

# ***Energetic Well Being Process 1©***



Energetic Well Being™

Presented by  
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## DISCLAIMER

Clearing and corrections done by LeRoy Malouf using the Energetic Well Being Process® (EWBP®) the Positive Power of Being Neutral®, spiritual healing, personal, business, and life coaching, and other energetic methods are not a replacement for any treatment, and may or may not accelerate the elimination of your symptoms. No claims are made with the use of these methods, of treatment or cures for your conditions, symptoms, injuries, illness or disease. Consult your physician, therapist or counselor for diagnosis and treatment.

# EWBP 1©

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# Objectives

1. Understanding the ideals and steps of the Energetic Well Being Process®.
2. Learning how to strengthen yourself and others to be energetically strong every day.
3. Learning how to perform an energetic assessment of yourself and others using muscle testing, intuition and sensing to locate the root causes of (a) physical, mental, emotional, psychological, psychic and spiritual symptoms, and of (b) life issues that are being experienced.
4. Developing skills for clearing away root causes of symptoms in yourself and others.
5. Building and sharpening skills in utilizing a variety of energetic clearing protocols for those who are new to energy work AND for established practitioners.
6. Actually eliminating these symptoms!
7. Creating energetic support for what you want, and eliminating energetic support for what you don't want.
8. Shifting from struggling with symptoms and life issues and the mindsets of "slow" to "never" to living with ease and synchronicity and in an increasingly positive state of improvement and regeneration, and experiencing changes at warp speed.
9. Performing clearing work remotely and *in absentia*.
10. Having fun while you're doing this!\*

\*Keeping in mind while you're doing this work that you can't do it wrong! The worst things that can happen are that nothing happens right away, or that symptoms get worse. This is our body's way of saying that there are still root causes to clear!



# EWB™ Protocol Snapshot

**CHECK  
PERSON'S  
ENERGY  
for A - D**

**STRONG**

**WEAK**

**NEXT ITEM /  
SYMPTOM**

**To Clear Roots &  
Increase Support for  
Desired State→  
Name the Person's Truth**

**To Find Roots→ Find  
Where in the Person's  
Universe is the  
Weakest Point:**

- Follow Protocol(s)
- Ask Key Questions
- Intuit

**When a figure in the protocol is weak, clear it and ask why. Where is the weakness coming from? Find what other figure(s) are weak and clear.**

**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 and energy is strong for the desired state.
- There's nothing bothering the person about the symptoms that were cleared.

**I AM EMBODYING DESIRED STATE**

**I AM THAT I AM  
I AM THAT I  
I AM THAT  
I AM  
I**

## What EWBP<sup>®</sup> Is and Isn't

EWBP is:	EWBP isn't:
Magical	Magic
About eliminating root causes of symptoms.	About reducing, suppressing, or learning to live with symptoms
Simple and can be learned by all, including children	Achieved by long tedious hours of meditation, spiritual work, training or study
About putting you in control of your own health and wellness by eliminating the root causes of your symptoms, and enhancing your own strengths without depending on others	Any more noble than fixing a car, remodeling a home, or debugging a computer
Direct and non-invasive	Harmful, as there are no side effects
For all aspects of your being	A replacement for the use of licensed medical practitioners*

\*Neither EWB, nor any of its employees or practitioners, advise about, prevent, diagnose, treat, or cure any physical or mental medical condition. The terms EWB Process<sup>®</sup> and EWBP<sup>®</sup> may be used interchangeably throughout the contents of the materials.

# What Makes Us Weak

## How Little Things Become Big

<p><b>Feeling Down</b></p> <p>Depressed Anxious Sorrow, Grief Guilty Shameful Hopeless Alone Worrying</p>	<p><b>Feeling &amp; Being Angry</b></p> <p>Anger Resentment Rage Hatred Revenge</p>	<p><b>RE-VISITING The PAST</b></p> <p>Checking it Working on it Feeling it Treating it Going over it</p>	<p><b>Stuck In The Past</b></p> <p>Old identities Old language Old beliefs Not being thankful Asking from a place of lack</p>
<p><b>Actions To Which We Have Grown Weak</b></p> <p>Walking Running Getting into &amp; out of Go to/from Going up/down Talking Eating Speaking Listening Nervous or sarcastic laughing</p>	<p><b>Positions To Which We Have Grown Weak</b></p> <p>Sitting Standing Bending Lying down Pointing Gesturing</p>	<p><b>Reacting</b></p> <p>Drama Blame - Self - Others Taking sides Power plays Strong emotions Frustration Irritation Using “bothers” to motivate you Controlling</p>	<p><b>Suffering</b></p> <p>Suffer because we are “supposed to” Going beyond empathy &amp; compassion</p>
<p><b>Fearful</b></p> <p>Helpless Paralyzed Overwhelmed Desperate</p>	<p><b>“Benefits”</b></p> <p>Strong for holding onto benefits of having the symptoms Not willing to get the benefits in other ways</p>	<p><b>Memories That are...</b></p> <p>Intrusive Compulsive Disturbing Re-playing Persistent Scenarios</p>	<p><b>Phrases We Use</b></p> <p>“I could have died when ...” “I hate it when ...” “It makes me sick when ...” “My pain, problems, etc.”</p>
<p><b>Misdirected Energetic Support</b> High for being depressed and dying Low for joy and living</p>			

# Empowering and Disempowering Thoughts and Feelings

*When someone tries to “push our buttons”, or holds a belief which is very different from our own, we tend to react negatively. A real challenge in being neutral in tough situations is that only a small portion of our thoughts are empowering! A normal pattern of thought is:*

<b>20-25% Empowering</b>	<b>75-80% Disempowering</b>
<ul style="list-style-type: none"> <li>Neutral</li> <li>Orientation to success</li> <li>Managing Self</li> <li>Orientation to others</li> <li>Visioning</li> <li>Creating</li> <li>Harmony</li> <li>Joy, Happiness</li> <li>Thankfulness, Gratitude</li> <li>Seeing opportunities</li> <li>Relaxing</li> <li>Accepting self &amp; others</li> <li>Forgiving self &amp; others</li> <li>Peace</li> <li>Patience</li> <li>Kindness</li> <li>Gentleness</li> <li>Loving self &amp; others</li> <li>Opening</li> <li>Ease/ flow</li> <li>Balance</li> <li>Truth</li> <li>Faith</li> <li>Generosity</li> <li>Hope</li> <li>Compassion</li> <li>Feeling “I am enough”</li> <li>Confidence in self &amp; others</li>   <li>This is the natural state for 5-year old children</li> </ul>	<ul style="list-style-type: none"> <li>Judging or blaming self and others</li> <li>Anger, Rage, Revenge</li> <li>Resentment</li> <li>Jealousy, Envy</li> <li>Guilt, Shame</li> <li>Sadness, Grief</li> <li>Depression, Distraught</li> <li>Anxiety, Worry</li> <li>Regret, Bad</li> <li>Insecurity, Inferiority</li> <li>Superiority</li> <li>Hurt, Wounded</li> <li>Lack of self-acceptance</li> <li>Fears, Phobias</li> <li>Attachment, Dependence</li> <li>Reacting, Drama</li> <li>Manipulating</li> <li>Closed, Enslaved</li> <li>Criticizing</li> <li>Controlling, Pushing</li> <li>Illness, Weak</li> <li>Dis-Harmony</li> <li>Doubt, “I Can’t”</li> <li>Hopelessness, Despair</li> <li>Whining, Bitching, Moaning</li> <li>Betrayed</li> <li>Wanting, Anguish</li> <li>Self-righteous, Arrogance</li> <li>Suffering</li> <li>Forsake, Forgotten</li> <li>Thrown Away</li> <li>Destroyed, Devastated</li> </ul>

## A “Real” Life Versus a “Not Real” Life

Consciously and unconsciously most of us have decided to live what is “not real”, a life of struggle and drama, instead of a life which is “real,” a life of health, love, and unity.

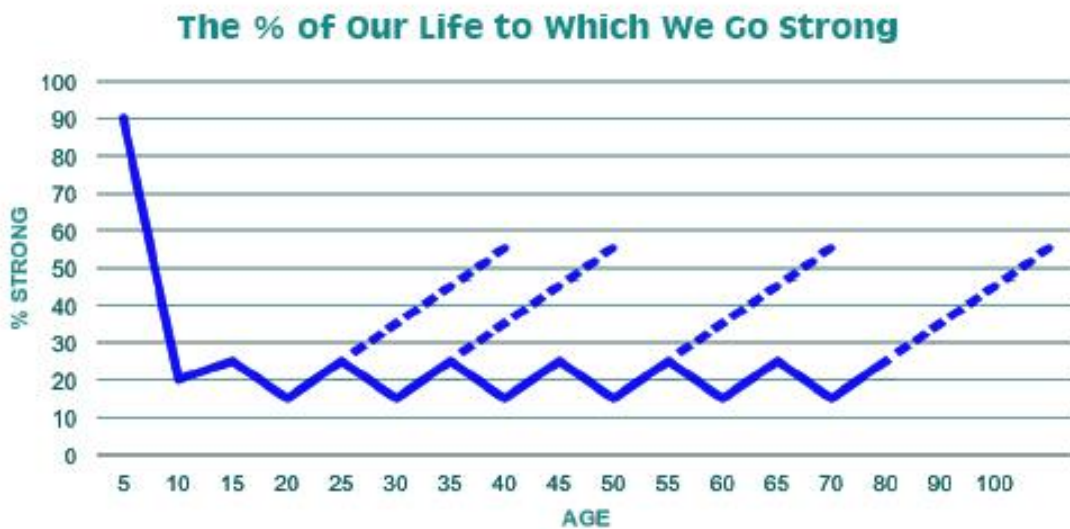
<b>Real</b>	<b>Not Real</b>
<p>Health, wellness and vitality</p> <ul style="list-style-type: none"> <li>- Transformation:               <ul style="list-style-type: none"> <li>• Regeneration</li> <li>• Rejuvenation</li> <li>• Empowerment</li> </ul> </li> <li>- Love, joy, peace, fun</li> <li>- True Self:               <ul style="list-style-type: none"> <li>• Infinite</li> <li>• Boundless</li> <li>• Prosperous in all ways</li> <li>• One with all</li> </ul> </li> <li>- Remembering who we really are</li> <li>- Creating with ease</li> </ul>	<ul style="list-style-type: none"> <li>- Dis-ease, symptoms, roots</li> <li>- Degeneration               <ul style="list-style-type: none"> <li>• Aging</li> <li>• Powerless</li> </ul> </li> <li>- Drama, pain, emotional reaction</li> <li>- Limited Self:               <ul style="list-style-type: none"> <li>• Narrow</li> <li>• Bounded</li> <li>• Poverty minded</li> <li>• Separate</li> <li>• Time Bound</li> </ul> </li> <li>- Stuck in Our "Stuff"</li> <li>- Struggle</li> </ul>

# Energetic Strength Over a Lifetime

When we are five years old, our energy went strong to 90% of our lives. We laughed an average of 200-500 times a day.

The average adult laughs 5-20 times per day. On a bad day they have trouble mustering even one. We know that laughter and fun helps keep our immune response and wellness strong.

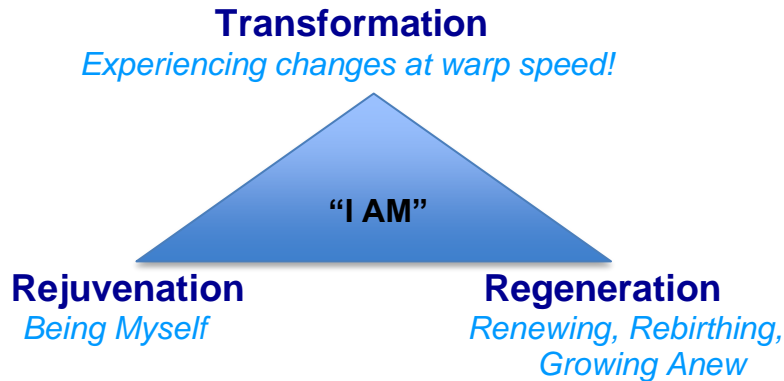
As you have seen in the materials so far, we tend to get weaker and weaker in our lives due to our many disempowering thoughts and feelings. The weakening effect of any one of them is small. When we accumulate them over days, weeks, years, or lifetime, we say “ouch” from physical, mental, emotional, and spiritual symptoms.



