel neutral. The more we eliminate energetic blocks and go neutral, the more we return to our natural state of wellness, vitality, joy, love, and perfect harmony. We literally rush to get there when the blocks and reactions go away.

Deprogramming blocks and symptoms and going to neutral every day has a cumulative, skill building effect. Daily clearing work is helpful because we are talking about shifting a lifetime of how we make ourselves weak—it can be a life changing experience.

For all ways of clearing we want root causes to be absolutely deleted, and the support for what we want or desire to be absolute. Definitions for “absolute” in the EWB Process© are:

- Perfect quality or nature
- Not limited by restrictions or exceptions
- Ultimate basis of all thought and being

Eight ways to ABSOLUTELY clear away root causes, deprogram our symptoms, and reprogram to our desired state are:

KNOWING AND LIVING YOUR PURPOSE

1. Absolutely strengthening the mid-line / central core / spinal cord—Chapter 13
2. Finding the person’s absolute truth—Chapters 14, 15, and 16
3. Making absolute quantum connections—this chapter.
4. Being energetically strong to everything including symptoms, root causes, blocks, situations, issues—Chapter 16. Putting our “being strong” to everything on automatic. For example, our heart handles all situations without our thinking about it or trying to control it. It just happens. New creation is taking place in our bodies during every moment of our life. There are fifteen to twenty million new cells created every second. They replace dead cells that are being eliminated from the body. Again, it is all on automatic.
5. Following “becoming strong” to everything with two more steps:
Deleting/deprogramming the causes to zero percent negative infinity
Reprogrammong/transforming to one hundred percent positive infinity
6. Becoming Neutral
7. “Transform”—Being in the state of mind of absolutely expecting and acting like shifts happen surprisingly and amazingly fast! A more robust definition of “Transform” includes:
T—Transform
R—Regenerate/Rejuvenate
A—Apply
N—Now
S—Strengthen
F—Forever
O—Originate
R—Reprogram
M—Manifest
8. Expressing to yourself “Apply” anytime you remember something that has cleared before and you are feeling the need for it again. Also, express it at any time you hear about a symptom or a clearing that is for someone else that resonates with you. When people first hear about these various ways of

clearing root causes, and even after they feel their symptoms going away, or see symptoms going away in others, they ask, “What did you do?” After hearing about how any of the above works, they ask, “What did you do?” And then ask again! We are so accustomed to taking a pill, to experiencing some form of hands on treatment, or to doing something like a chant or meditation, that we don’t think anything as simple as any of the above will work. We’re used to being a human “doing” instead of a human “being.” Collapsing the wave is not logical and has puzzled physicists as to why it happens. The same can be said about these other ways of clearing. People report that when symptoms are gone, and when they are neutral, they return to “being” in their natural state. Being in our natural state “now” becomes second nature. The more we are in our natural state, the closer we are to knowing and living our purpose.

A PROCESS FOR CLEARING ROOT CAUSES

“As simple as your A, B, C’s”

People are often amazed at the ease with which symptoms can be cleared away. It is not obvious:

1. How and why it happens
2. What are the steps
3. How skills can be sharpened to make it happen
4. How to learn to do it

A step-by-step explanation and process in order to make it understandable, and to define how to do it, follows:

A. Energetic Preparation for Yourself or Your Client (when you are working with someone else).

Being energetically strong every day while doing clearing work enables you and anyone you are working with to be focused, calm, and neutral which frees up your mind and energy to work easily and quickly. The “How To” is described in Chapter 13.

B. Define the *symptom(s)* clearly

Identify the desired state of being

Clarify Measures—how progress will be measured

When you are going on a trip, knowing your destination is essential to making the trip quickly and economically. The same holds true in identifying and clearing the symptoms that a person's energy indicates is "the place to go." The steps are described below.

C. Find and clear root causes

The key question in guiding the clearing work is:

"Where (in the clients total universe) is the weakest point in relation to the symptom?"

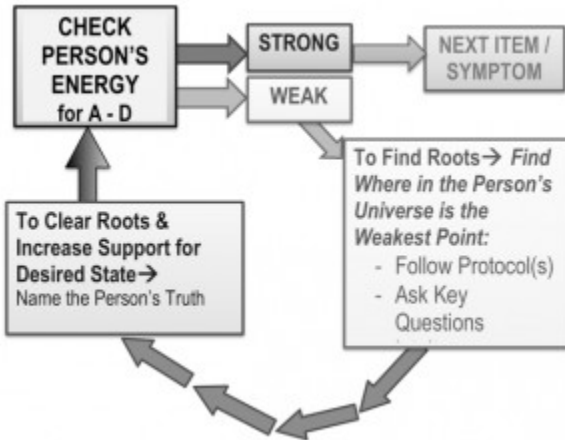
This question guides you to focus quickly on where and what to clear to have the greatest impact. Clearing the weakest point keeps giving the most leverage for clearing the root causes and getting the symptoms to quickly go away.

