

COPYRIGHT 2010 QUANTUM TECHNIQUES

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

Part 2: January 19, 2010

Stephen P. Daniel Ph.D., FPPR

Beth Daniel, M.A., Ed.S.



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 come in prior to the event or during the webinar will be answered.

Steve: This is Stephen and Beth Daniel the founders of Quantum Techniques and we welcome you to the teleclinic *Taking EFT and QT to the Next Level: Live Demonstration*. I'll let Beth take it from here.

Beth: The title of this evening's teleclinic is How to Use the Quantum Techniques Manual: *Taking EFT and QT to the Next Level to Heal Yourself and Others* and this is Part 2 of this teleclinic series. We did the first part last week and this evening we'll focus on using a live demonstration. First we're going to give you some new concepts and information and then we'll do the demonstration.

Steve: I'm going to start talking about some concepts. I don't know if Julie is on the call yet. If she doesn't show up tonight we'll just keep going through some other things. There is something that I've wanted to introduce for a long time and I would have written up more in our action guide but it came to me early this morning. In our system people heal at their level of awareness and so some things that may have worked in the past don't work for you today because you moved past that model. I don't want to drop things that have had much value for many people over time as much as I want to move forward with some new things. I'm not sure what I'll call it, maybe Beyond Parts. For all those that are listening what I'd like for you to do is have a piece of paper in front of you and make a small circle about the size of a quarter. I'd then like you to make a circle about four times bigger than the first one so that the little circle is inside the second circle. Then make a bigger circle that encompasses both of the first two circles. So you have a total of three circles on the paper. I want you to understand that all models are incomplete, just like our concept of God is incomplete. Our concept of self is incomplete, so don't attach to the model, use it for the tool that it is and be willing to abandon it for a greater teaching, a greater understanding. Let's move ahead with an example. Under Issues Around Abandonment I'll tell you how to get rid of the negative, which the unconscious does not hear or recognize. Number one in this section was originally written: That my partner/family will not leave me when I'm completely healthy. If we rewrite that it would say: My partner/family will stay with me when I'm completely healthy. The three circles represent the three levels of the self. The little circle is your unconscious, which is the you that was created primarily by your environment in utero before the age of five. That's the you that contains your unconscious, the automatic thinking, feelings, body sensations, and whether you're in flight or fight mode. Bruce Lipton wrote *The Biology of Belief* and won the Nobel Prize. He is a great guy and an outstanding lecturer. He says that about 95% of us come into this world with good DNA. What we're talking about now is the automatic belief systems and perceptions of the little self, the little circle created before the age of 5 that determines whether or not we code for disease. The second circle is your present conscious self. It is the me that I know today. I'm an adult and I can look around and say I'm safe from the terrifying things that happened before the age of five. I know that my wife is not my mom, or my abuser from childhood. I can see that the world is a safe place. I understand that there are terrorists, and other things to be aware of but I'm not in fear of annihilation like would be if I was under the age of five. The Parts Manual and ego psychology is primarily designed to move us from that automatic patterning before the age of five into our present reality which is that middle self (circle). That's one of the things that energy medicine does better than anything else.

Spiritual teaching typically doesn't know how to get from the little self to the middle self. Psychology leaves you at the middle self believing that I am my body. I am separate from other people and if I have a relationship for that body, or that money, or that house, or that power, I'll be safe and happy. That's the American fantasy. If I drop 10% of my body fat and double my income, I'm fat and happy, or I'm safe and happy, or I'm healthy and happy and I get the ideal relationship, I don't need anything else. What is the third self? The third self is unlimited; it's not really defined by a circle. The third self is that I am primarily a spiritual being. I am one with the Divine, one with everyone and everything created. Any perception of separation comes from that middle self and if I can move into the third self and only exist in the moment (the greatest enemy of the third self is our concept of time) then I'm truly fearless. Spiritual teaching is for those that are willing to take the leap from the middle self to the third self. We want to try to build a model that combines all three of these. So I wanted to talk about what that means. Your degree of suffering has to do with which of these selves you are primarily operating from - the little self, the middle self, or the third self. So we want to think about that as we ask these questions. It's not that one is better than the other; it is all part of the journey. It's not about judgment, it's about being present in this moment and understanding what that means for most of us. I think psychology and even energy psychology has believed that if we used our trauma code or the EFT code to collapse the trauma field around a memory, a thought, an emotion, or a body sensation that traps us in the little self, that we would automatically move to the third self. That is not true; we move to the second self. What most people don't realize is that we confuse our thinking or our feeling about reality as reality itself. We are addicted to the process of thinking about something painful, imagining a solution and feeling relief from the problem we created with our imagination and that locks us in the second self and doesn't allow us to move to the third self. That may be a lot to digest in this short period of time but I want to plant those seeds as we move forward. Soon we will have this manual reformatted with several of the statements containing negatives modified so that you can use the statement itself as an affirmation. I will talk about which those are later. Some statements we didn't do that with because you can't convey what the statement meant by switching out the negatives.