A key question is:

*“How do you keep choosing to BE the real, strong YOU in the moment?”*

# The EWBP Purpose: To Support You In Your...



## Then I am:

- A. Seeing only unity and oneness and being who I AM, and knowing, believing, and living like I am fine just the way I am; I'm OK!
- B. Living my natural state of optimal wellness, functioning, vitality, energy, peace, calm, clarity, love, joy, satisfaction, productivity, and kindness, and making all transitions with ease.
- C. Being neutral to, and in perfect harmony with, all things.
- D. Loving, forgiving, and accepting myself and others; keeping this centered in my heart.
- E. Getting stronger and more fit in all ways as I get older, with perfect immunity and perfect awareness.
- F. Dealing well with my own energies as well as energies coming from outside of me.
- G. Optimizing my physical presence in this life/dimension.
- H. Enabling every cell in my body to know that my natural state is strength vs. weakness, and rebooting the codons of my DNA so they are in line with my divine blueprint.
- I. Being inner-connected in all ways with people, nature, organizations, Earth, and the universe.
- J. Being energetically strong, and knowing there's nothing outside of me that is stronger.

# How Do We Get Out of the Rut of Being Stuck?

If, and as, we go through a life of struggle, we look for and find what helps us to shift, feel better for a while, and then, all too often, encounter more struggle. So how do we make the *prolonged positive shift* in our life?

It usually happens when we have a significant insight or experience that reveals strong enough benefits to keep us going in a positively shifting direction. In the EWB Process, it is often when we begin to remember whom we really are, the True Self, the I Am that is one with the universe.

Remember, we're getting stronger as we get older by increasing our ability to play our instrument – ourselves; and by systematically getting back to our natural state of wellness, vitality, and joy.

## Do this by:

- A. Being the instrument that “I play every day” to be completely proficient at being centered in my heart, in finding my truth, and living and having fun.
- B. Being energetically strong – polarity, central core, oneness.
- C. Increasing the % of my thoughts, emotions and experiences that I go strong to from an average of 20% to 70-80%:
  - a. With energetic clearing work.
  - b. By being neutral to life's events.
- D. Increasing my structural strength/integrity from an average of 45% to 70-75% with cardiovascular exercise.
- E. Being grateful for my desired state as though it already exists.
- F. Knowing and building on my strengths.
- G. Being in love and joy and having fun every day.
- H. Remembering and reinforcing that I am fine in all ways.
- I. And by being one with everything.

# “I Am ONE” Universe



**THE TRUE SELF ONE WITH EVERYTHING,  
EVERYTHING ONE WITH TRUE SELF, ONE WITH DIVINE SPIRIT AND ORDER,  
AND WITH 100% POSITIVE INFINITY AND BEYOND.**

Energetic Well Being™ 2017

# Energetic Strength & Alignment

We human beings have only two energy states. We are strong or weak. There is no grey. We are strong or weak to everything. A first step 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 are so far:

- Our energy goes weak to 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 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:

- Say your real name 5 times.
- Walk 3 steps forward.
- Remember a big belly laugh.
- 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:

- Say "my name is..." and use a name that is not your real name 5 times.
- Walk 3 steps backward.
- Remember reacting and being upset.
- Remember feeling down.
- Remember being discouraged or feeling hopeless about what you were doing.

## What do you notice now?

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

Go back to saying your real name 5 times to sense/notice the difference internally between strong and weak.

## Strengthening Your Spinal Cord, Your Core Energy

Our Spinal Cords are involved in virtually everything we physically do. 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. We will strengthen them both at the same time.

- To help imagine your Spinal Cord/central core/midline, 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, and right 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 it being strong to a 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:

- Our natural state is being strong when our feet are pointed in at 45 degrees.
- Our natural state is being weak when our feet are pointed out at 45 degrees.
- This is because of the way our bodies are constructed, and the way our energy flows in and around our bodies.
- When our energy is this way, our polarity is aligned with our natural state.
- 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.

## Alignment

It is easy to align your energy:

- Make a series of circles with your hand (either hand, any size, either direction).
- Make a series of infinity signs (figure 8's) with your hand (our energy goes strong to circles and infinity signs!).
- 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 rebooting your computer).

- Make a series of taps on the top, middle of your chest bone, just below your throat, while making a "ha, ha, ha" sound.
- 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:

- Ask yourself: "What bothers me about being questioned, or being asked for personal information?"
- Imagine that "everything in my life is equal or better than anything I ever believed, thought, experienced, feared, desired, wanted and expected."
- Imagine that "everything in my life is the opposite from what I believed, thought, experienced, feared, desired, wanted and expected."
- Optimizing my physical presence in my body, in this life, on this earth, in this dimension.
- Body, mind, and spirit are all important, and each is strong and even, separately and combined.
- 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.
- Eliminate self-sabotage.
- After each one, zip up and down 3-4 times and check again.

## Balance

You can strengthen alignment and add balance by feeling strong in your brain and along your midline to each of the following:

Left to right, right to left.  
 Front to back, back to front.  
 Top to bottom, bottom to top.  
 Inner to outer, outer to inner.  
 Beyond inner to outer, beyond outer to inner.

Apply to your nervous system, your whole structural body, your thinking, and your life.

Apply to thoughts, relationships, any aspect of your life where you are feeling weakness, and to your entire universe.

## Emptiness and Empty Spaces

An option for becoming more neutral is "going to a neutral space" and 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, in your thinking, and in your universe.

Being in an empty space, like being neutral, is a strong place to be. We are so programmed to keep thinking about things and to doing something, that we rarely allow time for emptiness and empty spaces.

Our body and the universe are primarily empty space. When you look up in the night sky you see mostly empty space. The distance between the atoms, quantum particles, and sub-quantum particles is huge. There is so much empty space in us that a sub-quantum particle can go through our body without touching anything.

We can further explain the emptiness in our bodies and in the universe by the discoveries about the sub-quantum particles that are the basic building blocks for everything in the universe. A molecule, atom, and quantum particle all have mass as well as energy. Sub-quantum particles are pure energy with no mass. This says that everything in the universe is pure energy.

When we strengthen ourselves to emptiness and empty spaces, we are affirming and recognizing the reality of our existence. It also supports our being in a calm and peaceful place.

We affirm and apply emptiness to all aspects of our being to help keep us strong to everything.

## How Our Self-Talk Causes Our Energy to Go Weak

In addition to the above, in order to get and keep our energy strong every day we need to also examine and shift our thoughts and our "self-talk". We go weak when we are feeling depressed, anxious, angry, resentful, guilty, inadequate, hopeless, down, upset, sorrowful, overwhelmed, etc., we get into negative self-talk such as:

*I can't do it. I'm confused. It's no use. Why keep trying? I give up. I'm done.*

*I can't seem to get ahead. The odds are stacked against me.*

*I don't know where to turn. Why does this always seem to happen?*

*I don't know why I'm feeling no energy or desire to do anything.*

*That person does not like me. That person is terrible, etc.*

## Changing Our Self-Talk

The right column under *Empowering and Disempowering Thoughts and Feelings* on page 10, lists many ways in which our thoughts and self-talk weaken/disempower us. We have a choice of what to do each time we think these thoughts. We can change our self-talk many times every day in ways that strengthen our energy. On the following pages there are seven ways to use in your everyday life to help you shift the negative internal self-dialogue.

## Seven Ways to Improve Your Self-talk

### 1) Feeling and saying to yourself, "Already healed...already done."

This is the essence of what three Chinese practitioners are feeling and saying as they work on removing a tumor from a client in three minutes!

Gregg Braden is an alternative health practitioner who is observing the process, which includes a scan that shows the tumor disappearing! You can view a video showing the process by searching "Gregg Braden on Curing Cancer" on YouTube. There are several videos that will come up that all include the process.

### 2) Repeating, "Every little cell in my body is happy. Every little cell in my body is well."

This is part of a song that was first written in German by Clemens Kuby, a man who survived a 50-foot fall in the early 1980s that shattered his 2nd lumbar vertebrae. He was told he would be a "paraplegic for life". Clemens did not accept this "diagnosis". He walked again in less than a year, and still does. It is an amazing recovery because science still can't explain it. It's not in the medical books because it's not logical. Clemens Kuby still has a shattered 2nd lumbar vertebrae. Today he holds regular workshops in Germany on the power of self-healing. The full song is:

*Every little cell in my body is happy.  
Every little cell in my body is well.  
Every little cell in my body is happy.  
Every little cell in my body is well.  
Feel so good, feel so swell.  
Every little cell in my body is well.  
Feel so good, feel so swell.  
Every little cell in my body is well.*

### 3) Affirming/expressing to yourself, "Thank you, I love you! I love you, thank you!"

When we are bothered by or reacting to something outside of ourselves, we shift by looking for where/how/when we said/thought/or did the very same thing that is bothering us. We then focus on loving and accepting ourselves for the very same thing. It is as simple as expressing love to ourselves.

This practice was created by Dr. Hew Len and is called "Ho'oponopono", and more on his story can be read at [www.ewbp.com](http://www.ewbp.com).

### 4) Using the word Shazam™.

This is a word trademarked by Marvel Comics (used with permission) that creates a transformation from a negative situation to a positive one. It has a magical quality as in something happening instantly. When said in response to a negative self-talk thought, we

immediately shift to positive thoughts and energy!

### **5) Expressing gratitude.**

Being thankful for what we have, as well as what we wish to have, opens the door for more good to come into our lives. Also, when we are grateful for what we want to manifest as though it already exists, we shift our energies to consciously and unconsciously make it happen. When we are constantly asking for something instead of being grateful for what we have, we keep ourselves in a state of continuous wanting. This reduces our abilities to receive and to be content!

Accepting ourselves in all ways does not mean that we only get more of the same. Self-acceptance is a key for positive change. On the other hand, denying our situation attracts more of what we don't want.

### **6) Feeling Unconditional Love.**

This is a universal love that transcends and persists regardless of circumstances. This love exists without judgments or conditions. Shift your energy by remembering and deepening your own feelings of unconditional love.

About 70% of the population is angry (can be overt, buried, indirect, passive-aggressive, etc.). Anger causes our energy to go weak, causes reactions, and ends up harming relationships and hindering personal growth. When people's energies are strong and they are in a state of unconditional love, it is easier to handle their own anger and that of others.

In ancient Greek language, there are four words for love:

**Storge:** love and affection, especially of parents and children; between family members, friends, pets and owners, companions or colleagues

**Philia:** brotherly love, friendship or affection

**Eros:** an affection of a sexual nature

**Agape:** unconditional love: it embraces a universal, unconditional love that transcends and persists regardless of circumstance; deep love between people

People don't normally think of the different forms of love or when they have experienced them. Unconditional love is a deep love that we often experience in nature, in spiritual experiences, with pets, with what many experience with a first love, with the birth of a baby, while watching small children play, and between people with a reciprocal, deep, loving connection. The following are descriptions of such experiences that various people have recalled:

Love without expectations, conditions or boundaries Trust Indescribable presence Appreciation, wonder Melting boundaries Irresistible Relief that you can feel Connections Pleasure, joy, happiness Awe, amazing Lightness Bonds that nothing can sever; unbreakable Deeply loved Bliss Incredible peace Quiet Unbelievable	Love that is shared Becoming Ability to protect others from storms Safety Emanating, radiating Positive expectations Feeling of being “home” Knowing that I am doing what I am here for Harmony A deep feeling of self-love Kindness, gentleness Authenticity Feeling “I am enough” Compassion Giving and receiving Empowerment Simplicity
---	--

When you remember your experiences of unconditional love, this is the best description there is of who you really are! Keep adding to this list as you remember additional experiences.

It can be helpful to write down your own experiences of unconditional love, and to feel these feelings when getting your energy strong every day.