D. Keep checking for the weakest point in one's energy field to guide where to focus the clearing work

You keep asking the question to guide your various root causes.

A way of picturing steps A through D—which is the process finding and clearing root causes—is outlined in the chart that follows.

KNOWING AND LIVING YOUR PURPOSE



If more weakness is present, repeat.

Keep clearing until your (the client's) energy is strong to:

1. "From infinity to infinity, there's no reason to hold on to this issue."
2. The measures indicate that the symptoms are cleared and that energy is strong for the desired state.
3. There's nothing bothering you (or the client) about the symptoms that were cleared.

E. I am embodying my desired state. Keep giving thanks for it as though it already exists.

Examples for how to conduct each step follow.

A. Energetic Preparation for Yourself or Your Client (if you are working with someone else)

Example: Before working with M.B. on the lump in her breast (from Chapter 15), I made sure I was energetically strong and helped her be strong (each time we worked, sessions were on the phone).

B. Define the *symptom(s)* clearly

(*Examples*—my head aches on the top left side; tension is in my right upper chest; my left foot is numb).

M.B. Example: (from Chapter 15)

1. Lump in breast—her energy was weak to this symptom
2. Not trusting life process—weak
3. Physical discomfort—her energy was strong to this symptom
4. No faith in things changing—weak
5. Putting everyone else first—weak
6. Over-mothering, nurturing, worrying, guarding, protecting, internalizing—weak
7. Swollen glands—strong
8. Chills—strong
9. Sinus infection—strong
10. Diarrhea—strong
11. Fatigue—strong

Note that it is common for us, or a client, to have multiple symptoms. Being strong to a symptom does not mean the symptom does not exist, it just simply means that it is not the one to start with. Where one's symptom is weak indicates priorities for where to begin working. Clearing the weakest symptom has the largest impact on clearing all the symptoms. Therefore, symptoms that energy goes weak to get priority.

It is important to be strong to everything in our lives—even to symptoms that don't feel or sound too good. As has been stated many times, anything our energy goes weak to has the potential for creating symptoms. When checking which symptom to start with, we use those that feel weak

to give direction to the clearing work. Once the symptom is cleared, our energy will be strong to it.

Identify the desired state of being

Define / Clarify statements that address the symptoms, as well as what else the person desires in their life.

(*Examples*—head is clear and feels light; chest is relaxed and peaceful; foot is strong, has stamina, and is flexible).

M.B. Example: (from Chapter 15)

1. Breasts and tissue completely well—weak
2. Trusting the process of life with myself and others—weak
3. Feel well, energized, have pep—strong
4. Am dealing with the situation with calm, confidence, and feeling secure—weak
5. I have all the love, joy, forgiveness, and acceptance that I need—strong
6. I care for and nourish myself with love and joy—weak
7. I allow others the freedom to be who they are—weak
8. Happy and smiling—strong
9. Neutral to what others do or don't do for me—weak

Statements that are weak get priority, using the same rationale that was stated above. The desired statements for which the clients energy is strong will also be supported during the clearing process.

Clarify Measures—how progress will be measured

Remember the statement that “the biggest paradox about us human beings is that we don't support what we say we want, and we don't let go of

what we say we don't want." This statement often does not make sense to a person. We say "of course I want to be well." We sincerely believe we mean it. It is not until we see the measures for our own situation that we realize the support can be very weak!

At which point I normally say "Welcome to the human race!"

Examples:

1. The *pain or tension* is at level 100% and we want it to go to 0%;
2. The person is supporting the desired state at 40% and we want it to go to 100%;
3. Trusting the True Self to get to Desired State is at 35% support and we want it to go to 100%;
4. Holding on to the Symptoms is at 40% and we want it to go to 0%.

M.B. example: (from Chapter 15)

At the beginning		After five sessions
100%	Symptom Strength	0%
50%	Support for Desired State	100%
20%	Trusting the True Self to get to Desired State	100%
50%	Support for Holding on to the Symptoms	0%

C. Find and clear root causes There can be numerous possible root causes for a *symptom*. An analogy is plants, bushes, and trees. Some have a single or simple roots, some have several, and some have many or a system of roots. Our key question helps us find them, and then clear them.

“Where in your (or the clients total universe) is the weakest point in relation to the symptom?”

D. Keep checking for the weakest point to guide where to focus the clearing work

Frequently check progress.

Continue until the *pain or tension or other symptom* is at 0%, and the person supports their desired state at 100%.

