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Quantum Techniques Teleseminar

Advanced Techniques for Healing Yourself and Others: How to Use the
QT Manual *Taking EFT and QT to the Next Level* to Heal Yourself and
Others

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Content of Teleclinic: How to Use the QT Manual *Taking EFT and QT to the Next Level to Heal Yourself and Others*

1. To show you how to most effectively use this manual as a healing tool to take you to the next level of health and wellness in your life today.
2. To show you how to find your core issues blocking your healing or the healing of others by using this manual.
3. To use this manual as a springboard to finding deeper layers on the core issues that are blocking healing.
4. To teach you how to create and use affirmations to support the healing process.
5. To show you how to clear the issues that you find with codes, etc.
6. Participant questions that came in prior to the teleclinic and during the webinar will be answered.

Steve: This is Steve and Beth Daniel the founders of Quantum Techniques and we're ready to start our teleclinic, working off of the manual *Taking EFT and QT to the Next Level: How to Find Your Core Issues and Affirmations*.

Beth: Our purpose is to show you how to use this manual to heal yourself and to heal others. This will consist of a series of teleclinics starting this evening. We have several volunteers. We are going to choose one person to be a test subject for next Tuesday. We will go through the manual with her and use this as demonstration which will provide valuable information for everyone. So that's what we will do next week and at that time we will decide whether we will have a third teleclinic in this series. Tonight we want to focus on the background of the manual and how to use it as a healing tool to take you to the next step of finding core issues that may be blocking your healing. We also want to show you how to build affirmations. We have some of them clearly identified at the end of each section in the manual. Somebody already sent in a question, and we will be getting to those this evening as well.

Steve: One of the things that I want to bring up is one of the main ways Quantum Techniques is different from other energy therapies. We always try to find the physical field and collapse it or find the physical pathway that needs strengthening and strengthen it. There are many great emotional treatments and energy treatments in existence and many times when people come to us they have already done a tremendous amount of emotional energetic work. The field and the trauma are clear but the physical pathway which keeps the physical and emotional symptoms is still intact. If we can identify what that pathology is in that pathway then the body can collapse it to get a much more dramatic response more quickly. Those pathogens could be toxin or pathogen fields, heavy metals or something else interfering with the body's healing intelligence. The second thing is that everything we teach are simply tools for use on this journey. Don't attach to the tools; my greatest obstacle for my healing tomorrow was what helped me heal yesterday. If a tool had all the answers then what I used to heal with yesterday would heal my issues tomorrow. Only focusing on the tools in my toolbox will block me from taking a quantum leap to the next level of healing. So use the tools you have, but be willing to discard them in a minute. One other thing I want to say is many of the energy therapies were developed by chiropractors. Why are they taking things a leap forward while we're not seeing those kinds of changes in psychotherapy? Psychotherapy believes your answers for tomorrow are in your past. Once you kept attaching and reattaching to a trauma field the answers are not there or you wouldn't be where you are today. So one of the things you are always asking is how can I have a discontinuity for a quantum leap forward in healing? There's a great series called *Liberate Yourself* that I recommend from Guy Finley. On the resources page of the QT web site we have a link to his site so you can check into that. One of the great things he says, and I am paraphrasing, is that this will free you from all fear, "Who you are yesterday is really of no help to you today or tomorrow in moving forward". That's a very profound statement. We try to carry our sense of self forward in time. The very sense of self we have is what our illness is attached to. Am I willing to accept that I will be remade or made new every moment by being present to that moment and the Divine no matter what that is? At some point all of our suffering and illness has to do with an attachment outside of the present moment. So the purpose in this manual is to recognize the trauma fields, quickly collapse them, put in a new

affirmation and move forward without becoming attached to these statements or this manual as your truth. It is a tool to find a current level of truth and move you forward. If you can muscle test, I promise you will get totally different answers if you go through this manual now and then go through it again one month later, because different parts of yourself are moving forward. The self is not a rock; it is a dynamic moving process. Years ago many people told me when I was a psychologist that I was a rock. I thought that was cool. Then I began thinking about it – what does a rock do? It gets worn down over time. It's not growing or evolving. It's getting blasted by the sun, wind and rain and it is wearing away. I realized that's why I was feeling so tired; I was being worn down. That sense of self as a solid entity that you must move forward in time absolutely attaches to your suffering. The sense of self you should have is how am I willing to be made new in this next moment, in this present moment? That is the most alive you can be. When you start to feel fear you need to understand that is the death of the self you've known and that is okay. That's part of being renewed in the next moment and as you attach to that moment of the newness of your core identity then there's no more fear because there's not a fear of loss.