Some of the main reasons why we have difficulty expanding unconditional love within us are because of experiences from our past where love “hurts”, is conditional, or does not last. We need to get neutral to these past experiences in order to expand this love within us, which enables us to feel love of ourselves more deeply, and to give and receive love with others. To get to neutral, we need to identify our feelings of the worst things that have happened, or could happen, without unconditional love. Some such feelings that many clients live with or have identified are:

Breaches of trust Loneliness Complications Hurts Conditional love Threats Holes/emptiness Negative stuff keeps coming back Abandonment Criticism	Being lied to or telling lies Manipulation Misconception Lack of self-love Jealousy Suffering Doubt Drama Guilt Shame
---	--

The more we feel unconditional love and keep expanding it within us, the more love and empathy we are able to give and receive.

## 7) By affirming/expressing to ourselves, “Everyday in every way, I’m getting better and better.”

This is called the **Coué method**. Emile Coue (1857 – 1926) was a French psychologist and pharmacist who introduced a popular method of psychotherapy and self-improvement based on optimistic autosuggestion. Coué maintained that curing some of our troubles requires a change in our unconscious thought, which can be achieved only by using our imagination. He suggested using the above while in a relaxed state, such when awakening in the morning and when going to bed at night. Repeating it during the day increases the positive impact! ([https://en.wikipedia.org/wiki/%C3%89mile\\_Cou%C3%A9](https://en.wikipedia.org/wiki/%C3%89mile_Cou%C3%A9))

## Summary

The option to getting yourself stronger every day is to live with 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 using options for how to do so as described above.

We increase our awareness of our strong or weak energy by strengthening our spinal cord and core energy and our balance and alignment, and by regularly shifting our self-talk. When we shift our feelings and perceptions from what weakens us to what strengthens us, and state and/or feel them in present tense terms, we affirm and support wellness, vitality, and resilience within us!

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 – “My true self one with everything, everything one with my true self, one with divine spirit and order, and with my 100% positive infinity.

For more detailed information, read “Checking and Measuring Energy” (see end of the Table of Contents).

## **What Are We Doing? - *Revealing Truth***

- Truth solves a person's problems.
- It's not healing, with other people "below you" not knowing as much as you do.
- No one needs healing, passion, compassion, or empathy from us.
- Energy work brings information, truth, and support to others and ourselves.

## **What's Really Happening?**

- What's happening to a person is usually not the reality of the situation.
- When we create non-physical things that are not true, they cause a problem and we think we have health issues.
- If there is no weakness for a symptom and we still experience it, we still think we have health issues.
- If we don't know where our symptom is coming from, we perpetuate it.

## **Living with Truth is Resolution - *Freedom***

- Living without truth is painful and so we perpetuate our pain.
- If we know a symptom's origin, our problem is solved.
- This is the truth that strongly supports us and frees us.

## **Clear-thinking mind to support desired state:**

- Clear-thinking mind to 0% for sabotaging desired state.
- Make thinking more refined and strong for processing information vs. for creating weakness.
- Dissolve the stories.
- Time orientation "now".
- Everything the mind creates is in alignment with the true self.

## **Quickly perceiving your truth now so the right answers resolve the life issues:**

- True self is revealing everything beyond what the mind perceives or desires.
- True self is bringing forth what is perfect in the moment - what you need.
- True self is easily working out everything in relation to your true desired state/life.
- You are the expression of the living intelligence and love of the true self.
- Living as the unconditioned consciousness of the universal true self.

## **For the person, clear and make strong for:**

- No longer needing to carry and maintain burdens of relationships, money, beliefs, work, past lives, ancestors, everything that has served a person well in the past, etc.
- Spirit being light (check # of times heavy, and clear to 0); Seriousness about the symptoms (clear to 0).
- No longer needing to learn from pain, suffering, excess stress, pressures and struggles

## **ENERGY CHECKING - ACCURACY**

- Polarity Straight
- Central Core is 100
- Neutral to the Content
- Mindfulness
- In Line with Your True Self
- No Opposites/Reversals

## **ENERGY CHECKING - USES**

- Strong-Weak
- Yes-No Questions
- Measures:
  - Central Core – 0 to 100
  - Symptom Strength – 10 to 0
  - Internal Support – 0 to 100%
  - # Of Time – 0 to 90, 91...100%
- Find # of Layers to Clear Through
  - Mil's, Bil's, Tril's, Quad's...
  - Power of 10's - 1, 2...10, 20...100, 200

# Clearing Away Our Symptoms

For years, quantum physicists have observed subquantum particles in order to better understand them, and have found that the act of observing the particles results in the particles actually changing state. They may change from a particle to a wave, or a wave to a particle.

This can be used as a metaphor for understanding how a person gets to neutral. One end of the wave can be thought of as a reaction to a situation: for example, a person who is judging and upset about negativity in his work environment.

The other end can be described as the "truth" of what is causing the reaction...a fear that "the office is eliminated and I am let go and can't find a job and I become homeless." This is identifying the worst-case scenario of what is bothering him the most...the underlying negative reactions and fears. By asking question (e) in the Neutral Process Protocol on page 36, if the person says they are no longer bothered, then this truly is his worst and there is no basis for a reaction.

By identifying both ends, you connect the points and the reactions go away. It really is that simple! As with what happened with the physicists' observations, when you observe/find/identify the ends of your wave, the wave "collapses".

The second wave is the best-case scenario, which for the person in the above example is that he expects his office environment to be positive, supportive, creative, and productive – one end of this wave. The other end of the wave is that his expectations are not being met, and disappointment and frustration are his reactions.

At each step in going to neutral, two questions are asked to determine whether or not the person is really there. The questions that are important to ask are:

- "When you think of the worst scenario happening that has been identified so far, does anything bother you?"
- "When you think of *not* getting to the best scenario that has been identified so far, does anything bother you?"

If the answer to either question is, "Yes, something still bothers me," the person is not neutral.

People know in their bodies when the fears or "bothers" are gone, and when they feel neutral. The more we eliminate what bothers us and get to neutral, the more we return to our natural state of wellness, vitality, joy, love, and perfect harmony. Our body, mind and spirit naturally rush to get there when the reactions go away.

Another way of thinking about what we are doing when we are getting to neutral is that we are deprogramming what we have "bought into" that ends up being blocks to our wellbeing. For example, think of all the ways we have bought into about:

- What we should/should not do, can/cannot do, must/must not do.
- Degeneration and aging every year that we live past age 20.
- Warnings about how numerous chemicals/foods/pesticides/allergens, etc., can harm us.

We buy into and allow all the above to program our thoughts and behaviors. We have literally thousands of these limiting beliefs/programs. We are thoroughly programmed!

These beliefs/programs, which are intended to be helpful and to guide us, really are:

- Limitations and restrictions!
- Misinformation and misleading!
- Causing our energy to go weak!

Then we are not neutral and we will create upsets, reactions, and drama!

By following the Protocol, we are eliminating them and getting to neutral, which is as simple as deprogramming:

- All things that are bothering us!
- All their effects!
- Everything that feels “off”, wrong, not working or dysfunctional!
- Everything our reactions are connected with!

By doing so, we are deleting off our brain’s “hard drive” the causes for not being neutral!

And by following the Protocol, we are reprogramming to our:

- Divine Blueprint/True Self/Higher Self/I Am!
- Desired State!

We want to get to neutral in order to delete what bothers us, and in order to support what we want or desire.

We support being neutral by:

- Absolutely strengthening the mid-line/central core/spinal cord.
- Being energetically strong to everything, including blocks, situations, issues, and what bothers us.
- Putting our "being strong to everything" on automatic.

It works - we don't even need to know how or why, and it doesn't matter!

For example, new creation is automatically taking place in our bodies during every moment of our life. There are 15 to 20 million new cells created every second. They replace dead

cells that are being eliminated from the body. We don't have to know how or why this happens in order for it to keep happening!

Five ways to clear away root causes and support our desired state are:

1. Deprogramming and reprogramming as described above.
2. Finding the person's truth.
3. Making quantum connections.
4. Becoming Neutral.
5. "Apply" – Expressing "Apply" to yourself 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.

As we clear, we are Transforming – 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

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."

Deprogramming and collapsing the wave is not logical and has puzzled physicists as to why it happens. The same can be said about these ways of getting to neutral. Logical or not, people report that when they are neutral, they return to "being" in their natural state!

Getting to neutral every day has a cumulative, skill-building effect. It becomes second nature. Daily neutral work is helpful because we are talking about shifting a lifetime of how we made, and still make, ourselves weak...it can be a life-changing experience!

# Interpreting Symptoms

It most likely sounds odd to be referring to our symptoms as having physical intelligence. Generally, what we want most is to just get rid of them. What if the symptoms actually contain clues about what we need to deal with in our life that is bothering us? Remember, our energy goes weak to everything that is bothering us! And that even though any one of those times that bothers us may have a relatively small impact on us, when you accumulate them over days, weeks, 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? So, how do we go about interpreting what our symptoms are “telling us?” Often times the location of the symptoms may be a direct indication of underlying roots:

- A. Pattern of pain, tightness, or stiffness on the left side of our body.  
“May be about feeling left out, left alone, left behind, left with extra responsibility, or thrown out.”
- B. Same types of patterns on the right side.  
“May be about being right, insisting on being right, being wrong, being told you are wrong.”
- C. Pain in the neck – who or what in your life is a “pain in the neck”?  
“We don't have enough money for nutritious food.”
- D. Pain in the buttocks – who or what is a “pain in the butt?”  
“My boss keeps reminding me about the same old reporting requirements.”
- E. 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 and who I need to, nor can I get anything completed.”
- F. Numbness – what do you *not* want to be conscious of or reminded of, or want to be numb to?
- G. Lack of energy in or issues with the feet – judgment or worry about “steps taken or not taken.”
- H. Lack of energy in or issues with breasts – over-mothering, -nurturing, -guarding, -protecting, -worrying, -fearful, -analyzing, -internalizing.

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.

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

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 rationale for some of the items being asked for.”

Swallowing – What do you no longer want to “take in”?

“I’m being paid less than others who are doing the same job. I’m not going to put up with it.”

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 fulltime.”

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 not relevant to what we have to do and how our performance is measured.”

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.”

To find additional causes, ask:

“What are the 'good intentions' of the symptom(s)?” Place your focus on the symptom - wait for a response.

# PHRASES WE USE THAT WE GO WEAK TO

These common sayings, or ways of thinking, are how we make our energy weak.

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.
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.

Increase your awareness by reflecting on the common sayings, ways of thinking, or phrases you use. Which of these weaken your energy?

# Sentence Completion Exercise

1. I hate it when ...

2. I get down when ...

3. I get irritated/frustrated when ...

# Neutral

## TO BECOME AT EASE WITH ONE'S DIS-EASE!

### Dictionary and Thesaurus

1. Dispassionate – not influenced by emotions or personal feelings
2. Passionate – having a keen enthusiasm or intense desire for something
3. Balanced – emotional and mental stability, calm, rational
4. Objective – free of any bias or prejudice caused by personal feelings
5. Open-minded – ready and willing to accept or listen
6. Attached, committed – devoted to or fond of somebody or something
7. Detached – unaffected by emotional involvement or any form of bias
8. Unbiased – fair and impartial, not taking sides, able to see all sides, without favoritism or discrimination

*A person's energy goes strong to these items.*

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

Electricity neither + or –  
PH - not acid or alkaline

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 3 seconds! (And longer if it doesn't go neutral.) Consider this a 3-second rule to help remember to go to neutral.