Please note that we human beings believe that if you can get to 0 or to 100, it won't stay that weak or strong, respectively. So when we get to:

- 0% – we absolutely clear to 0% and to the persons negative infinity and beyond.
- 100% – we absolutely clear to 100% and to the person's positive infinity and beyond.

In the majority of cases, the *symptoms* quickly go away. The amount of effort needed is dependent on how many symptoms and roots there are.

When you check items, if more weakness is present, repeat! Keep clearing until:

“From infinity to infinity, there's no reason to hold on to this issue” is strong, the measures indicate the symptoms are cleared, there is 100% energetic support for the desired state, and there's nothing bothering the person about the symptoms that were cleared.

M.B. Example: (from Chapter 15—Please note that the following is copied and edited in order to complete the example.)

The largest shift came during the third of the five sessions when we cleared her strong feelings of protective over-mothering and over-nurturing, over-guarding, over-protecting, over-worrying, over-analyzing and over-internalizing. The lump size immediately shrank by 50%. There was no time delay—it just quickly went down!

Note that these were her life issues stemming from her concerns about, and dealing with, her son who was in on-going serious trouble.

There were four other primary areas of non-physical root causes that were cleared:

1. Health and wellness fears—of degeneration and dying and leaving her family. Getting to neutral was key in dealing with these “normal” fears.
2. Resonating with negative beliefs about cancer and breast cancer—there are numerous levels of negative beliefs in our culture, including environmental and substance risks, survival rates, expert opinion, research, and prescribed treatments and their side effects. These beliefs tend to support our dis-ease. What we pay attention to is what we create.
3. Losing sense of joy and happiness—she had unconsciously been losing her sense of happiness for a couple of years. This weakened her sense of well being and immune response.
4. “Lumps” in her thinking, such as:
 - Things can’t change.
 - No faith in things changing.
 - Fearful of taking next steps in life
 - Putting everyone else first and not taking care of herself

Physical causes accounted for only about 15% of the roots. We cleared away toxicities and strengthened her physical (urinary tract and colon) and non-physical elimination portals (bottom of chin, arm pits, palms, between fingers and toes, sacrum, genitals, bottom of feet, worm holes connected from every cell to black holes in the universe).

Please note that many other detox methods—diets, exercise, juice, fasts, herbs, liver flushes, lymphatic massage, mercury amalgam removal, chelation, colonics, saunas—primarily work on the *physical* level. But that’s just a tiny fraction of possible toxic effects!

Only clearing the toxins from your *body*, while ignoring the “toxic effects” in your mind, emotions, energy field, ancestral field and environment, etc., is not going to clear all the root causes!

The powerful practice of clearing toxic effects from the mind, the emotions and the past creates real shifts, on *ALL* levels—body, mind, spirit; home; past existences; ancestors; environment; collective thought forms; dimensions, universes, space; past, present and future; known and unknown.

E. I am embodying my desired state. Give thanks for it as though it already exists.

M.B. Example: (from Chapter 15) I suggested she continue giving thanks especially if some of the prior thoughts or feelings came to mind.

Let’s go back to the overall process. When you look at the process steps and the diagram, an important part of the clearing work is to keep sharpening skills in perceiving when a person’s energy is strong and when it is weak. I call it additional-sensory perception. All of us sense what’s going on with others and we do it in different ways. For example, people tend to notice the mood of a person when they walk into a room or when talking with them on the telephone. We notice if they are extra happy or sad, or preoccupied.

In using the EWB Process©, the energy in the body is continuously used to guide progress. The body will be strong or weak to a particular cause(s) of the *symptom*. The body also will indicate the level of progress. No touching is needed. As you keep doing the clearing work you keep sharpening these skills.

Again, and as is the case for getting to Neutral (Chapter 13), what is covered in this chapter is normally taught in a two day workshop, teleseminar, or home study program.

A lot of the background information and rationale for the work is covered in the book starting with Chapters 9 and 10. There is enough information

for those who resonate with this approach to clear symptoms and increase support for a desired state.

What is not included in the book are a detailed overall clearing protocol, and protocols for specific symptoms such as eyesight, hearing, cancer, etc. These are included in a three-day Proficiency workshop where there is time to go into more depth.

Going into more depth about how to identify and quickly remove symptoms is the subject of EWBP© free demos, workshops, teleseminars, and home study programs.

OUR BIGGEST SYMPTOM

“Lack of self-love and acceptance”

A colleague asked me about his possibly working with another person (with whom I have worked). I stated, “I don’t quite know what to say to you. The person is excellent at what they do, and,” there was a long pause while I wrestled with what to say. Then I said, “I’ll tell you my experience. The person repeatedly said they were going to pay me what they owe me and they have not. They did not refund money for a service not used. They unilaterally changed agreements. They made promises that have not been kept.”