Beth: Use this manual every month or so because like Steve said everyday is new and every experience is new. Use this manual when you feel stuck. You may think that now that everything is cleared I don't need the manual, but that doesn't mean it is going to stay that way. So if you are feeling stuck, go back look at the manual again and do your testing. You can also use the manual to see which statements resonate with you even if you don't know how to test. We've had some people report that has been very helpful. So if you're stuck try it again. Energy is about shifting and movement. There may be a couple items that you go back to over and over again and you can't seem to shake it. If that happens ask one of us for help and we can help you move onward. The other thing that I wanted to add is that all forms of energy healing are simply tools and techniques. Use the tools and techniques but don't become the tools and the techniques. As Steve said, don't be the rock that's attached to these tools and doesn't move forward. Use them in a way to move you through; not to stay stuck. So be open to change and discontinuing who you've been so that you can recreate yourself into somebody new using these as tools. Be willing to surrender the story that you have created throughout your life. Let go of the story and start over. Remember whatever comes up here is being done for you. It is not being done to you. This is coming up so you can move through all of these issues and uncover the greater self of who you are and this new whole self that you have never known. It is an exciting process; it's being done for you. This journey is not being done to you, as a victim. I think all of us that have gone through chronic illness have at times in our life seen something and thought, "Ahhh, I still have this, I still have this virus, my body is turning against me, I still have this anger at God, what's going on?" You get mad about the truth that you're finding. This is not being done to you, it is happening for you. Remember that this whole journey will be much easier and all of these tools will fall beautifully into place and you can move onto the next level of health and wellness in your life.

Steve: Think about this: I have a choice. Am I in love with the fantasy in my mind, my imagination of what life is supposed to be, so then my job is to change all of reality to match that fantasy? If that's my belief and I stay attached to that I will suffer. As Beth said, life always happens for me, even the moments of great pain and suffering because in those moments I'm

confronted with the limited self I've known myself to be, and to survive those times I have to grow past that small self into the larger self that I am truly created to be and that process never ends. Whatever happened to you in your life you survived it, even though you didn't think you would. We didn't die but we do have death of the little self, I'll say the little Steve. We can step into who is the true Steve or the true larger self that's connected with the Divine and with everyone else. What we want to do is make this manual a tool to connect you with larger and larger aspects of yourself, but don't stop with this manual. Let it be a tool, a cane or crutch so to speak, as you move forward. When I was first trained in energy therapies I was trained by Roger Callahan in *Thought Field Therapy*. We were taught that by tapping on all the acupressure points (perturbations) you collapsed the short circuit in that field. There was a study where some engineers had measured the micro currents in the body and said if you were to work on the micro currents of the body how far apart would you have to place the capacitors? If you don't understand electricity, look at power lines and you will see every so often there are big gray "buckets" about one foot by two feet in size that hang from the lines. Those are capacitors that store charges to raise the line voltage down the road so that the house at the end of the line gets the same power as the one at the beginning. In the study on the body, they found that distance was the exact distance of all the acupressure points and meridians. So the theory I was taught was when you tap on these spots, it collapses the short circuit and the energy system works. They didn't have an explanation for it, but if the person only read the code it still worked. They sure didn't have an explanation where if somebody else read it for you it still worked. And they didn't have an explanation if somebody read it for you and you didn't know what they were doing and it still worked. We've taken measurements with heart rate variability and with every one of those instances above that is true. I've done studies with dark field microscopy where someone takes a slide of the blood and I would ask the person doing it what it should look like and they would tell me. I could give a treatment to the client, they would take another blood sample five minutes later and the structure of the blood reflected those changes. We don't have a mechanical theory, whether that's the electrical theory of collapsing perturbations or anything else that works that way. The only thing that works that way is string theory or quantum physics where everything is connected. So what I want you to hear as we talk about this is that we are giving you our best understanding of it today. We may find three weeks from now it's totally inaccurate. We know the treatments work; we are trying to understand why. So as we talk about that don't get married to the theory or the tool, but be open to the change that it can bring in your life.

Beth: Are you ready to start going through the manual?

Steve: Yes. In that first section I wrote some notes; many times people will email and ask if I can heal this issue? We've had people with MS, pancreatic disease, cancer, depression, anxiety and Sjögren's illness, and many other ailments heal. But it is always the person that heals; it's not the illness. We find that people have unlimited capacity for healing when they're ready and the information is there for their body, but that's different than a specific disease healing.

Beth: Yes, I think that is a good point. People heal when they're ready. As we go through the manual you can see that this is all broken down into issues about various topics. Issues about abandonment, safety, getting needs met, etc. Over the years we have found all of these areas are common blocks and common core issues that block people from healing. We are going to

make some additions as we progress through the manual and we'll give you a revised version of the document at the end of this teleclinic series. There is one thing I would like you to add before each section. For example, in the issues of abandonment section, ask the question, does 100% of me knows who I am today (2010)? I want you to ask that question at the beginning of each section and then again at the end of the section before the affirmation. In the beginning you may get a yes, 100% of me knows who I am today. Then when you start getting into these issues about abandonment and testing through these fields you're bringing up some things for healing. As you go through and bring up old traumas, blocked emotions, possibly some old conscious or unconscious vows, specific incidences in your life, you may find then you may not be able to accept yourself. Then the answer to the question becomes no, 100% of me does not know who I am today. In other words, can 100% of me see through my eyes and be here right now? If the answer is no there is more work to do here. You're not done with that section. If the answer is no, you need to go back and look at the specific issues and what are some of the questions that you are going to ask so that you get a yes? 100% of me knows who I am today, its 2010, and I'm ready to heal this. Do I have 100% of the information and internal cooperation to heal this issue? You can use the affirmation at the bottom of each section or create your own with these statements and then you can move on. Steve, do you want to share any of your belief about why it's important to ask that question?