Definitions not applicable to this energetic definition of Neutral

1. Uninterested – lacking interest or concern
2. Middle-of-the-road – ordinary, run of the mill
3. On the fence – non-committal, hedging your bets
4. Compromise – accepting less than originally wanted
5. Apathy – inability to feel normal or passionate human feelings
6. Non-committal – not making clear any personal opinions or feelings about something

*A person's energy goes weak to these items.*

# Getting To Neutral

- Keep it simple.
- Getting to neutral is not a rational process.
- The reason is that there are often complex and overlapping negative thoughts, feelings & experiences that produce layers of roots or negative impact.
- Stay away from “why”, background, rationale, discussion, and “talking about” the situation.
- Just thinking about “neutral”, reasoning about it, or trying to “let go,” does not clear to neutral. The roots and layers need to be cleared.
- Raise consciousness to be neutral to everything.
- **The word Neutrality has negative connotations for many people. Wouldn't the use of words, such as non-attachment, independence, non-bias, etc., be better?**
- If you look at the bottom of the neutral definitions page, there are many common definitions of neutral that do not apply to the energetic definition. Non-attachment does not work in an overall sense since you can be neutral while being attached (such as, being very attached to a spouse of many years, while wanting to be neutral to everything she says, thinks, or does, and everything she does not say, think, or do).
- What is the one word you're going To Use To Communicate Neutral?
- **See Pages 65-67 For FAQ About Neutral**

## Why Do We Need to Get to Neutral?

Q. What Part Of The Future  
Is Real And Which Is Not?

A. The Unexpected And The  
Unpredictable Is Real.

*"I Am That"*

By

Sri Nisargadatta Maharaj

**How good are we human beings at dealing with the unexpected  
and the unpredictable?**

# Neutral Process Protocol

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 seemed to happen:

1. From a great night's sleep.
2. When everything seems to be "going my way."
3. Because I think of myself as an "up" person.
4. When I'm feeling especially "close" to my significant other, family, or friends.
5. When I'm enjoying or getting satisfaction from what I am doing.
6. Because I decided I'm not going to let things "get me down."

All these times are wonderful! Many times they don't seem to last. Why? Well, on average we adults are still going strong to only about 20% of our lives.

We can increase that percentage by learning to get to neutral more and more frequently by following these guidelines:

- a. Focus on the person, group, organization, situation, or event.
- b. Identify what bothers you about that person, group, organization, situation, or event.

*Example: They complain too much.*

- c. Define the worst scenario(s) regarding what bothers you.

*Examples: Negativity is created everywhere.  
Always stuck in the negative.*

- d. Define the best scenario(s) regarding what you want or desire.

*Examples: Enthusiastic about everything.  
Always stay positive.*

*Express appreciation in all things.*

- e. **When you focus on the situation, does anything bother you?  
If so, repeat above until you are no longer bothered.**

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

f. 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."*

g. 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."*
- Go to neutral for being neutral or not
- If 2-way neutral (*Always calm/peaceful vs. Always reacting*) is not getting there → Go to 4-way neutral by taking the phrase from each side and getting to the best and worst for both of them:
 

<i>Always calm/peaceful</i>	<i>Never calm/peaceful</i>
<i>Always reacting</i>	<i>Never reacting</i>
- Get a feel for what else is involved in the situation that is not going to neutral...emotions, concerns, resistances, assumptions, beliefs, etc. This often is enough to shift to neutral. Count the number of layers (thousands, billions, trillions, quadrillions, 100s of quadrillions, or  $10_{10}$   $10_{20}$   $10_{30}$   $10_{40}$   $10_{50}$ , etc.) – don't be concerned with how to count or how to be precise, but rather pick a number you are drawn to.

# Personal Profile & Mistaken Identities

## *PAST, PRESENT OR FUTURE*

A Personal Profile is 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 our energy is weak to “Personal Profile” in relation to a symptom or desired outcome, mistaken identities are being revealed. The weakness can be in relation to the past, present, or future. For example, how we think of ourselves for the future being negatively affected by memories, imprints, sentiments, identities or roles.

We may need to clear through several layers to clear Personal Profile, 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.

**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 / should not's; do / do not; must do / must not do.

To fix on the mind or memory; to impress; as, let your father's admonitions and instructions be imprinted on your mind.

A characteristic effect or result; 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; as, patriotism has been called a noble sentiment.

A thought, opinion, judgment, 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 religious, 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.

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, and 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.

Role development can be influenced by a number of factors:

- Societal influence: The structure of society often forms individuals into certain roles, personas, based on the social situations they choose to experience.
- Genetic predisposition: People take on roles that come naturally to them. Those with athletic ability generally take on roles of athletes.
- 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.
- Situational influence: Roles can be created or altered based on the situation a person is put in outside their own influence.
- 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.
- Commitment Role: That which we take on through vows, oaths, what we swear to do, promises we make in this and other life times, tasks we agree to perform even if it means we give our life.

# Collective Women's & Men's issues/experiences/mistaken identities

<p>being defiled being violated being abused being abandoned being held down being put down being raped being mutilated being sacrificed being demeaned being dismissed being discounted being devalued being less worthy being manipulated</p> <p>being prostitutes and whores prostituting one's self being burned at the stake being toyed with</p> <p>being overpowered by physical force being subjugated being subjected to violence being enslaved being imprisoned</p> <p>living through others living someone else's life (spouse, child) living up to someone else's standards</p> <p>being mothers/fathers being wives/husbands having to stay at home having to raise children not having children not wanting to have children unable to have children not being in a relationship not wanting to be in a relationship living/eating/traveling alone being angry at/rejecting all of own sex</p>	<p>being teachers serving and having to serve sacrificing for someone else</p> <p>having less/no money of one's own not being in charge of money being dependent on men/women/others</p> <p>not having a say not having a vote not rocking the boat being placaters being peacemakers giving love unreceived being unheard</p> <p>numbing, suppressing, denying one's truth hiding one's truth not being accepted not accepting self giving up one's own aspirations</p> <p>being sex objects being seductive and wanting/having to be having to perform sexually submitting/being submissive having to be attractive to the opposite sex having to be sexy having to be fit/in shape being too short/too tall/too thin/too fat</p> <p>being full of rage being defiant being manipulative being angry at/rejecting self</p> <p>competing with others of the same sex (body, looks, parenting role) being a helicopter parent being too much like one's own parent</p> <p><b>Issues specific to Women:</b> having to menstruate</p>
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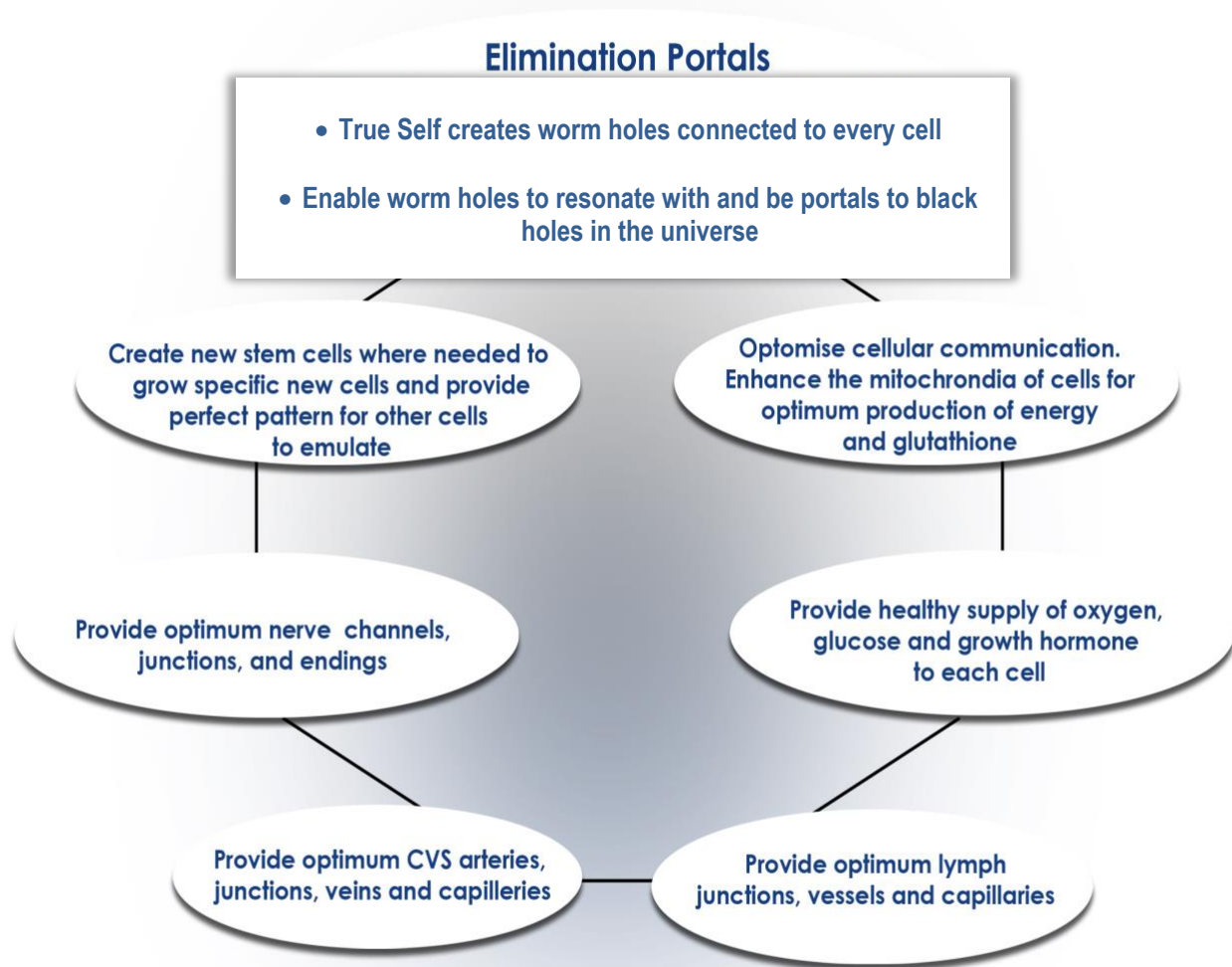
<p>being angry at/rejecting all of opposite sex  being angry at/rejecting gays, lesbians,  transgenders</p>	<p>having to bear children  having to deal with postpartum issues  having to go through menopause  having to be virgins  having to have big breasts  having to be pretty for their man  being goddesses  being less good at math and science than men  not making as much money as men</p>
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*Special thanks to Nancy Dyer*

As you do your work on yourself and others and different issues/experiences/mistaken identities surface, add them below:

# REJUVENATION / REGENERATION

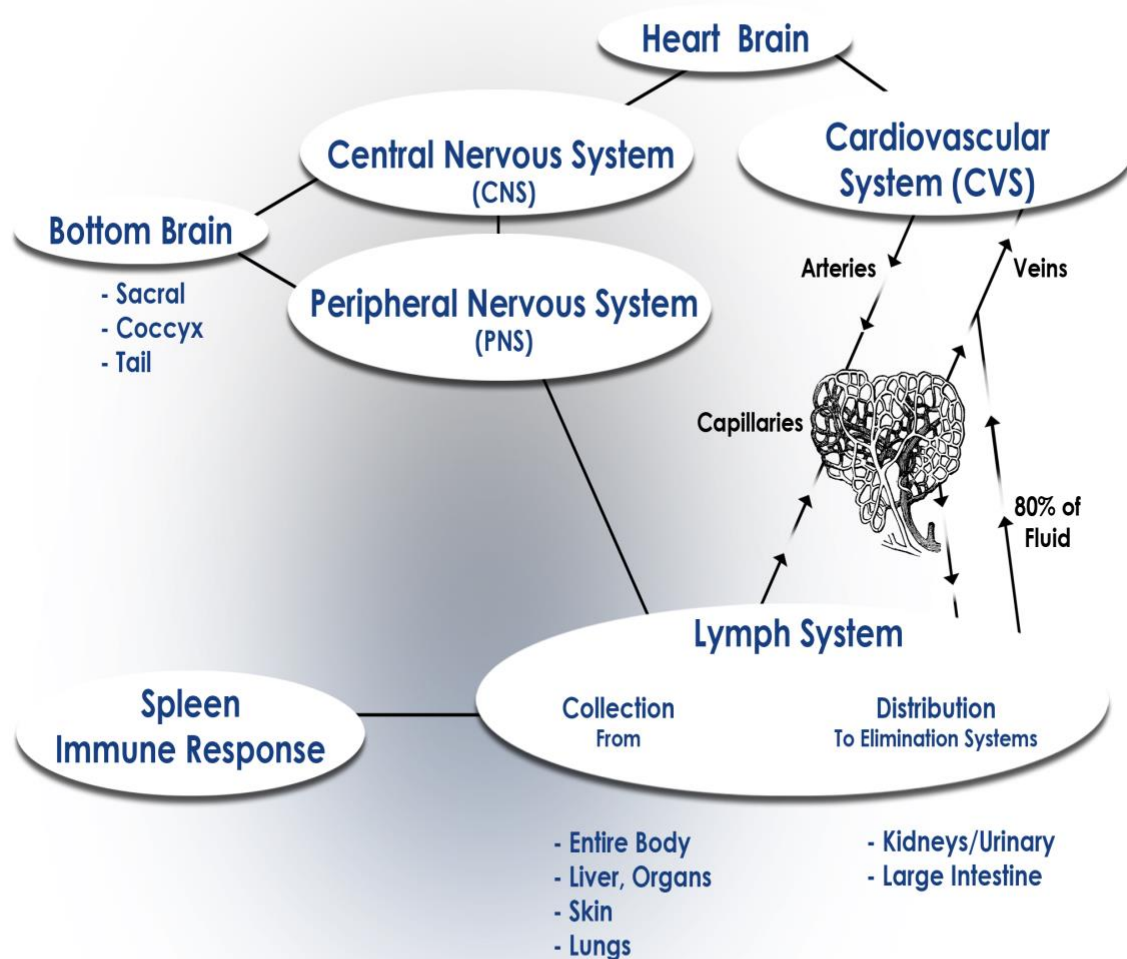
REJUVENATION / REGENERATION  
TO DELETE ENERGY BLOCKS AND PROVIDE  
OPTIMUM PHYSICAL SUPPORT



Apply to self, tissues, organs, structures and sub-structures.