I did not want to dwell on these aspects and, at the same time, wanted to respond to the question. And, it bothered me that I did. So I said to myself, “Each of these criticisms is something I have done, and is a reminder to love myself for each. I *expressed to myself* for each one, “I’m sorry, please forgive me, thank you, I love you.” This was a great opportunity to use what I learned from Ho’ponopono.¹

I am going to describe in detail a clearing I did on myself, as another example of the EWB Process© of clearing described in the prior chapter.

I cleared many intense digestion symptoms over a five month period, including many times for days not being able to keep anything liquid or solid in my stomach. The only other time in my life when I challenged myself this intensely was when I almost died from Scarlet Fever (when I was very

young). Day in and day out, the strength of the symptoms ranged from 60 to 120%.

While working to find and clear root causes for these symptoms, I realized that my first intense experience of digestion issues started at age twenty-seven, that milder issues started earlier, and that I had never cleared them before. This process has led me to much deeper self-acceptance.

This example helps provide answers to two of the most common questions I hear:

How much clearing is needed? In this case there were so many root causes producing lack of self-acceptance that it took five months! This is the same as having many symptoms instead of one.

Will it go away quickly? There were many periods of relief. The way I think of it is that I was not going to let go until the vast majority of ways in which I was not accepting myself were cleared!

With a lot of help from my colleagues and friends I found and cleared, and have continued clearing, numerous root causes. Read the following as “Life Issues”:

1. Rejecting, pushing away issues in me and in the world
2. Feeling something is wrong with me
3. Believing something in me is blocking me and I’m not finding it
4. Fearing rejection and not being heard
5. Believing I can’t fit in
6. Believing I’m not able to see or clear old patterns so the new can come in
7. Feeling frustrated at not getting things done
8. Going to run out of time and money
9. Feeling it’s not OK to *not* be feeling well or to being angry
10. Putting too much focus on how bad I was feeling
11. Feeling disappointed in others and myself

KNOWING AND LIVING YOUR PURPOSE

12. Feeling down because of too many things in me to fix
13. Observing that I'm not being my normal self
14. Exerting too much effort to get the word out and it's not working well enough
15. Needing to be special and different
16. Feeling sick and tired of clearing myself every day "forever"
17. Rejecting conventional religious beliefs and an upbringing of always judging myself in order to be better

This is a long list and there are others in this chapter. I am including them all in case one or more of them will resonate with you should the same issue come up for you (keep reading at your own risk!).

As I was clearing and getting strong to the above, I was also getting strong to:

My Desired State:

1. Loving and accepting every aspect of me, just as I am, right now
2. Being calm and content where I am exactly now
3. No need to clear or shift; there's nothing to fix
4. True love and acceptance is already here
5. All is good, here, now
6. Existence is enough
7. I've done all I needed to do
8. I did and am doing a great job
9. I AM the new me now

I was feeling increased wellness and vitality, and then a couple of days after sharing my experience with a colleague I woke up with symptoms of huge pain and weakness in my right ankle, leg, and knee, and difficulty walking.

The pain and weakness was at 100%.

Other symptoms came to mind:

1. Reacting to criticism, my being wrong, others insisting I'm wrong
2. Impatient with delays, procrastination, things not done right
3. Not going through the day without judging myself and others and without comparing myself and others

Now joints were involved, and judgment of self and others was still both-ering me. I decided to broaden my thinking about root causes and desired state, and looked through two references.

Valeria Moore lists “Feminine/Masculine Energy out of balance” as a root cause for right knee problems.²

Sarah James lists such a rich array of root causes for “Judgment” that I asked her for permission to list them in this book and she graciously agreed. The whole list is at the end of this chapter.³

Following what I was feeling and experiencing, I did what often happens with clients—I created a revised Desired State:

1. Flexibility, strength, stamina, resilience
2. Nervous System, Spine, Spinal Nerves fully functioning and strong
3. Doing everything I want to do, and am fully able to do, anytime I want to
4. Listening and understanding others
5. Valuing others ideas, views, and direction
6. Neutral to others perspectives of me
7. Neutral to the status of projects
8. Generous in all ways.
9. Learning with patience and acceptance
10. Allowing me, and others, to be who we are
11. Living life with gusto, savoring every moment

KNOWING AND LIVING YOUR PURPOSE

The Energetic Support measures for this round at the beginning of and after clearing:

Desired State	25%	100%
Trusting my True Self to get me there	15%	100%
I'm OK as I am right now	15%	100%
Holding on to the symptoms	60%	0%