Steve: As we heal a "layer" is stripped away and other things come forward. Great spiritual teachers such as Christ taught with parables and metaphors. Why? It's because today I have a certain level of understanding and if I read a parable, whether it's one from Christ or Milton Erickson, a great hypnotherapist psychiatrist, I get a level of understanding and healing. If I'm continuing on my path and I read it a month later I'm going to get a whole different meaning from the same story because my awareness is at a different level. I know when I find a good process oriented spiritual book I'll read it, and make notes or free associations in one color of ink, but then I may reread it a month or two later and make notes with a different color ink. I see a completely different book because how I see myself has changed. If I'm in that process of ongoing growth and change, who I see myself as has changed which allows me to see new learnings and teachings. That's why if you get so attached to a tool in a certain manner it won't move and transform and it locks you into a certain level of healing versus having a dynamic tool which can let you continue to heal.

Beth: The truth of the statement regarding 100% of me knows who I am today and that it's 2010, and the reason that is so important is that you need to be present now to do healing now. It is that simple.

Steve: The 100% of me may change. If I have parts inside of me that are watching but not are involved in the program, as I heal they may join the program. So when I'm testing my 100% today, as I move forward I may include additional parts when I ask the same question three months in the future.

Beth: That brings up an interesting point related to a question that somebody sent in. We talk about not only using this manual to heal yourself but also to heal others. The best case scenario is you working with another person directly as their practitioner or healer. The question that we received was, can I surrogate test these statements for someone else or does surrogate testing only work for physical issues? Surrogate testing can work for any issue. I think it can be very

effective for emotional issues especially for treating trauma. However, if you are a surrogate for someone, asking the question, does 100% of them know who they are today in 2010 is tough for you to know if the person's not involved in the process with you. I do think there would be components of this that could be very helpful on a surrogate level, but then once those issues are cleared, if the person is using a surrogate, especially if they are not getting feedback from you, then they're not making choices in their life today based on what they're finding. They're not doing their own part of the healing if you are doing it for them. This means they are not working on trying to be themselves. It is not in their conscious awareness because they're doing it all via a surrogate. Therefore, it would not be as effective to do it that way. Steve, you had a metaphor about that from Scripture that you wanted to share.

Steve: I've got two or three thoughts. I'm forgetting the passage, but one of them is in the Christian Bible where there is discussion about clearing out a demon or a dark belief system from a house and if you don't put something good in its place, then that darkness gathers strength and reoccupies the space. I've never seen a healer or surrogate be successful if they invest more energy, time and money in healing someone than the person themselves does. As a surrogate I can collapse the trauma fields but the subject needs to choose to do the spiritual work and put true belief in themselves. Let me give two kinds of different examples of this. Years ago I was doing a demonstration in a motel in a large city. As part of this demonstration volunteers were requested and a lady came up to the front and sat slouched over looking at the floor. It was obvious she was a prostitute from her dress and her actions. I asked her to think about what caused her the most pain and I treated it for her. I did not know what the field was I was treating and I basically gave her our trauma code several times. Within two or three minutes her posture straightened, her whole visual field and face changed and she looked around the room and looked everybody in the eye. I said, "What are you aware of right now?" She said, "What I am aware of is we're really all the same, aren't we?" I treated a trauma field and I didn't know what it was. I didn't need to know. I did it as a surrogate with someone who did not know the treatment points. They didn't input them but it made a profound change in how she perceived the world. That person was ready to change.

Beth: I think you had a good point talking about how wonderful it would have been if she could have used these affirmations. Again, if you are doing this for someone as a surrogate, they are not even taking part in the process of doing their own affirmation. That is a big part of why this manual is effective - doing codes and affirmations. I'll give you some ideas about testing for different codes to clear the issues that you find.

Steve: When I first got into this I was doing the trauma code with everybody and I remember working at a shelter with for women that were abused by their partners and teaching them how to collapse that trauma field. This was very early on, before I had this information we're discussing today, but they were excited that they were able to collapse their trauma fields. I did a follow up six weeks later. Half of the women had gotten back involved with the same guy that beat them up originally, and they were beaten again. Instead of actually changing they used the trauma field like an anesthesia and did it to take the pain away so they could go back and get more. That is an example totally different from the first one; collapsing the trauma field for them actually set them up so they could abuse themselves some more since they didn't have the understanding that it was only the first layer and they needed to strip down all the trauma

layers, wherever they held them in time or space. Where they could actually be free from that and accept who they truly were as spiritual beings deserving of love and abundance and joy. This work on emotional issues is most effective for love partners or for parents and children. When they're helping collapse trauma fields and at some point their partner or child joins in and says, "I know you're doing this weird stuff" but it takes them to a certain level where they need to actually engage and own their healing in order to truly go further.