# ELIMINATE DEBRIS, TOXINS & PHYSICAL SOURCES OF INFECTION & PAIN

ELIMINATE DEBRIS, TOXINS, AND PHYSICAL SOURCES OF INFECTION AND PAIN



Strengthen systems, interconnections, and flow  
 Energetically break down all debris and toxins into their sub-quantum particles and easily clear them out through the lymph and elimination systems.

© Energetic Well Being, LeRoy Malouf  
 West Barnstable, 2008

# Physical Systems

## A. CENTRAL NERVOUS SYSTEMS (CNS)

Brain – Left and Right hemispheres  
Bundle of nerves connecting the hemispheres  
Brain Stem  
Hole in Skull  
Spinal Cord  
Meninges of Spinal Cord (sheath around it)  
Dural Canal  
Cerebrospinal Fluid  
Vertebra  
Cervical 1-7  
Thoracic 1-12  
Lumbar 1-5  
Sacrum/Coccyx 1-2  
Discs  
Heart Brain  
Bottom Brain  
    Sacral  
    Coccyx  
    Tail

## B. PERIPHERAL NERVOUS SYSTEM (PNS)

Cranial Nerves – 12 pair  
Spinal Nerves & Branches – 31 pair  
Meninges

## C. AUTONOMIC NERVOUS SYSTEM

Sympathetic  
Parasympathetic

## D. WELLNESS

Normal Activity  
Communication  
Empty spaces  
Between Vertebra  
Around Discs  
Bio-resonance – Negative electromagnetic charge and negative ions  
Bio chemistry – Alkaline  
Hydration  
Strength and Vitality on Automatic!

## Transformations and Frequencies

- a) Clear from outer universe and beyond to sub quantum particles, back up to divine blueprint, down to organs, up to body structure, down to system(s) up to divine blueprint, down to DNA, etc.
- b) Central and peripheral nervous system connection (emphasis on spinal cord) to organ, system or area of body. Count the number and what period of time and apply 100% positive infinity and beyond.
- c) Regeneration/rejuvenation/transformation frequencies. Count how many and apply 100% positive infinity and beyond (assume you know them).

## Strengthen CNS/PNS & Lymph

Connection to lymph, lymph connection to elimination systems.

Communication to/from body parts, channels, nodes, ducts and elimination systems.

Clear poisons/toxicities—elimination portals and toxicities – (elimination portals and toxicities - protocol)

- a) Clear programming and the CNS to 0% for fight or flight, seduction, procreation, using force to get results, etc.
- b) Strengthen CNS for oneness, cooperation, calm, peace
- c) Blood to lymph fluid - lymph fluid to blood.
- d) Lymph cleans the lymph.

# Psychic Abilities

Psychic - a person who perceives information hidden from the normal senses.

This is a list of alleged psychic abilities that have been attributed to real-world people. Many of these abilities are also known as extrasensory perception or sixth sense. Superhuman abilities from fiction are not included.

**Apportation** - Materialization, disappearance or teleportation of an object.

Aura reading - Perception of energy fields surrounding people, places and things.

**Automatic writing** - Writing produced without conscious thought.

Astral projection or mental projection - An out-of-body experience in which an astral body becomes separate from the physical body.

**Bilocation or multilocation** - Being in multiple places at the same time.

**Clairvoyance or second sight** - Perception outside the known human senses.

**Death-warning** - A vision of a living person prior to his or her death.

**Divination** - Gaining insight into a situation, most commonly through a ritual.

**Dowsing** - Ability to locate objects, sometimes using a tool called a dowsing rod.

**Energy medicine** - Healing by channeling a form of energy.

**Faith healing** - Diagnosing or curing diseases using religious devotion.

**Levitation** - Bodily levitation and flying.

**Mediumship or channeling** - Communicating with spirits.

**Precognition, premonition and precognitive dreams** - Perception of events before they happen.

**Psychic surgery** - Removal of diseased body tissue via an incision that heals immediately afterwards.

**Psychokinesis or telekinesis** - The ability to manipulate matter by the power of thought.

**Psychometry or psychoscopy** - Obtaining information about a person or object, usually by touching or concentrating on the object or a related object.

**Pyrokinesis** - Manipulation of fire.

**Remote viewing** - Gathering of information at a distance.

**Retrocognition or post-cognition** - Perception of past events.

**Scrying** - Use of an item to view events at a distance or in the future.

**Telepathy** - Transfer of thoughts or emotions in either direction.

\* [http://en.m.wikipedia.org/wiki/List\\_of\\_psychic\\_abilities](http://en.m.wikipedia.org/wiki/List_of_psychic_abilities)

# Negative Psychic Energies

1. Access points, holes
2. Threads, cords, bonds, xxx
3. What is elusive, hidden, deceiving
4. What can or cannot be numbered, named, all else
5. Operating from known or unknown people, frequencies, realities, locations, universes, and xxx
6. What is recreating, cloning, seeding, birthing, repeating, spreading, repelling, recycling, draining
7. Picking up negative energies from locations, objects, people
8. Spirit attachments, entities, spirits, demons, people attachments
9. Black magic, negative witchcraft
10. Negative spells, curses, mantras, invocations, incantations
11. Alien abduction and implants
12. Picking up energies from past lives, ancestors, other dimensions, universes, spaces, times, implants, transplants
13. Lying, enslavement, indentures, servitude, vendettas, secrets, revenge
14. Negative pledges, contracts, promises, understandings, commitments, oaths, vows, records, pacts, fulfilled contracts, old contract language and terms
15. Geopathic Stress

## Psychic Protocol

*Refer to previous page for abilities.*

1. Being in and drawing on the full, Divine, "I AM" presence, with True Self light and energies.
2. Remove, eliminate, cast out and away, unearth, detach, extract, dis-invite. Clear essence, presence and impact to 0 minus infinity for the past and 0 plus infinity for the future.
3. Send to the Light, black holes, dark energy, dark matter, other universes, dimensions, frequencies, times and spaces where the True Self directs them to go where they cannot affect any other being!
4. Free, restore, integrate, independent, protect, fill with Light and unconditional Love. To 100% positive infinity and beyond!

# Tension & Relaxation in Harmony

It helps us to be physically strong as well as energetically strong. 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.

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. And we can work with our body to help it let go. 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 suggestions to make tension and relaxation work in harmony.

## Too relaxed!

- We can't relax our way out of a symptom – 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:

- We are less able to deal with our own energies
- We are less able to handle energies coming in from outside of us
- Money is a strong energy – have to struggle with it
- We will be like others existing in degeneration...
- With little or no quality of life

## Strengthen the Body!

- Leads to regeneration and rejuvenation
- Experience and accept strength in the body – or in parts of the body – Down to the cells, molecules, atoms, and sub-quantum particles
- Get at least 10 minutes of low impact cardiovascular exercise 5 times a week
- *Please consult your doctor before beginning any exercise routine. Choose proper exercise gear and shoes. Be aware of any discomfort, especially in knees and ankles. Consult your doctor if discomfort continues.*

# Cardio Exercises to Strengthen the Body

## Walking

- Use the hips to walk, landing on the heels of the feet (vs. landing on the toes first).
- Walk fast for the first 1-3 minutes to get used to high speed (for all aspects of your life).
- And you can keep going back and forth between fast and brisk.



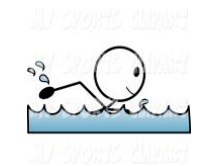
## Bicycling

- 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.
- Insure stairways are clear of debris and are sturdy and safe.

## Playing tennis

- You can vary the intensity with which you play.

## Rebounder – Mini Trampoline

It is important to use a quality rebounder

- I regularly use a Cellerciser, and have also used a Needak. They cost from \$300-\$600 (balance bar is optional).
- Low priced rebounders can result in injury.
- I have a chart of a 10-minute routine that came with the Cellerciser that I will be happy to share.

## Ballroom Dancing

# Our Biggest Symptom

*“Lack of loving and accepting every aspect of me, just as I am, right now.”*

Sense any of these that resonate as root causes for not accepting yourself and clear them, and let learning flow naturally!

1. What I am pushing away, rejecting, in me and in the world.
2. Feeling something is wrong with me.
3. Something in me is hidden and I'm not finding it.
4. Fear of rejection and not being heard.
5. Can't fit in.
6. Not able to see or clear old patterns so the new can come in.
7. Not getting things done.
8. Going to run out of time and money.
9. Not OK to not be feeling well or to be angry.
10. Too much focus on how bad I am feeling.
11. Disappointed, irritated, frustrated with, bothered by others and myself.
12. Too many things in me to fix.
13. Not being my normal self.
14. Too much effort to get the word out and it's not working well enough.
15. Needing to be special and different.
16. Sick of clearing and dealing with myself every day “forever”.
17. Conventional religious beliefs and upbringing of always judging myself in order to be better.
18. Judging myself for being dependent on material things including food.
19. Losing appetite for life.
20. Finding gluttony repulsive.
21. Living life without gusto.
22. Not savoring every moment.
23. Fear of being repulsive to others.
24. Too much struggling to live.
25. Not getting it right in this lifetime.
26. Not getting the full taste of the glory of this life.
27. Irritated or frustrated with situations, ads, drivers, noises, interruptions, self, others.
28. Upset when I am not feeling well or am ill.
29. Oversensitive to what I am feeling, and thinking that there is something wrong with me.
30. Worried or fearful about the future.
31. Tired of all the little things I have to do.
32. Fearing that if I worry about something I will create it.
33. Working hard at things and they don't seem to happen.
34. Wanting to look like I'm sharp, special, professional, and likable.
35. Needing positive feedback from others in order to feel like I'm okay.
36. Wanting to look young and attractive.

# Judgment

1. Not accepting myself and others.
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 whom 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.
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.

**Note** – Used by Permission from “Creating Emotional Flow” and “A Guide to Changing Emotions” by Sarah James. Refer to number 3 on Recommended Reading List (page 60).

# What Is Perception?

## CLIENTS THAT DON'T PERCEIVE SHIFTS

Energy work with clients involves clearing away symptoms and getting the client to strongly support their desired state. Many times, after strengthening of a weakness or weaknesses, the energy is strong, but the person doesn't notice or "perceive" the shift.

They may say the symptom is the same, there is no change, or if they did feel a change but they later say it all came back.

What is even more difficult is that misperceptions can also be root causes for a person's symptoms.