Root Causes Cleared

1. Loosing pleasure in eating
2. Grieving at not enjoying food
3. Judging myself for being dependent on material things including food
4. Losing appetite for life
5. Finding gluttony repulsive
6. Not living life with gusto
7. Not savoring every moment
8. Fearing being repulsive to others
9. Struggling too much still
10. Not getting it right in this lifetime
11. Not getting the full taste of the glory of this life
12. Finding taste low, not familiar, not "right," confusing
13. Experiencing spiritual dying
14. Feeling some senses being senseless e.g., feeling like throwing up

Plus several from the following list compiled by Sarah James (included with her permission):

Judgment

1. Accept others and myself
2. Live without having to separate myself from my own experiences
3. Live without thinking I am flawed
4. Admit who I am without judging myself
5. Have peace with who I am
6. Recognize what I judge is a part of who I am
7. Be willing to change
8. Understand what to change with divine wisdom
9. Have discernment about myself
10. Learn my lessons without judging myself first
11. Accept and love myself and love myself for who I am
12. Recognize my uniqueness
13. Forgive and accept others and myself
14. See the divine in others and myself
15. Understand other people
16. Give others freedom
17. Recognize the innocence in others and myself
18. Live without comparing myself to others
19. Allow people to be who they are
20. Set others free
21. Know who to trust
22. Live without being critical
23. Live without blaming others when my life doesn't work
24. Live without judging those who disagree with me

KNOWING AND LIVING YOUR PURPOSE

25. Accept and love myself unconditionally
26. Live without frozen opinions
27. Live without self-righteousness
28. Forgive myself for the times when I had no compassion
29. Live without waiting to be judged

I urge you to sense any of these that resonate as root causes for not accepting yourself, clear them, and let learning flow naturally!

After completing the clearing process on myself, the pain and weakness symptoms completely went away—within a day after they started. Ankle, leg, and knee pain led to feminine and masculine energy out of balance, which led to many more ways of not accepting myself. This feels like a headline summarizing what I was clearing for five months.

It is time to let go of all the old ways of judging and not accepting myself. These are the ways I learned many years ago to stay on top of improving myself. They were not and will not be working anymore. Even worse, they are getting in the way of Being, Me, I AM, right now, in the only moment I have. Another reminder that it's time to minimize struggling in our lives, and live with more ease and synchronicity.

Notes

1. See Appendix 2 Ho'oponopono.
2. Moore, Valeria. *Healer Wisdom: Beliefs by Disease and Trauma*. Revision 2.0. healerwisdom2.com Self-Published, 2008. Print.
3. James, Sarah. *Emotions Database: Manifesting In The Light*. Lifestyle. Web. <<http://www.emotionsdatabase.com>>

LIVING "HEAVEN ON EARTH" NOW

"Being who I AM is first"

The Energetic Well Being Process© is a handbook for living, a tool that enables us to remember, return to, and remain in our natural state. In this state of Being, doing is a by-product. We normally focus on "Doing" in order to be productive, even though our doing may not be completely in line with our True Self. So "human beings" is not an accurate description of us humans because we are so much more focused on doing. Perhaps we need to be describing ourselves as "humans doing."

This paradox is programmed by our cultures, our financial systems, our schools, and our families, and gets reinforced by such statements as "don't just stand there, do something." We seldom realize that we are the ones who ultimately choose and create our own reality. We have difficulty allowing for things to happen with ease!

When we focus on "Being" it means each of us can more easily remember and BE who "I AM." What we "do" then flows more naturally and with increasing ease and synchronicity. We have the choice every day to be living our truth instead of continuing to struggle.

Let's approach this in a couple of different ways. First, imagine when you have gone on a very relaxing and fun vacation where you were not pushing yourself to see numerous sights. I remember a trip we took to see the Grand Canyon and some other National Parks. I felt relaxed, let go of the

tension, burdens and struggle, and was calm and peaceful. We had a good time with family and everything worked easily.

Then when we came back home I remember feeling and thinking, “Back to the responsibilities, deadlines, struggles, and normal life.” Yes, there were responsibilities and struggles, and yet everything was easier for a while.

What if we all lived the vast majority of time at home and at work with the same kinds of feelings we have experienced when we have been on a terrific, relaxing vacation? That would be much closer to our natural state.

A second way of thinking about it relates to what appears to be happening in the world. There are a lot of concerns about difficult times ahead. And, there are signs that we are being called to go to higher levels of understanding, awareness, and consciousness. We also have the choice of living longer in an ongoing state of wellness and vitality.

In both scenarios we can capture new visions and get better prepared to deal with the challenges and expansions in our thinking and awareness. What if we approached life in a more buoyant, exciting, insightful, confident, fun, neutral, harmonious, and relaxed manner? Living more like we are when we are on a wonderful vacation!