Beth: But miracles do happen and I've seen that with surrogate work. I've seen some miraculous things physically, which I think is much more difficult than clearing an emotional field. I have a client that worked via a long distance on someone with a serious brain injury. The woman never knew she was working on her and she recovered completely. So there are miracles, so I wouldn't hesitate to do surrogate work, but in terms of the action that we like the client to take, that part would be missing. What we find to be the most helpful is when you create the field and find issues, and you ask the question, do 100% of me or your client know who they are today and that it is 2010, and you get a positive response and you can do the affirmation at the end of each section. You don't need to create a code for each section; go through all of it and then test to see if a code is going to be effective for clearing this issue. Do you need to build a new code, yes or no? Is it in their highest and best good? If you don't know how to create a code, can they simply use the last code that they have and pull this information in and treat it? The two codes that show up as most helpful in regards to using this manual are the trauma code and the profound love code. So I would test all of those. The last code the person had, the trauma code, or the profound love code, or is it in their highest and best good to create a new code? We've got a client who is starting to see codes now and she emailed me yesterday and was so excited because she is correctly building codes. So you may not think you can create codes, but you could start doing it. So don't erase that possibility.

Steve: Maybe what has happened over the years is that there have been so many people tapping on body points that the collective unconscious is one of the reasons why we can read the codes instead of tapping them.

Beth: Right.

Steve: Ten years ago people tapped themselves black and blue. Has that embedded so much in the collective unconscious that a person can now just read it? I think so.

Beth: I do too.

Steve: I have had people say they have tapped into my field from working with me on the phone or seeing my picture on one of the DVD's and their problem went away.

Beth: I had an interesting question from someone a couple weeks ago saying, "If I'm not trained by you is it okay to be building codes?" Of course it is. We teach it on our *Basic Foundations* DVD, but if you have codes coming to you from doing other work that is fine. Don't hesitate to use them; you don't have to be individually trained by us to do that.

Steve: If the codes are working then it is hard to argue with success.

Beth: Right. The other piece that I want to add is all of these specific statements can be used on their own as affirmations. Some of them you're going to want to change a little bit. The unconscious does not recognize the negatives. For example, if you want to use these statements as an affirmation under issues about abandonment and it tests weak that my partner or family will stay with me when I am completely healthy. You don't want to use "not"

because the unconscious does not access that when you are doing an affirmation. We're going to clean that up for you like I said and give you a revised version that actually removes the "nots" because we started to use all of these statements as individual affirmations. If you want to create something that is completely your own that is okay too. To go through each of these issues and statements under each category, what I really feel is that you have an illness or an issue or a problem and healing is giving you time to solve it. Healing is giving you time solve some dilemma in your life that is locked in your body right now. So the healing is giving you time to solve a past and/or present dilemma. It could even be a generational dilemma that you weren't a part of, so using this tool can help you solve some of the unconscious dilemmas that are in your field that are blocking your healing.

Steve: One of the reasons why we have this multi-billion dollar health care problem is that people are trying to find a pharmaceutical solution for issues that the body didn't create like a Prozac or Lipitor deficiency. This is a physical issue; it's a lifestyle issue of toxicity and no exercise. It's an emotional issue, it's a spiritual issue, it's an "I don't want to work for a living so if I have back pain I don't have to" issue. But when you try to cure physical, emotional, spiritual, relational, psychological and societal issues with a single pharmaceutical solution it's going to get expensive. Let's say you're at work and you need to go to an appointment with your psychologist. Do you feel comfortable saying, "it's 2:00 and I have to leave to see my psychiatrist"? Not likely. What if it was a surgeon? You're much more comfortable with that in our society today. What we're saying is since there is shame involved in emotional, spiritual or psychological suffering we try to make everything physically mandated. If you have a problem that is considered mental health you have reduced insurance coverage as compared to if it is a physical issue. Our society is saying make it physical, then it's somebody else's responsibility to fix it; it's not yours. That becomes I'll say a meta-communication that is phenomenal in our society today. Do we want to collapse the physical field every time? Sure we do, but as long as you're not willing to address a solution on a conscious level and you're forcing your unconscious to find a solution for you then don't be surprised if it's some kind of physical illness, or pain, or mobility issue. We see that every day.