Julie: Can you hear me?

Steve: Yes. Beth is going to say one thing and then we'll ask you some questions and talk a little bit about the email you sent me.

Julie: Okay.

Beth: There is a new statement I would like you to add in your manual after # 82, which is in the section Issues About Forgiveness that starts on page 12. You can call it 82 B until we get the new version out. The statement is "I choose to fully forgive the Divine for sending me the experiences I really need to heal and to be completely free even if these experiences cause me pain." We'll have some other additions coming up but I wanted to give you that one today as that may come up as Steve works with Julie.

Steve: We are having some technical difficulty with our webinar so if people were trying to listen to that it won't work. But we will be able to record everything and put it on the webinar later. I have a couple other thoughts related to the three levels of self. One of them is if we put stake in this model how different we perceive everything. The Divine knows what's best for me,

even in the midst of great pain, and I understand that everything happens for me, not to me. I understand the purpose of this existence is to grow past the limits of who I thought I was over and over again. I understand that much of the suffering we've assumed that we thought was permanent, is temporary. We allow the ebb and flow in our life and being present in the moment versus being frozen in time. Looking at parts work so much of it is about moving from the little self to the middle self and letting our unconscious know we are living in the reality of the present moment. So much of releasing the middle self to step into our Divine nature, is understanding that it's not my job and that it is not functional to try to control what happens next. Most of us are addicted to that process even if it is only in imagination of trying to control what happens next. I've talked much about Guy Finley and I think he is one of our best current spiritual teachers. You can go to www.guyfinley.com to download a great series called *Liberate Yourself* fairly inexpensively. One of the statements he makes is that all fear is ultimately the fear of the loss of yourself, so I'm afraid of losing my stuff, it's the self I've attached to my stuff. If I'm afraid of losing my partner it's the fear of the self I know through my partner's eyes. Guy has another great statement that I don't remember the exact wording so I'm going to paraphrase it. He says here are the words that release you from all fear: who I know myself to be, even who I knew myself to be yesterday, is really no help to me tomorrow. Most of us want to carry forward who we've known ourselves to be and in carrying that forward we carry our pain and suffering. Do I trust that when I show up in the moment the Divine will be there and I'll be made new in each experience and then I let that experience go and be ready for the next one? That is very difficult. We are trained to believe our thoughts and to carry ourselves forward and within that process we lock ourselves into our pain. So I wanted to give that background. Julie's volunteered to be involved with this and I'm going to give a synopsis of an email she sent me.

Beth: For people that are listening and testing along with us, if you get a different answer than Steve or I it's okay. Steve will probably find different things as he's working with Julie and it's because of the interaction of Steve's field with Julie. It's the interaction of my field with Julie's that's finding the answers. With the interaction of your field with Julie's that's finding the answers and sometimes things will show up that resonate with her and they also resonate with you and that's why they're showing up. That's okay so don't think that you are doing it wrong.

Steve: Is this your disclaimer because you are always going to be right? Sorry I just had to slip that in!

Beth: I could tell by the grin on your face.