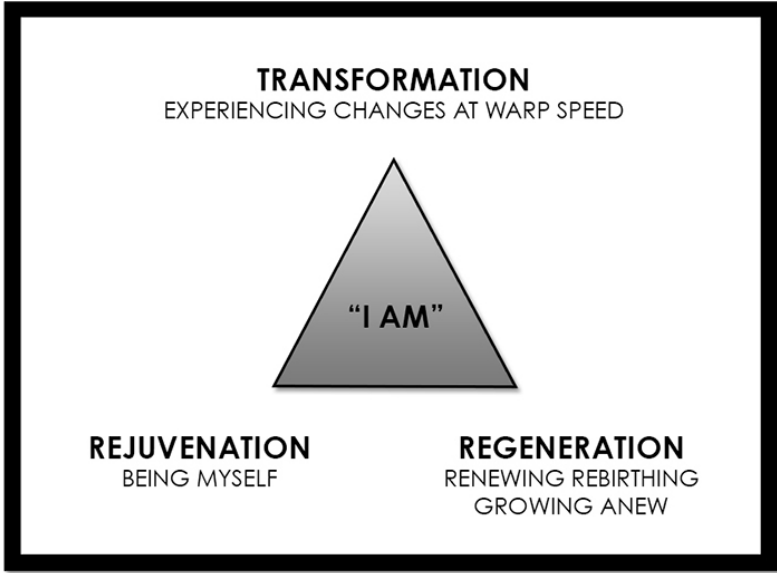
The EWB Process© enables and supports us to automatically remain in a state of “I AM.” We keep sharpening our skills to be:

Transforming—Experiencing changes quickly—at warp speed—by clearing root causes and getting to neutral.

Rejuvenating—Being “myself,” rushing to get back to our natural state of physical, mental, emotional, psychological, psychic and spiritual wellness, vitality, and joy.

Regenerating—Renewing, re-birthing, growing anew. This is already happening in our body all the time with our millions of new cells being created in our body every second. They replace dead cells that pass out of our body through our elimination systems.

KNOWING AND LIVING YOUR PURPOSE



This involves a set of beliefs that are the opposite from predominate human beliefs:

1. Seeing only unity and oneness, and being who I AM
2. Living my natural state now
3. Being neutral to and in perfect and ultimate harmony with all things
4. Loving, forgiving, and accepting others and myself—centered in my heart
5. Getting stronger and more fit in all ways with perfect and ultimate immunity and perfect awareness

6. Dealing well with my own energies as well as energies coming from outside of me
7. Optimizing my physical presence in this body / life / dimension
8. Enabling every cell in my body to know that my natural state is strength vs. weakness, and rebooting my DNA in every cell in line with my divine blueprint
9. Living well and making all transitions with ease
10. Being inner-connected in all ways with people, nature, organizations, earth, and the universe with total ease
11. Believing, living, and KNOWING I am fine, OK, just the way I am
12. Discovering and living the joyous treasure that is me.

Toni and I were at a Mozart concert and the conductor said that Mozart composed, scored for an orchestra, and performed his symphony for the King and Queen at age five. I realized that there is another part of the conventional wisdom in this culture that is misleading. We are told that it takes 10,000 hours to get really good at something. Well it did not take Mozart that many hours. So I created a Genius “clearing” that I am applying to everyone who reads this book or chapter. Please focus on your mid-line as you read this:

“I am better than I ever thought I could or would be”

“Getting something done is as easy as imagining it”

“What I desire is already here”

“I’m fine just the way I am”

Yes it takes time and energy to sharpen our skills. When we live life from a place of “Being” who I AM, and “Being” OK, it is much more fun, calm, peaceful, and accepting!

Fortunately, there are steps that can guide and support us in dealing with where we are. The more capable we become in living our own truths, the happier we get. When we are doing what satisfies us, we gain more,

KNOWING AND LIVING YOUR PURPOSE

and have more enjoyment. Whether we have a calling, a strong interest, choose a job, or choose a profession, we choose every day and keep expanding our innate capacity, becoming more efficient and effective at it. For example, to become a musician we play our voice or instrument every day. If we imagine that the skills we are building are for continuously remembering who we really are, and for improving ourselves, then here are some steps that can support us:

1. Being myself and realizing I am the instrument that “I play every day” to be completely proficient at being centered in my heart, finding my truth, and living and having fun.
2. Being energetically strong.
3. Increasing the % of my thoughts, emotions and experiences that make me strong from an average of 20% to 70–80%.
4. Increasing my structural strength/integrity from an average of 45% to 70-75% with cardiovascular exercise and normal tension and relaxation in my body.
5. Being grateful for my desired state as though it already exists.
6. Being in love and joy and having fun every day.
7. Remembering and reinforcing that I am fine, OK, in all ways.