In looking at the definitions of perception and awareness, *perception is equated with the idea of sensing and feeling the world around you in a cognitive, physical, or spiritual manner. Perception is described as being a quality or state of awareness of something within oneself or the fact or state of an external object, state, or fact.*

Each individual has differing abilities in the physical, cognitive, or spiritual realms (body, mind, and spirit). Thus, perception itself is unique to each individual. Like beauty, perception is in the eye of the beholder.

Quick, acute, and intuitive cognition refers to mental processes that allow individuals to perceive the world around them and within them. Not everyone perceives the world in a quick, acute, or intuitive manner. Others are indeed able to intuit what is going on around them with quickness and accuracy.

*Awareness is the act of having or showing realization, perception, or knowledge. Once you have perceived something, you are now aware. Before you perceive it, you are not aware of it.*

Perceptions can be helpful, and *misperceptions* can be misleading. Awareness is key to recognizing when shifts in strength and weakness of body, mind, and spirit have taken place.

If an individual engaged in Energetic Well Being Process® work does not perceive shifts, it may be helpful to clear and strengthen certain elements that must be strong in order to perceive changes and shifts.

This short protocol is designed to aid in clearing and strengthening several of these key elements.

# Perception Protocol

## NEUTRALITY

- Strengthen weakness to “**opposing opposites**” of perceiving what is same/not same, different/not different, changing/not changing
- Strengthen being neutral to **time factor**: (NEVER, eons, centuries, decades, years...this moment)
- Strengthen **neutrality** in perceiving changes

## DISTORTION *(Generally judgment- or criticism-related)*

- Strengthen neutrality to **others’ perception** (influence)
- Strengthen **previous perceptions** from weak & incomplete → strong & complete
- Strengthen ability to be neutral **to how others perceive each other**
- Strengthen ability to be neutral **to how we perceive ourselves**
- Strengthen ability to be neutral **to how we perceive others**
- Strengthen our ability to **overcome ancestors/collective limitations** on our perceptions and intuition
- Strengthen our neutrality to **how others perceive us** – (not clearing this can increase the possibility of attracting and perpetuating problems)
- Strengthen **energetic support to keep and to perceive the shifts** to 100%, 100% of the time

## CONSCIOUS AWARENESS

- Clear and strengthen weakness for **holding on to symptoms**
- **Get strong to symptoms being able to**: go away, disappear, improve, get better, get lost, be normal, be stable, be over forever, etc.)

## REVERSE PERCEPTIONS

- *Improvement triggers symptoms becoming more intense*
- The person may feel bad or undeserving about getting better – so the symptoms become more intense instead
- **Clear opposites and reverse perceptions**

## SELF-SABOTAGE

- **Self-sabotage** weakens a person’s ability to perceive change
- Strengthen and clear ability to be *Ready, Willing, Able, Deserving, and Committed to the desired state!*
- Strengthen and clear ability to *See It, Imagine It, Believe It, Expect It...etc.*
- Ensure any and all *protocols that can be accessed have been accessed* to ensure elements of self-sabotage are cleared
- Increase *individual readiness, willingness, ability, sense of deservedness, and their commitment to being well*

## INSUFFICIENT PERCEPTION / AWARENESS

- Strengthen self for **perception** to be “*Total, Complete, Absolute, Perfect, All*”

As you work to clear and strengthen the blocks against strong and helpful perception, keep in mind the following:

- Negative spiritual experiences (that the person has experienced in this or past lives, those passed on from ancestors, and the collective human experience of them) can block the perception of positive change and shifts. These blocks can have a cumulative effect as they influence judgment, beliefs, and the sense of safety and security.
  - When judgment is weak it can leave individuals fearing they might stick out, be punished, or hurt for simply being different, thinking different, or acting different.
  - When our beliefs are weak, we may feel that changes and shifts we want may be too difficult, too dangerous, or impossible.
  - When our sense of safety is weakened, things that are out of the ordinary (not routine) can be uncomfortable and even frightening... even when those changes are good!
- There are many elements that influence the ability of individuals to strengthen and clear symptoms quickly.
  - Subconscious and conscious minds do not always view time in the same way. Use clearing methods to bring these into sync with one another; allowing individuals to believe symptoms can dissipate quickly and permanently.
  - Strengthen individual to hold proactive and positive beliefs that encourage quick, effective clearing of symptoms. Rid them of limitations and blocks that do not benefit wellbeing, such as: “healing takes time”, and “if I heal too quickly it will not last”, etc.
- Check with the individual that he/she is “ok” with perceiving and making changes. In other words, strengthen them to feel comfortable about welcoming, expecting, and embracing any shifts, be they in body, mind, or spirit.
- Assure the individual that what matters throughout EWBP is their personal perceptions, not the perceptions of others, including the perception of any practitioner(s) working with them.

- Work through any and all protocols to help strengthen the individual's ability to be neutral to how people perceive one another. Everyone deserves wellness, and it weakens us to believe we do not deserve it "more than" the next guy or "faster than" the other guy. If we are willing to do the work, we are entitled to enjoy the results!
- Both client and practitioner can harbor judgments or beliefs that may block perception for either individual engaged in the work. Clear both self and client!
- If there is a blockage, or weakness, to improving a symptom because there is a fear of backlash, or fear of the grass not being any greener on the other side of the fence, this will block the ability to resolve issues and clear symptoms. **For example:** *If you are overweight and you may fear that if you lose weight you will then be expected to remain thin and take up other habits of thin individuals such as exercise or dressing more provocatively. These beliefs may block success at weight loss.*
- When individuals are weak to "holding on", "going away", or "disappearing", it may be due to the fact that there is a fear that if bad things go away, we will also lose good things.
  - Phrases to look for while working on symptoms that indicate a fear of loss, a sense of wanting to hold on to symptoms, etc.:
    - "It hasn't gone away" - it is something stable even if it is not good
    - "I've had this forever" - it is stable, permanent, long lasting even if it is not good
    - "I didn't see improvement" - no improvement, improvement happens but doesn't last, improvement was temporary and problem came back worse
  - Delete, clear all the "no improvement," "holding on" experiences, as well as getting to neutral.
- Once a symptom is cleared and energy is strengthened to 100% to support the positive change, it is important that the shift is supported not only with energy at 100% but for 100% of the time!
  - If this is not happening, check blocks in these areas:
    - Ancestors & Prophets
    - Inside Us – (Infinite potential is possible!) and Outside Us – (example: gender inequity, racism, etc.)
    - Miracles – sense that the wellbeing is a once in a lifetime change, not possible again or continually

## West Wind #2 By Mary Oliver

"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."

WEST WIND: POEMS AND PROSE POEMS by Mary Oliver

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## Excerpt from Nelson Mandela's 1994 speech

“Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness, that most frightens us.  
We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented,  
fabulous?’ Actually, who are you not to be?

You are a child of God. Your playing small does not serve the world.  
There is nothing enlightened about shrinking  
so that other people won't feel insecure around you.

We were born to make manifest the glory of God that is within us.  
It's not just in some of us; it's in everyone.  
And as we let our own light shine,  
we unconsciously give other people permission to do the same.  
As we are liberated from our own fear,  
our presences automatically liberates others.”

Nelson Mandela  
1994 Inaugural Speech  
Originally written by Marianne Williamson

## 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, 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".*

## “Om Namo Bhagavate Vasudevaya”

Meditative Chant  
Performed by Deva Premal  
*Embrace Album*

Om is the name of that inside me,  
which is aware of the oneness of all things.

## Recommended Reading List

1. **“Knowing and Living Your Purpose: A Practical Guide to Being the ‘Real You’ Everyday” – By LeRoy Malouf** – LeRoy Malouf and others use the methods described in this book to make ongoing dramatic and positive difference in their own lives and those of others. These processes make such experiences normal and frequent instead of occasional and seemingly random. His second book, **“Awake, Refreshed and Energized”**, describes in another way what energy clearing is using EWBP®, and gives a description and examples of Expanding Spiritual Awareness. Available at <http://www.ewbp.com>
2. **“Emotional Patterns” (formerly “Healer Wisdom”) – By Valeria Moore** – A much more extensive view of “Beliefs” causing symptoms. Includes one-year free look up on the web site that includes updates and related symptoms listed. Available at <https://valeriamoore.com/>
3. **“Creating Emotional Flow” – By Sarah James** – This thorough publication is a compilation of older titles by James, which include: “A Guide to Changing Emotions,” which is a detailed list of Beliefs and Feelings that underlie 192 Categories of emotional conditions and subject areas; “Tribes”, which is a list of limiting beliefs "from being part of or being exposed to certain cultures, religions, and tribes, be they physical or etheric;” “Changing Beliefs;” Changing Behavior;” and “ Rediscovering Emotional Flow.” This book, as well as her newest “Manifesting the Light” are available at <http://www.emotionsdatabase.com>
4. **“Heal Your Body A-Z” – By Louise Hay** – symptoms listed in alphabetical order showing “Probable Cause” and “New Thought Pattern”.
5. **“Feelings Buried Alive Never Die” – By Karol Truman** – Symptoms listed in alphabetical order showing “Probable Feelings Causing Ill-ness” – includes Christian prayer that can be used to clear feelings.
6. **“Busting Loose from The Money Game” – By Robert Scheinfeld** – This is a mind-bending perspective about what our universe is about. Read if you are drawn to it.
7. **“Matrix Energetics” – By Dr. Richard Bartlett** – An energy clearing modality that works by using quantum physics to find two points and “collapse the wave” of what is bothering a person.
8. **“The 5 Love Languages” – By Gary Chapman** – Describes languages we use to feel and express love. Typically, two people use different languages and may not feel they are loved because of the differences. Has a list of “paired comparison” statements that can be used to identify a person’s love languages.

9. **“Crucial Conversations” – By Kerry Patterson, et al** – A behavioral approach to recognizing when a conversation is deteriorating, how to pause and refocus the conversation, and how to make it constructive.
10. **“The Energy Cure” – By William Bengston** – He invites you to take a journey with him into the mystery and power of hands-on-healing. Drawing on his 30 years of rigorous research, unbelievable results, and mind-bending questions, Bengston challenges us to totally rethink what we believe about our ability to heal. His healing research has produced the first successful full cures of transplanted cancer in experimental mice with hands-on techniques that he helped develop. The approach has also helped people with cancer. It is a simple and amazing way of getting to another level of consciousness!!!
11. **“Power Vs. Force” – By David Hawkins** – An extensive description of the work done to prove the validity of muscle testing, and how to use it to understand “truth” for a person. Includes an arbitrary scale of consciousness levels that is very helpful in understanding what and how beliefs underlie and create a person’s thoughts and behaviors. Another of his books, “Truth vs. Falsehood,” lists about 3,000 ratings of consciousness level of people, situations, actions, organizations, animals, etc.
12. **“The New Wellness Revolution” – By Paul Zane Pilzer** – He describes an evolving “wellness” industry that has grown from \$200 billion in 2000, to \$500 billion in 2005, and is expected to rise to \$1 trillion by 2010. This book talks about how to create businesses to be a part of this increase; describes what other people have done to build wellness businesses; explores the structure of traditional health care and how it is resisting these shifts; and, opens the door for people to analyze how they might be a part of it. He suggests steps to take to clarify where you are and think about how you might move ahead as part of this expanding industry.
13. **“Energy Medicine – The Scientific Basis” – By James Oschman** - A concrete, scientifically grounded and usable text that effectively describes the seemingly abstract concept of human energetic systems. It is focused as much on the scientific basis of energy therapies as on what these therapies can tell science about how the human body works in health and disease. Research from many different energies, vibrations, fields, connections is presented to help show how various modalities can have a positive effect on a person.
14. **“For Parents and Teenagers” – By William Glasser** – Glasser spells out the seven deadly habits parents practice and then shows them how to accomplish their goals by changing their own behavior. Above all, he helps parents keep their relationship with their child strong. Dr. Glasser provides a groundbreaking method that any parent can use with confidence and love.
15. **“What’s Really Wrong With You? A Revolutionary Look at How Muscles Affect Your Health” – By Thomas Griner** – Great info about contracted/hard

muscles, muscle spasms (that we feel and those that we don't feel), and how these cause numerous symptoms. Describes what is healthy exercise. He focuses only on physical root causes - not on the deeper root causes that clear energetically.