Beth: The illness and the expression of the illness is giving you time to solve the dilemma. If you take a pill and walk around like a zombie, like much of our society, that's the person's choice. But unfortunately I think at some point it's time to look at those issues and determine that the journey is up to the individual. In terms of some of the questioning process to go through in all of these sections, what I would do is hold your fingertips of one hand 2" above your bellybutton to clear any reversal, whether you're testing yourself or someone else. If you are testing someone else you have them do the same thing. That is one of the basics of muscle testing. I see we had a question come in on the webinar about how to you ensure that your muscle testing is accurate? That is one thing that you can do no matter how you're feeling; if you hold your fingertips 2" above the bellybutton that will clear your reversal. That clears it 99% of the time, and probably more than that. If it doesn't clear it you are probably breathing something in that's toxic and you need to get away from it and then try it again. But if you hold that and you have the person that you're testing hold it as well, you're going to get accurate results. If you need to learn some testing methods I would refer you to *Truth Techniques I* in terms of learning methods but we have more than 20 hours of free teleclinics on our website right now that talk

about self-testing and blocks to self-testing, so I would refer you to that if you're having difficulty with self-testing. So the question that you ask for all of these sections is, does 100% of my conscious and unconscious know that my partner and family will stay with me when I'm completely healthy? If you get a no on that one, it is weak; do you need to know more in order to clear this? Sometimes yes, sometimes no, if you don't need to know more, move on. Does 100% of my conscious and unconscious know that I know how intrinsically lovable I am and that I won't be abandoned when I heal? If you get a no, do you need to know more? Yes, and people ask this question often, so if you need to know more what do you do? That's partially why we're doing this. What I think is very beneficial is to go back and find out when is the first occurrence in your lifetime of feeling that you are not intrinsically lovable and you think you'll be abandoned when you heal. Let's say its age three. I think it's also very helpful to then ask, do we need to know more, as you focus on age three? Yes, is there a specific trauma? Almost always you'll get a yes. Do we need to know more? Yes or no. Oftentimes you don't, if you know it is age three when this belief started and there's a specific trauma at that time, many times you don't need to know details about the trauma. Sometimes you will need to know who was involved. Was there another person involved, was there another child or an adult, was it a family member, and was it a male or female, do we need to know more? Usually no, so you have the age, you have a specific trauma, and you have other questions to ask to use as statements as a springboard to get further into this field to help yourself more quickly. Is there a blocking emotion in this field? If I believe that I am not lovable and I am going to be abandoned when I get better I am sure that there is a blocked emotion in that field, often more than one. So what is it? Fear, so there's fear, at age three and there's a specific trauma field with an adult. Is there another emotion involved? No, is there another belief that's resonating with this belief that's blocking my healing? Yes, is it another issue about abandonment? Yes, is it one of these statements? Yes, more than one? No, do we need to know more? No, then you find what are the resonating statements under abandonment. We haven't created an exhaustive list here; there may be other issues about abandonment that come up for you and beliefs that show up for you. If you have a hard time finding beliefs, they'll start showing up for you, but if you're not sure where to go you can ask several questions: Is it a blocking belief about myself, is it a blocking belief about others, is it a blocking belief about the world, or is it a blocking belief about God or the Divine? In this field that I'm checking right now, it's a belief about self, God, and the world, age three feeling abandoned, fearful, and the belief is that God is abandoning me, the world is dangerous, and I've abandoned myself. Those are the beliefs in that specific field. The other question you can ask is about the flip side these statements or the negative side of these statements. For example, I cannot be myself and others will not want to love me and give me #3 under issues of abandonment. The flip side often becomes a vow or contract that you have made with yourself at an unconscious level. I am convinced my partner will leave me when I am healthy. It's almost like it becomes a vow or a mantra at an unconscious level and that energy needs to be cleared. The best thing to do to clear vows is to state out loud, I choose to renounce this vow that my partner will leave me when I'm healthy. I choose to believe my partner will stay with me when I am healthy. I choose to believe my family will love me when I am healthy. You can then use these as affirmations, but renounce the vow out loud. Doing things out loud adds power to them. People often ask is it better to read the

codes out loud or can you do it silently. I always test before I answer, but I believe the sound of saying it out loud breaks something loose. Do you agree with that?

Steve: Yes.