This work is the culmination of more than sixty years of Treasure Seeking—searching, learning, experimenting, experiencing numerous self-development modalities and events, and being guided to live my truths in my life everyday (well, most days). It is my gift for all of humanity. It is my gift for all who read this book, have sessions with me, participate in my workshops, attend free demos, see me on YouTube, and who find meaning in it for their lives. I offer this information to you with love, joy, harmony, prosperity, and gratefulness.

What is important is to *persevere* in being energetically strong every day, gaining insights, clearing away our blocks, supporting being in our natural state, and accepting ourselves just the way we are. Perhaps this is why this poem by Mary Oliver has resonated so strongly with me.

West Wind #2

“You are young. So you know everything. You leap into the boat and begin rowing. But listen to me. Without fanfare, without embarrassment, without any doubt, I talk directly to your soul. Listen to me. Lift the oars from the water, let your arms rest, and your heart, and heart’s little intelligence, and listen to me. There is life without love. It is not worth a bent penny, or a scuffed shoe. It is not worth the body of a dead dog nine days unburied. When you hear, a mile away and still out of sight, the churn of the water as it begins to swirl and roil, fretting around the sharp rocks—when you hear that unmistakable pounding—when you feel the mist on your mouth and sense ahead the embattlement, the long falls plunging and steaming—then row, row for your life toward it.”

~ Mary Oliver ~”*West Wind #2*” from *West Wind: Poems and Prose Poems* by Mary Oliver.p 46. Copyright © 1997 by Mary Oliver. Reprinted by permission of Houghton Mifflin Company. All rights reserved.

It is time to love and accept ourselves and everything, and to embrace all of life with a sense of adventure, joy, gusto, and gratitude.

Thank you for taking this trip with me!

Appendix

Appendix 1: My background

I was born in Knox City, in West Texas. Both my parents emigrated from the same small town in Lebanon, about six years apart.

When I was six years old, I became ill with scarlet fever that settled in my kidneys. One afternoon the doctor said to my mom, “He will not last through the night.” He tried to console her by reminding her she had two other children, my sisters.

Her response was to take me out of bed and into her lap in a rocking chair. She rocked me all night long—back to life! I was so weak I could not walk, and fondly remember neighborhood children making a happy game of teaching me to walk again.

There were three other instances of almost dying, two from almost drowning and one from falling out of a car going fifty miles per hour, in each case quickly getting back to play and fun. The resilience of us human beings is amazing and wonderful—our natural state!

We moved to Lubbock Texas when I was in junior high school, and I graduated from Lubbock Senior High. After a summer semester at Texas Tech College, my father sold my car, felt like I was a little too wild, and offered me a bargain. He said that if I would go to New Mexico Military Institute (NMMI) for a year, he would support me in attending any college that I wanted.

I reluctantly agreed to go. It was run like a “boot camp” and was not a pleasant experience! (When visiting the campus about 60 years later for the first time, my positive reaction to being there was a pleasant surprise!) While at home for Christmas vacation my dad said, “You look so great, why don’t you go there for four years?” Nothing could have spurred me into action faster! Two of my favorite magazines while growing up were *Popular Science*, and *Popular Mechanics*. Many articles in the magazines re-

ferred to MIT (Massachusetts Institute of Technology) and Caltech (California Institute of Technology) as two places where scientific development work was being done. I was good at math and science, and was attracted to both places.

I applied, and was accepted to both schools, primarily due to receiving great recommendations by two wonderful professors at NMML. I chose to go to MIT because Caltech required transfer students to take a test for every course that one wanted to transfer, and I hated tests. I laugh when I think about such small things that guided my choices at a major crossroads in my life!

The first time I encountered indigestion issues was at age twenty-seven when I was going through a time of excessive stress, and the issues became worse seven years later. So I learned how to “live with it,” and did not know how to eliminate the root causes at that time.

Now I’m clearing away these symptoms, and other old patterns as well! I keep learning at a deeper level and finding I am fine, OK, in all ways, no matter what I am experiencing, just as I AM, right now.

Appendix 2: Ho’oponopono

The following is an email in which I first learned about this Hawaiian Ritual, and the special way in which Dr. Hew Len applied it with amazing results. I highly recommend it and it is a wonderful way of looking at situations from a completely opposite viewpoint. That is, instead of looking and judging, we look and find ways to love and accept ourselves exactly as we are. It is an option for getting to Neutral. I am grateful to Joe Vitale for giving us permission to include this; it is also in his book, *Zero Limits*.

KNOWING AND LIVING YOUR PURPOSE

HO'OPONOPONO, Dr. Ihaleakala Hew Len

Conversation with Dr. Len

by Joe Vitale, Author of *The Attractor Factor* and *Zero Limits*

mrfire.com

Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients—without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane? It didn't make any sense. It wasn't logical, so I dismissed the story.