16. **“Yin Yoga: Principles and Practice – 10<sup>th</sup> Anniversary Edition” – By Paul Grilley** – Paul Grilley outlines how to practice postures in a Yin way. Grilley includes an explanation of Modern Meridian Theory, which states that the meridians of acupuncture theory are currents flowing through the connective tissues of the body. Yin Yoga addresses the deeper spiritual dimensions of yoga, with helpful sections on chakras, breathing exercises, and meditation.
17. **“Getting into the Vortex Guided Meditations CD and User Guide” – by Esther & Jerry Hicks** – Esther Hicks channels a non-religious entity known as “Abraham,” who speaks of the importance of our conscious alignment with the Source within us. This CD has four guided daily meditations that will help you get into your Vortex of Creation in four basic areas of your life: General Well-Being, Financial Well-Being, Physical Well-Being, and Relationships.
18. **The Truth is Funny...Shift Happens” – by Colette Marie Stefan** – Colette has written a comprehensive book that covers numerous symptoms, a thorough understanding of the human body and its functions, how physical, mental, emotional, and psychological issues create the symptoms, and how to “shift underlying energetic weaknesses into strengths to align you, your children, and your ancestors with infinite potential and fulfillment of authentic desires...” It is a rich resource for helping people deal with their own issues, and for helping practitioners to assist clients. Available at [www.thetruthisfunny.com](http://www.thetruthisfunny.com).
19. **“Secret of Quantum Living” – by Dr. Frank Kinslow** – Gives a description of Quantum Entrainment and Quantum Living. [www.quantumentrainment.com](http://www.quantumentrainment.com)
20. **“The Relaxation Response” – by Herbert Benson, MD** – One of the most effective ways to relieve the tensions of modern day living for a richer, healthier, more productive life without high-priced lectures, drugs, or prescription medicine. Twenty-five years ago, Dr. Benson figured out the basic pattern being used in various approaches to meditation. It takes minutes to learn and 10-20 minutes a day to get good at it. He said that if you do this for four to six weeks, you will notice physiological shifts in your body, stress relief, and a quieter mind. LeRoy did this and realized the benefits in about four to five weeks.

## APPENDIX

# *Additional Articles and Information*

# Common Key Questions for Finding Life Issues

***WHAT BOTHERS US DOES NOT SERVE US –  
OUR ENERGY GOES WEAK TO IT.***

**THE FOLLOWING QUESTIONS CAN HELP FOCUS ON WHERE WE ARE GOING WEAK:**

- A. DOES IT BOTHER YOU?  
WHAT BOTHERS YOU THE MOST?  
DOES IT STILL BOTHER YOU?**
- B. WHEN YOU THINK OF (YOUR SYMPTOM), WHAT ARE YOU EXPERIENCING/FEELING RIGHT NOW?**
- C. THINK OF SOMETHING NEGATIVE ABOUT A (GROUP OR CATEGORY) IN RELATION TO (YOUR SYMPTOM)!**
- D. WHAT DO YOU NOTICE? OR  
WHAT ARE YOU NOTICING?**
- E. WHAT IS A KEY QUESTION THAT COMES TO YOU (THE CLIENT) RIGHT NOW? (FOLLOW THE ENERGY)**

# FAQ About Neutral

**Q: Is neutrality/getting to neutral a spiritual practice?**

**A: No.**

It is a skill that can be developed to be in a strong energetic place of calm, peace, and presence.

It is based on experience. A person can have any belief system (or no belief system) and still benefit from neutrality.

When a person is neutral, and truly has no energetic charge on a situation or outcome, they are above belief, thought, anticipation, expectation, etc.

**Q: Isn't neutrality the same as positive thinking or Law of Attraction?**

**A: No.**

Although positive thinking may work (to a degree / for some people), a *key difference is that the "law" of attraction does not clear away root causes that are getting in the way of what is wanted/desired. Then, when the desired state is not attracted, other coping mechanisms are used that still don't remove root causes.*

- Others struggle with positive thinking or visualization because their *unconscious* beliefs & energy don't support the things they want to attract. (Also, "thinking positively" actually *energetically weakens* many people, because they're not neutral to the positive outcomes they most want.)
- Still, others use coping mechanisms to cover up their negatives. The most common unconscious coping mechanisms are **suppressing**, **denying**, and **numbing** themselves to a situation ("*It doesn't bother me!*"). Eventually these "pushing down" coping mechanisms come to the surface as mental stress or physical symptoms.
- **Avoiding** could be called another subtle conscious coping mechanism, but it carries the same energy or charge as any other conscious choice. That charge we place on that experience or avoiding keeps us stuck in that place.
- Clearing root causes can help law of attraction work with all the power that is claimed for it.

**Q: What is the connection to the Yuen Method™ and Dr. Yuen's discussion of neutrality?**

**A: It's the same thing.**

When we are clearing symptoms by going to neutral, we'll more likely attract the things we say we want. Conversely, when we're not neutral, we will struggle or misinterpret what's really going on – and this *imbalance of energy* is what keeps us stuck.

When we get neutral to what bothers us the most, and to the state that we want the most, we get to neutral and deprogram the energies that keep us stuck.

**Q: What does it mean to have no reaction? What about world events, etc.? We're human beings with emotions!**

**A: Neutrality is not about being indifferent to negative everyday happenings, or world events.**

*The reality is some situations or events are harder to get neutral to than others. We call this being okay with not being neutral. We need to be OK to be fearful, frustrated, etc. at times.*

Our fears, frustration, etc., *can* feed energy to the *unwanted* state, but sometimes it's unavoidable.

We get as neutral as we can be in any moment - we just do our best.

*When we are neutral it frees us up to do what we are able to do to make world conditions better.*

**Q: Does meditation get us to neutral?**

**A: It can help.**

Meditation or any other practice is a choice. Some believe meditation gives us the calm, peaceful state and label it a sort of neutral place.

*Meditation may be slow and we want faster results. A person can learn to meditate in 4-6 weeks at which point they can notice a physiological shift. This does help calm a busy mind, which can facilitate being able to quickly get neutral.*

In this modern day and age of supercomputers in our laps, shouldn't things happen *quickly*?

Being neutral to things happening *quickly* can overcome a common slowness block "**healing takes time**", or the belief that slowness is a better or more certain way than quickness.

**Q: Why does this energetic state of "no charge" matter?**

**A: Because having truly no energetic "charge" on a situation is what *allows something new to happen*.**

Forcing change with visualizations or affirmations can fail because when someone is focusing on a want, they're also *unconsciously* focusing on a "don't want" (fear, discomfort, bad experience) with *more* energy going toward manifesting the "don't want".

**Q: How does the facilitator/ coach interact with or guide the other person?**

**A: It's probably no surprise that the interaction needs to be *even* between the two or more parties - and *neutral* of course.**

Hierarchy or unevenness is actually a block to the situation changing for the better. Evenness of the participants strengthens the evenness - and therefore the results - you want to achieve.

Evenness does not mean being of one opinion or interest or capability. It means that all are present with no charge on a topic at hand, and all are able (or assisted) to get to neutral when bothered about a topic, person, or situation.

**Q: If we have 3 possible states - good, bad and neutral - wouldn't it be best to have a 6-way non-attachment instead of a 4-way? Meaning being non-attached to:**

- a) Always good - never good**
- b) Always bad - never bad**
- c) Always neutral - never neutral**

If you follow the above, then you would need to do the last one (c) every time you get to neutral on something. It does not need to be that complex.

Being able to get to neutral is important in terms of being able to stay neutral as part of everyday life.

The Power of Neutrality© and Energetic Well Being Process©, 2014.

# ADDITIONAL FREQUENTLY ASKED QUESTIONS

**1. Why when we muscle test do we get a strong muscle as a YES or TRUE answer, but when we ask a question, which involves counting, we get a weak muscle as a YES or TRUE answer?**

We at Energetic Well Being strongly urge people to only use strong/weak, because you can get opposite indicators if you're checking strong/weak but asking it as a yes/no question. If you say to yourself, "I am asking a yes/no question," that will clarify the response you are getting.

When you want to find out where you are on a scale and use strong/weak, where it goes weak indicates where you are.

**2. What is the point of clearing to minus infinity and strengthening to positive infinity? Wouldn't it be better to clear to zero NOW and FOREVER (meaning to include the time factor in the clearing) and to strengthen to 100% Now and Forever?**

The word "infinity", in the context of the Energetic Well Being Process, means that the clearing or strengthening is not completed, but goes on and on.

Use what works for you. There is power in clearing to zero. Zero to minus infinity and beyond clears the past. Zero to plus infinity and beyond clears the future. Infinity and beyond clears everything.

**3. What is the Pain Protocol?**

The Pain Protocol is included in the EWBP 2 materials and clears a large amount of complexity. It also brings in nonlinear clearings that deal with sound, frequencies, vibrations, and many more. Assume that you know what this means, and count and clear.

**4. Wouldn't it be simpler if all questions on the MEASURES chart were stated so that they all go from 0 to 100 instead of some of them going from 100 to 0 or from 0 to 10, etc.?**

It is simpler to explain to participants that we want all the measures to go from the left to the right of the page. Otherwise they get confused about going to the left for some and to the right for others. Everything going to the right also gives a sense of progression.

**5. On the progress chart, the last question is about % of thoughts, emotions, experiences the client is going strong to. Who is supposed to give the measure -**

## **the client or the practitioner?**

If the client is not a practitioner, then you do it. If the individual is a practitioner, then you both do it and compare what you get. There is not a right or wrong answer, and frequently the answers can be far apart. EWBP reinforces with participants that there are no right or wrong answers, and that people can be checking from a different perspective. Just take it as information, look at it as a range of where the person may be, and keep clearing.

## **6. Are we supposed to count on the X-Factor Protocol?**

Yes, and we advise participants not to get too hung up on a specific number. Rather, choose one to which they are attracted. They can also count until a number goes weak.

## **7. On the X-Factor Protocol there is a clearing to minus infinity and beyond. What could exist beyond infinity?**

[Same answer as number 2.](#)

8. How do you fill out THE FUTURE INFORMS THE PRESENT PROTOCOL?

*EXAMPLE: First Pregnancy*

Image/Picture/Feeling of the Past:

**Past**  
Nausea  
Vomiting  
Exhausted  
Scared  
Drained



Present:

**Present**  
Calm  
Happy  
Accepting  
Less Scared  
What-ifs

Image/Picture/Feeling of the



Image/Picture/Feeling of the

**Future**  
Smiling  
Young Boy  
Laughter  
Happy  
Calm  
Pride

Future:



Deprogram the Number of Leverage Points (*weakest points*) to Delete the Blocks;

Reprogram to Support the Desired State & True Self



Frequency/Vibration

# Ho'oponopono, Dr. Ihaleakala Hew Len

*Email of a conversation with Dr. Len by Joe Vitale,  
Author of "The Attractor Factor"*

**The following is an email from Joe Vitale to his email list, in which I (LeRoy) 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, and it is also in his book, "Zero Limits".**



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?

"I just kept saying, 'I'm sorry, please forgive me, thank you and I love you over,' and over again", he explained. The shorter version of this is simply, "thank you and I love you."

"That's it?" I asked.

"That's it."

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 email 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, "Thank you, I love you," I somehow healed within me what was bothering him.

I later attended a ho'oponopono workshop run by Dr. Len. He's now 70 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.



# Checking and Measuring Energy

With special thanks to Stephen Dupre and Chuck Goodwin.

The EWB Process<sup>®</sup> measures when you are strong and weak as a way of sensing your body's energetic strength. The goal is to get to and stay 100% energetically strong every day. EWBP uses muscle testing and sensing/intuition to compare and determine energetic strengths and measures. It is a powerful way to identify the root causes of your symptoms and of what weakens you, allowing you to delete those causes.

Checking the energy of a situation identifies answers fast and accurately, and is a way to help you get beyond times when you are coming from your biases or conditioned thinking. The comparison of a strong vs. weak feeling is the most basic way to check and can be used for checking the energy of any situation. You learn to do energetic checking and measuring using muscle testing.