Beth: So those are some of the questions you can use as a springboard from each of these statements. To reiterate, what is the first age at which this belief showed up in my life, what's the trauma, is there a blocked emotion, are there other beliefs resonating with this, are they about myself, others, the world, the Divine, and has my unconscious made this into a vow? If it is a vow, is there somebody else that I made this vow with? For example, #7 under issues about abandonment, does 100% of me know I can choose to be free from the prison of others' expectations? No, so I believe I cannot choose to be free from the prison of others' expectations. Is that a vow that I have created or signed with someone else? Yes, then you need to find who the vow was with. Usually that's with a parent. Then renounce that vow and free yourself and the other person from that vow, that I sent that person blessings and love but I choose to be free. I choose to live my life according to the way that is in my perceptions of what my Divine plan is, not according to what somebody else wants for me. I do send them blessings and love but I renounce this vow. Many emotions come up in breaking vows and that's okay as it is a blocking emotional field. Put a name to the emotion and pull that into your treatment field, so what you're doing here is creating the field and then you ask, do I have 100% of the information? If the answer is no, you need more and then look to some of those other statements. Under issues about abandonment, I would go through all nine and test strong or weak for each of those to pull them all together into the field. Do I have 100% of the information? Do I have 100% internal cooperation to heal all of this now? If you get a yes you are ready to move on to the next section. If you get a no, it's another way of telling yourself you need more information. If you don't have cooperation, what is it in you that is holding onto this and why? Oftentimes it can be another trauma that's coming up or it can be another resonating belief that's locking you into this field or it can be a fear about letting it go. I'll often say to people if you woke up tomorrow and all of these abandonment issues were gone and you felt great what would you be afraid of? They always have an answer and that gives you a clue as to what's holding them back. Once you have the information and the internal cooperation to clear it then you can test, which of these statements will be helpful to use as your own affirmation. Say that it is #1, #7, and #9; you can then use those to create an affirmation. I like Gary Craig's original affirmation from EFT, I deeply and profoundly love and respect myself even though I'm still having these issues about abandonment. I reaffirm that my partner and family will stay with me when I am completely healthy. I reaffirm that I am intrinsically lovable even if everyone abandons me. I and God's Spirit will still always love me. My truth will always be expressed one way or the other, consciously or unconsciously and I can choose to consciously express my truth and solve my problems so I can heal. By creating an affirmation out of the statements that showed up in the pseudo-scan that we did, you can test the more global affirmation at the end of the section and that will usually be helpful. For this particular issue the trauma code tests 100% effective. Is it in the best and highest good to use that code? Yes, and then you can test how many times and how often throughout the day you should conduct the code. That's an example of how this can be used to do deep levels of healing. You can also go through and test strong or weak on each statement. You can say the statements, you can say the affirmation,

you can do a code and that's it. Oftentimes we find that we need to know more, and again this is a springboard for obtaining other information. Among others, our practitioner in Europe, Pernilla Kristiansson, has reported that she went through this manual and healed herself. She did some other things too. Of course she tested toxins and avoided things she needed to heal her gut. Her interview is posted on her website as a free download if you would like to listen to it. She didn't know much or have many of the tools that we're adding in for you this evening, but she went through this manual and set aside sacred time everyday to go through these questions for herself. Therefore, this manual in and of itself can be very helpful. We are trying to give you ways to make it even more effective for the healing to be even faster.

Steve: One thing that I want to point out here is that ultimately have to abandon yourself before anyone else could abandon you. At some level if I'm not perfect, and my perception is someone else has abandoned me, I've already abandoned myself for not being perfect. The solution is not to abandon myself whether or not I believe somebody else has abandoned me. With each one of these sections we're going to try to find a way to weave things like this into the discussion. Like I said earlier the self I knew yesterday is not helpful today or tomorrow. Within these 109 statements, I am my trying to carry the old self forward and not surrendering that and allowing the new self to be refreshed in this present moment in my connection with the Divine. What am I afraid of that if I don't carry everything forward, everything I had and known, I won't be the same person? It's an interesting journey. About three years ago we moved from Arizona to Hawaii. In Arizona I had tools in 1500 square foot shops for wood working and metal working. I had seven welders and I could build cabinetry in my spare time. In Hawaii I didn't have space for all of those tools and I knew that they would rust so I left them behind. I realize now how much energy and maintenance cost it took to carry that identity with me since I was 15 years old. When I was 50 years old I was still carrying the same tools and the same identity. When somebody came to my house with something that needed fixing I could help them and that was my identity which was more valuable than anything else. Now my oldest daughter is 22 years old. When she was a little girl she a set of little pink Winnie the Pooh plastic chairs. Eventually one of the backs of the chairs ripped away and she brought it to me and said, "Dad, my chair is broken I need you to fix it." She had seen me fix everything, but I had to say to her, "I don't think I can weld that one, we'll get a new one." With total confidence she said, "Oh, no Dad you can fix it, you can fix anything." I had attached my self-esteem and my identity to the guy that could fix anything that was broken - a roof, a sink, a car, a trailer...

Beth: A person.

Steve: A person. Whatever it was and as long as I could fix it I was okay. It didn't matter if I had a great house, or a little house, or a great car, or little car. I didn't attach to that. Whatever you attach to ultimately causes you suffering. That's a big step. If you attach to who you are in the present moment and the awareness of that moment, then ultimately you will grow to your next evolution of self. For me I don't have the power tools anymore. I'm not sure if it is because I now need bifocals and I can't see the stuff I previously could do with my hands, or what the issue is. But whatever you attach to outside of your identity as a spiritual being in that present moment, in that connectedness, even though it brought you comfort and strength at one point, eventually it will cause you suffering, because it limits who you are and you need to release that to move beyond it.

Beth: For the most part, what we're talking about here is unconscious attachments to a different point in time, usually the past.