However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called ho'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more. I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does—but that's wrong.

The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility. His name is Dr. Ihaleakala Hew Len. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist.

He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

Dr. Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal. “After a few months, patients that had to be shackled were being allowed to walk freely,” he told me. “Others who had to be heavily medicated were getting off their medications and those who had no chance of ever being released were being freed.” I was in awe. “Not only that,” he went on, “but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff was showing up to work. Today, that ward is closed.”

This is where I had to ask the million-dollar question: “What were you doing within yourself that caused those people to change?”

“I was simply healing the part of me that created them,” he said. I didn’t understand. Dr. Len explained that total responsibility for your life means that everything in your life—simply because it is in your life—is your responsibility. In a literal sense, the entire world is your creation.

Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: if you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life. This means that terrorist activity, the president, the economy or anything you experience and don’t like—is up for you to heal. They don’t exist, in a manner of speaking, except as projections from inside you. The problem isn’t with them, it’s with you, and to change them, you have to change you.

I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr. Len, I began to realize that healing for him and in ho’oponopono means loving yourself. If you want to improve your life, you have to heal your life. If you want to cure anyone, even a mentally ill criminal you do it by healing you.

I asked Dr. Len how he went about healing himself. What was he doing, exactly, when he looked at those patients’ files?

KNOWING AND LIVING YOUR PURPOSE

“I just kept saying to myself, I’m sorry, please forgive me, thank you and I love you, over and over again,” he explained. The shorter version is “Thank you and I love you.”

“That’s it?” I asked.

“That’s it,” he replied.

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

Let me give you a quick example of how this works: one day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message.

This time, I decided to try Dr. Len’s method. I kept silently saying, thank you and I love you, I didn’t say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance.

Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn’t take any outward action to get that apology. I didn’t even write him back. Yet, by saying I love you, I somehow healed within me what was creating him.

I later attended a ho’oponopono workshop run by Dr. Len. He’s now seventy years old, considered a grandfatherly shaman, and is somewhat reclusive. He praised my book, *The Attractor Factor*. He told me that as I improve myself, my book’s vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve.

About The Author

LeRoy Malouf, Treasure Seeker, is a wellness and vitality practitioner and instructor enabling clients to make significant breakthroughs and sustainable improvements in their life. LeRoy earned a BS in Mechanical Engineering and an MS in Managerial Behavior from the Massachusetts Institute of Technology. The developer of Energetic Well Being Process© and Positive Power of Being Neutral© modalities, he is also the founder of LMA Inc., a management and leadership company serving Fortune 500 clients. He has been a consultant, Personal, Life and Business Coach and Instructor since 1961. LeRoy is an ordained minister through the Universal Brotherhood Movement. He is certified in Yuen Method, and utilizes many modalities including Matrix Energetics and Ho'oponopono.

The tapestry of experiences of LeRoy described in this book shows you the way to know your life purpose. It is a testimony to sixty-one years of LeRoy's journey, which led him to uncover his truth and keep returning to living his life with joy and satisfaction through all of life's experiences. It is a series of stories about people transcending their life's struggles. Included are observations, teachings and methods for doing energy work woven together with threads of love, joy and peace making a tapestry that is whole.

Also included are experiences of the work being used to clear away symptoms such as pain, dis-ease, aging, illness, and self-negation. You don't need to take numerous years of struggle to get back to your natural state of wellness and vitality because of the ways you can benefit from what this book has to offer. The book and the energeticwellbeing.com web site describe how it works. You can see it working by searching Youtube for LeRoy Malouf.

ABOUT THIS BOOK

Remember times when you had AHA! experiences and discovered new insights and perspectives? LeRoy Malouf and others use the methods described in this book to make on-going dramatic and positive difference in

their own lives and those of others. The Energetic Well Being Process© isn't magic, but it's definitely magical! These processes make such experiences normal and frequent instead of occasional and seemingly random.

You will learn methods for:

1. Shifting away from struggling with symptoms such as pain, disease, aging, illness, and self-negation.
2. Living in an increasingly positive state of improvement and regeneration.
3. Changing mind sets from “slow” and “never” to quickly experiencing positive changes.
4. Dealing well with internal and external energies (money is a strong energy).
5. Expanding capabilities and possibilities.
6. Loving and accepting yourself.
7. Remembering and living in your natural state of love, joy, kindness, productivity, prosperity, and harmony.
8. Getting stronger and more fit in all ways.
9. Unfolding your truth and wellness.
10. Discovering the joyful treasure that is you.

These proven methods can help you make quantum improvements in your life!