The benefits from checking are:

- Making sure the strength of the central core, the midline, is 100%
- Confirming that polarity is correct.
- Determining that you are neutral in all pertinent areas (for reference, see "Neutral" in the *EWBP* manual).
- Identifying the weakest root cause, which enables you to most quickly clear away what is bothering you.
- Raising your awareness of where your energetic strength is, and helping you to notice when what you are saying, thinking or doing is weakening your energy. Then you can shift to what you are strong to more quickly.

This article includes a variety of checking methods with real-world examples that can make you more effective in this work.

You start each day or at the beginning of a project by getting yourself, and anyone you are working with, energetically strong. For reference, see "Energetic Strength and Alignment" in the *EWBP* binder. This enables you to stay focused on what you are doing.

Checking falls into two main areas: basic comparisons between a couple of items, and numeric comparisons of more than two items, to identify the relative strengths and weaknesses. See the two lists of measurement techniques below and their accompanying descriptions and examples. As you keep using and experimenting with muscle testing and sensing, you'll deepen your understanding of situations and where to go next with them. Then when you work with clients and apply your insights using these techniques, you'll be able to see how much your results improve.

Energy checking is not about being perfect. Different people get different answers when checking the same thing, so there can be a range of valid results instead of only one number. For example, when two people are checking the midline strength of one of them, and one gets 50% and the other gets 70%, then you say that it ranges between 50% and 70%!

After each example, the coach will continue to clear away root causes of symptoms using the EWBP Protocol.

### **Basic Checking**

1. Comparing two items
2. Checking items in a list

### **Numeric Checking**

3. Order of weakness
4. Counting up
5. Percentages
6. Multiples (2x, 3x)
7. Powers of infinity
8. Unknowns
9. The variable, "N"
10. Effects of prior work

## Basic Checking

### 1. Comparing two Items

Comparing two things is the most basic way we use energetic testing. Examples of common comparisons are:

1) this or that, 2) this or “something else”, 3) physical or non-physical, 4) inside or outside the person, 5) success or failure (or other opposites).

1<sup>st</sup> example: a simple comparison of two things

Client: *“It bothers me that I fail at a lot of things.”*

Coach: *“So, failing bothers you consciously...but there’s no weakness to failing (meaning, the coach tested the client and he/she did test strong to failing). It seems like it’s really success that weakens you (here, the coach tested the word ‘success’ and the client went weak to it), so let’s strengthen you to success, and then get neutral to both success and failure.”*

In this example, failure did not check weak at all; the client was weak to the opposite of what he/she thought was the initial complaint. Checking between two things, like opposites, is a good place to start.

2<sup>nd</sup> example: checking past and present status

You can check for where you are now compared to where you were 10 minutes ago, after some clearing work has been done, in order to gauge improvement and to see if the status in the situation has changed.

Client: *“Failing is not bothering me as much right now, as I think about it.”*

Coach: *“Let’s look at your concern about being “clumsy” all your life. Let’s see what is causing that perception/feeling. It looks like a root cause is fear of failing. We’ll see how the work we did with clearing the fear cleared clumsy for you. If we look back 10*

*minutes ago, your energy went weak to fear, but now...it's strong."*

Clearing past and present is a powerful checking tool. When you realize that time isn't in the equation, you can be more neutral and have no concerns about missing something. The thought of "missing something" is a common stumbling block to experiencing immediate insight or change.

## **2. Checking Items in a List**

The list we check could be comprised of elements like a, b, c, d, e. You see what is weak in order to make it strong. For example, you might also use a list of "Where We Live" which includes Health, Fitness, Relationships, Occupation / Career / Purpose, Money, Aging, Communication, and Future (see page 4 of the EWBP Protocol).

Client: *"I have a relationship problem."*

Coach: *"Well, both Occupation/Career/Purpose and Relationships come up weak. Your own Occupation/Career/Purpose is weak, and it's another person's successful career or purpose that is weaker."*

After you find the primary or weakest item, you can go deeper and ask, "Which is the 2<sup>nd</sup> or next weakest," and so on. See "Order of Weakness" below.

## **Numeric Checking**

When you check with numbers, you're always trying to gauge the relative weakness of one item compared to another. Numeric checking uses counting, your intuition, and the feeling of strong vs. weak to gauge the energetic strength of something.

## **3. Order of Weakness**

In order of weakness, you use ordinal numbers, like 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc. to rank the highest to lowest weakness from a list (1<sup>st</sup> being the weakness to start with).

Client: *"I just 'shut down' when someone criticizes me."*

Coach: *"'Unearth It All' on page 2 of the Protocol comes up weak. [The 'Unearth It All' hexagon is the list of: 1) Suppression, 2) Denial, 3) Lying, 4) Numbing, 5) Forgetting and 6) Shutting Down.] 'Shutting Down' muscle tests as 4<sup>th</sup> on the list of things that weaken you. What comes up first is 'Lying,' then 'Suppression' and 'Numbing.' 'Shutting Down' is fourth in order of weakness."*

You use the 6 elements in the list to find what is weakest.

In this case, 'lying' is the weakest root cause for the client's feeling of 'shutting down', and clearing it would likely reduce or clear the client's experience. You would then check to see if there is any weakness in the remaining items, and clear them, and repeat until the client is strong to all of them.

#### **4. Counting Up**

1<sup>st</sup> example: a client's concern about physical toxicity

Client: *"I think I have mercury toxicity."*

Coach: *"Well, let's see. Mercury toxicity. OK, yes. It comes up (intuit) 37<sup>th</sup>."*

This is just numeric checking by counting up. You might say something like, "Mercury toxicity is 1, 2, 3, 4, 5, 10, 15, 20, 30, 40 (weak). Since it goes weak at 40, the weakest point is somewhere between 30 and 40. Let's go back to thirty and count up 1 at a time, and we find ... 37<sup>th</sup> is weak."

When you don't know how big or how high a number might be, you start off counting by 1's. If there is no weakness, you go to 5's. If still no weakness you go to 10's and keep going to larger numbers until you sense weakness. Then go back to the prior number and go up by smaller increments until the weakness shows up.

2<sup>nd</sup> example: a non-physical issue

Client: *"I have a relationship issue."*

Coach: *"Well, relationships is weak, but it's not the weakest. As a matter of fact, there are 1, 2, 3, 4, 5 (the client's energy goes weak) things weaker than relationships."*

You first check relationships. It's a little weak. Then you compare relationships to 'something else.' 'Something else' is weaker than relationships. Then you check where 'relationships' lies in the list of counting 1-5... and it's the 6<sup>th</sup> weakest effect.

3<sup>rd</sup> example: creating an overall clearing, using an actual number for a group of things

Client: *"I'm a worrywart. I worry a lot."*

Coach: *"So, you have a lot of little things that bother, concern or upset you? Since we have a group of things here, let's look at the whole group. Let's see how many life problems, issues or triggers there are for 'worry'...1, 10, 100, 1,000, 10,000, 100,000, 200,000 (weak). There are 200,000 life problems."*

With this example, there was no weakness with the smaller numbers, so we kept increasing the numbers until a weakness was sensed at 100,000 and decided to check an entire group to get the actual number of life problems, and then found weakness at 200,000.

Then coach did another group check for the cumulative effect, and found, *"It's affecting the whole group collectively; millions, billions, trillions, infinity (weak),"* an almost infinite effect.

## 5. Percentages

We often use percentages to gauge effects (90/10, 80/20, 30/30/30 [3 items]) when things aren't that clear cut. Percentages also remind us to visit other significant effects from highest to lowest.

1<sup>st</sup> example: adding a percentage after checking between two things

Client: *"I am a perfectionist and am very hard on myself."*

Coach: *"Well, that's some of it, but the energy from outside of you is 100, 200, 300, 400, 500% (using muscle testing the client's energy went weak at 500%) more than inside of you (meaning that the client went weak to outside energy up to 500% more than his/her own internal energy). When you think about yourself or think you're judging yourself, you are constantly triggering self-judgment, judgment of others, and the feeling of being judged by others. In other words, your internal thoughts trigger your need for perfectionism. You feel (subconsciously or unconsciously) that all of your previous, cumulative experiences of judging yourself or being judged by others are still actively making you weak."*

2<sup>nd</sup> example: numeric checking with percentages following basic checking

Client: *"My back's been hurting for a week since I picked up that TV."*

Coach: *"Well, when I focus on your back, there's no weakness, so that's not where it's coming from. Physical or non-physical...non-physical comes up weaker. (Here, the coach is checking the energy of 'physical' and 'non-physical'). Let's see how much it is...10, 20, 30...75% weaker, so let's go there first..."*

## 6. Multiples (2x, 3x)

Example: low motivation using multiples

Client: *“It bothers me that I am such a slow mover in the morning and it takes me so long to get motivated.”*

Coach: *“Let’s check ‘slow mover’. Well, there is no weakness for ‘slow mover’ for you, but your energy is weak to being motivated to be productive. From checking your energy, lack of motivation to being productive is 1, 2, 3, 4 (weakest point), 4 times (4x) weaker than being a ‘slow mover’. Put another way, the lack of motivation and productivity weakens your energy 4 times more than ‘slow mover’. Your energy is strong to ‘slow mover’, so it keeps manifesting and attracting that behavior.”*

## 7. Powers of Infinity

Sometimes, the energetic weakness is beyond infinity. When we check to clear the weakness, we need to know how far beyond infinity we have to go for clearing.

When we test infinity and beyond, beyond is weaker. That’s when we count 2, 3, 4 (weak), and clear “Infinity to the 4<sup>th</sup> power”.

## 8. Unknowns

A useful and playful way we can use numeric checking is with a list that is not in front of us, like the list of 28 sensations on page 3 of the Protocol we may not have memorized or when a client reads their laundry list of 10 things and we didn’t take notes and can’t remember the 10 things.

Client: *“My job is my main concern. Then there is the relationship with my mother. I’ve been having recurring headaches just at night, etc., etc.”*

Coach: *“Looks like 1, 2, 3 (weak)... number 3 comes up the weakest to work with first. What was #3 in your list again?”*

Client: *"It was my recurring headaches at night."*

Coach: *"What bothers you about having these recurring painful headaches?"*

Client: *"I can't figure out why I am getting them!"*

Coach: *"What goes weak is Unknown factors (the coach finds that "X" factor is weak on page A of the Protocol). Checking your energy there are 450 "Unknowns" and we're clearing them."*

## **9. The Variable, "N"**

We can check with a variable, "N," used as a marker, a value or an overall count.

"N" could represent:

- The number of life problems (issues, triggers, choices)
- The number of referred weaknesses
- The cumulative number of root causes and layers

Client: *"There is still a physical issue. I still have some pain and sensations there..."*

Coach: *"Yes, there are some weaknesses there. Let's get the overall number of whatever is going on there and put an "N" on it, including any associations or combinations of things that are weak, and clear these all at once."*

Using a variable like "N" may seem at first like a vague, imprecise way to get an answer, but in any checking if we want to get the totality of an item, we can use "N" to identify the precise quantity without our knowing just what that quantity is. "N," whatever that number is, is the number to clear.

## **10. Prior Work**

This is another way to work with the unknowns similar to 9 above. We energetically check and discover that some work done earlier, applies to this situation. So, we use that earlier work in the current clearing by just focusing on the client's midline and saying, "Apply!"

Client: *"I'm having trouble with my eyesight and hearing."*

Coach: *"Some neutrality work was done with another client relating to that on a call last night. Seems about 10, 20, 30, 45% (weak) applies to your current situation."*

This is an efficient way to apply previous work to the current situation, if there is enough commonality and effect when we check. The call could even have been in a foreign language. You can still "tap in" and use it.

## **Final Thoughts**

There are many ways to use energetic testing of strong vs. weak. Muscle Testing improves our sensing/intuition and improves our accuracy and results while using the EWB Process or any other energetic wellness modality. The possibilities are endless and always useful.

Have fun with this! Make it a game: don't worry about it and you'll get better results. Being off by 5 percent or a few positions in a list doesn't matter. When we demonstrate to our own satisfaction that checking is possible with muscle testing and sensing/intuition, then the excitement of possibility removes any worry or doubt.