Steve: As we use this tool to bring those unconscious processes and attachments into conscious awareness, use the affirmations and the trauma code to collapse it but also be open to a new level of understanding, a new roadmap on your spiritual journey about who you are becoming, and what life is really about. We're not primarily here to get good stuff that nobody can take away. That's not what it's all about. It's about life bringing me opportunities to grow beyond who I've known myself to be and that my primary truth is that I'm a spiritual being on this journey having a physical experience.

Beth: That bears repeating - don't go back and reattach to the trauma. Find it, clear it, but don't go back and reattach to the drama around the trauma that you find. Be willing to surrender that old story. You're going back, you're getting the information, and you're moving yourself forward to the present day. You're not staying stuck there. That's a good point.

Steve: I also want to say something about this physical field which comes out of Bruce Lipton's work. The belief systems that run our physiology are unconscious. They are largely encoded in utero and before the age of five from our perceptions of our environment. Bruce Lipton is a great lecturer. He made the *Biology of Belief* video tape where he is wearing a long sleeved shirt and he rolls the sleeve up and shows on his arm where he's written MS, cancer and Parkinson's, etc. Then he rolls his sleeve back down and he says, "All of us have the code for this disease, the question is do we encode the disease process or not?" And that depends on our perceptions of the environment. Do I live in a fear state? Do I believe, going back to Einstein, the fundamental question of is this a safe and loving world? Am I always living in a fear state because I am trying to control the next moment to conform to my fantasy life? Can I move into that belief system? Use this manual and use the codes that collapse the trauma fields so you can move more and more of your consciousness into the belief that even in moments of pain there is great love and joy and abundance and health and gratitude available and I can move through those moments as part of this journey. Not that they are being "done" to me every time.

Beth: I want to share another tool under Issues about Safety which is the second section in the manual. We all have parts of us when we're in any kind of illness state or when we're feeling blocked, that often cannot see that we are safe and that we're an adult today. Going back to that question, can 100% of me see that I'm an adult today and that I'm physically and emotionally safe? Oftentimes the answer to that will be no, especially when you're talking about this issue of safety and most always that comes out of early trauma. Under #11 a, b, and c we need to ask the question, can all parts of me see out of my eyes that I'm safe? Can all of my parts hear out of my ears that I am safe, feel through my skin that I am safe? If that's testing weak for you or when you're working with somebody else, remember the statement, "come to my senses", and choose something to look at in the moment and notice the color, notice how things are moving in the wind, focus on something to ground yourself in the here and now. The same thing for hearing, listen to birds, listen to water running, listen to a sound and be present doing that for a minute or two. For those of us who have had trauma, dissociation and illness you'll be surprised that is more difficult to do than you may think. So practice and use the skin to touch something that has an interesting texture; run your hand and your fingertips over something that you can touch to show yourself you are here. You are here right now and you

are safe. Its 2010 and you're here now. If you're in a relationship that's not safe, I don't want you to be there, so get out of it. But most of us with illness are safe now; we're locked back in time somewhere usually before the age of five where it wasn't safe and we're still living with that in our physiology today, a la Bruce Lipton and his ground working work with *Biology of Belief*. Our perceptions create our reality. So if we're still seeing the world as a three year old and we're terrified, we're not coming to our senses, we're not living here today. We're not seeing with our eyes, hearing with our ears, or touching with our skin. So that's an excellent exercise that I would do and practice it every day.

Steve: You might also check that during the night time field. Sometimes you have different information during the night time field as compared to the daytime field. Retesting those same questions with your eyes closed or the tongue on the roof of the mouth behind the front teeth, may give you different answers. You might need to get through a night time field and that is part of the dissociative process.

Beth: It's interesting that you brought that up since for #11 a, all my parts can see out of my eyes that I'm safe, but if I'm sleeping, I'm not looking out of my eyes.

Steve: Right.

Beth: So what can you do instead? You can still feel with your eyes closed through your skin. You can hear. You can still have intuition and that's a type of sixth sense. If you're struggling with this at night you can assign lookouts to watch over you at night via the parts inside of you to maintain some level of vigilance so that you can sleep. You can imagine a castle with lookouts and create a picture inside if that works for you so you can rest well. You can sleep and close your eyes but some part of you is alert and their eyes are open.

Steve: I've worked with people where there was a repetitive trauma often sexual in nature by a family member that only happened at night. Somebody would start touching a child who would close their eyes tighter and pretend they were asleep so they didn't have to wake up and deal with it. The entire night time field is processed through the hypothalamus, the eyes being closed, and the tongue on the roof of the mouth. You can't actually access that level of dissociative trauma process without that. That's why we're bringing these things up. Most things that we're teaching you are phenomenal gifts from dedicated clients who had suffering and we kept bumping our head against the wall until we could find an answer for them. We want to give that gift back.

Beth: One thing to keep in mind as we wrap things up for this evening's teleclinic is that there are choices in your current life that need to be made as well to clear these issues. So you can go back and you can clear the beliefs, the old traumas, the ages that come up, whether you need more information, and all of this will help you to do a deeper level of clearing. The critical one is to ask, is there something in the present day that is contributing to the weakness I have on this statement? For example, if we look at #23 which is about getting needs met, I don't have to create a crisis to get my needs met or to get attention. If that shows up as a weakness for you is that something that was okay at age three, but in your life today there some crisis manifested through your symptoms that you need to do something about? That is my long winded answer of saying you don't always need to go back in time; there may be something in your life today that requires you make changes; you may need to do things differently now to completely heal

this issue. The part that's missing could be that you are not doing your part in your life today to shift this energy.

Steve: As an example, if there's a conscious conflict and you do the trauma work on this person where a stepdad abused them as a child, but they're still living with an abuser that comes home drunk and abuses them twice a month. They don't have permission to do that anymore. It's brought up that field as a child to heal and you can collapse that but they need to make a lifestyle choice by telling their partner, "When you come home drunk, you sleep in the other room." If they don't make change in that relationship they can't heal that full trauma; they can heal the old part but not the current day re-traumatization.

Beth: Ask yourself what motion you need to put in your life today to keep this moving.

Steve: Right.

Beth: Oftentimes with people who have chronic illnesses I think the opposite is also true. If someone is in an abusive marriage or a relationship, people with chronic illness tend to go off and live alone because there's been so much pain in their life. They think if they are by themselves maybe it will be better. How can this be used then as a springboard to create some relationship in your life and realize you don't need protection from everyone on the planet? This was only one person who hurt you.

Steve: There are probably other ages in your life that are resonating with these beliefs and by all means feel free to find them as well because that can help you to do a deeper level of clearing. The first one I think is critical but find others and don't forget to ask is there is something in the present day as well. Is there something in the present day that is contributing to the weakness I have on this statement? If you go through this manual three or four times and you do good work and your symptoms don't change I will promise you, you have a physical pathway that needs collapsing. Here is an example: I had somebody come to me that had a panic attack every time they sent out Christmas cards or filled out their bills. They had been participating in weekly analysis of some type for seven years and had probably spent in the range of \$200,000. When I checked them I found they were toxic on the adhesive from licking envelopes. I had one session that was less than 10 minutes. I asked them to go ahead and pay some bills but to use a wet sponge instead of licking the envelope seal. The client called me back two weeks later and said, "I don't know whether to shoot you or my analyst but I've paid bills and sent out some birthday cards and had no anxiety." I said, "Right, you'd already done all the emotional work for years with all that psychoanalysis. But you didn't collapse the physical pathway which was your allergy to the adhesive on the back of envelopes." That may have been a trauma field from when they were two years old and they licked an envelope and mom beat them, who knows? But the issue was even though they had collapsed the emotional field, the energetic physical field was not identified. If you do the good emotional work, you use EFT, you use this manual, and something's not shifting, do a consult with us to see if we can find a physical pathway that needs to be collapsed for the healing to fully manifest in your body.

Beth: Adhesives are full of heavy metals and are very toxic. I highly doubt it was a trauma field. He was allergic or reacting to the adhesive as most people probably do.

Steve: Years ago they made adhesives out of horse hoofs and bones so who knows...

Beth: I wasn't alive back then!

Steve: I know that was back before they had cars! But they would boil the horse hoofs and use that as an adhesive on envelopes. It may have been heavy metals. Maybe he didn't like his foot, I don't know but I'm saying there was something in that field where a physical pathway needed to be collapsed. My point is that he had a 10 minute session on something he had dealt with for seven years and it was gone immediately. All the emotional work was already done but it could not manifest in the body until he avoided the toxin, which then allowed him to heal. It could have been a hidden virus or a curtain, or a fungal infection or a wheat allergy, but for this guy it was simply avoiding the adhesive on the back of envelopes. It was very simple, so if you go through this manual two or three times and you're not getting a big shift, call us for a consult. There is probably a physical pathway that needs to be dealt with or put online for your healing intelligence to manifest your healing.

Beth: I think that's a good point to end with; all chronic issues have spiritual, emotional, mental, and physical aspects. I think part of why we have our success is there are many wonderful energy therapies to help with the emotional fields, but we get to the unconscious through QT very effectively and easily find the physical blocks in regards to toxins and pathogens within the whole system.

Steve: The metaphor I want to use is if you're pounding the same nail with the same hammer and it's not working then obviously you don't have the right nail or right hammer. Don't blame yourself, simply back up and realize that your current level of understanding is not complete. Back up and let us do a new scan and bring in some new information and then see if the treatment completes. We will stop for tonight and we'll pick up with the next section about getting your needs met next time.

Beth: We will do this through a live demonstration next week so that people can see how this works and get them involved in the process and they you can go along for their own healing.

Steve: Sounds good.

Beth: Thank you all for listening this evening!

Steve: Blessings, bye bye!