Steve: Julie we appreciate you stepping forward for this session. She is working on resurfacing unconscious feelings of abandonment and a belief that it's an unsafe world. I'll summarize her history. Julie's mother was physically and verbally abusive. She was easily enraged, a bully, not emotionally available and very abandoning and punishing. Her father was a POW survivor who was also physically abusive and enraged. He had PTSD, and likely suffered from alcoholism. He was passive aggressive and verbally demeaning. Julie married a wonderfully compassionate, loving and emotionally available soul mate who had the same type of parents. They made a vow that the generational issues would stop with them. They would create a safe environment in which to flourish, help each other, grow and heal and extend that love, compassion and healing energy to others. Thirty years later her husband is hit in a car accident caused by a

drunk driver. Now he is working on healing a traumatic brain injury and other injuries. The doctors say he is permanently disabled. Overnight her husband became a different person. Closed head trauma causes the brain to bleed and causes cognitive impairment. Along with the impaired reasoning these people easily show frustration and are verbally abusive without being aware of it and they are emotionally unavailable. The very thing that Julie thought she was safe from is now occurring again thirty years later. She is trapped in the same field she spent her whole life getting out of. Julie's statement is, "I can accept and forgive my husband's behavior behind understanding the nature of the brain injury but then on top of that there's extreme abuse and abandonment. I paid into the auto insurance program for 25 years trusting that I would be covered but the adjustor is a bully." There seem to be many issues there where they are not stepping up to the plate, even though the premiums have been paid. If you ever worked with insurance companies you understand that's not uncommon. She felt abandoned by the medical system, doctors that won't take into account what the patient says, and often ridiculed by them because she wants to do something different than them for healing. If they don't have an answer they typically blame the patient. Julie is also feeling like a victim of a corrupt legal system process related to the accident. So Julie is now reliving the trauma field every day, one way or the other. Whether that's phone calls to one of these different entities, getting collection bills in the mail, trying to live on disability, always having to fight for some proper medical care documentation, just to move forward with this. This has all combined to put her in a highly adrenalized state for about three years. I know that her and her husband have done much forgiveness work, EFT, QT trauma work on the drunk driver, the attorneys, the doctors, the people involved, but they are still living in that reality. So the question is, when you're living that reality how do you then move through that? That was one of the reasons I talked about the three different levels of self. Part of this is moving us beyond that automatic patterning. Before the age of five Julie was abused and felt abandonment. A five year olds fear is complete annihilation in these instances. Even if you heal all of that you're still dealing with the adult who fears that they may lose their house and then where will they live? My partner doesn't get the care they need, how do I deal with that grief or loss? What's happening with me today? You're dealing with all different levels of the self that experienced abandonment issues differently and safety differently. Something else I'm going to encourage people to do is always test with your eyes open and closed. This is not in the current version of the manual, but it will be in the revised one. The field when the eyes are closed will often show things that would otherwise be missed. I don't know why, I just know it's true. You can also access that field with your tongue on the roof of your mouth behind the front teeth. That way you can read the statements and test them. Often you'll have a part of you that can hold that information in a daytime field but not in a nighttime field.

Beth: Julie, it would be helpful if you close your eyes while Steve is scanning you. We will likely obtain more information that way.

Steve: Right and many times that is because things happened in the nighttime field. You may have heard your parents fighting in a nighttime field, etc.

Beth: I think our unconscious is much more accessible at night.

Steve: Here is a teaching metaphor that highlights this point. Many years ago I conducted hypnosis for chronic pain. Let's say the client was having repetitive pain. One of the things that

hypnosis is good for is creating altered states and altering physical sensations. So let's say they had ongoing migraines. You could give them amnesia for all previous migraines by hypnotic suggestion, meaning every time they felt pain in their temple they you know often they would press their finger or finger and thumb together and it would cause an amnesic reaction to previous headaches. You could reduce their suffering by at least two thirds. Think about that in terms of what we are going to do with Julie. What does that mean? If I start to get a headache I have the physical sensation right now in my head, then I start remembering my worst headache ever and I just doubled the amount of pain I'm having. Now I'm projecting into the future that this headache is going to be as bad as the worst one I've had only it's going to last longer. I just tripled my pain level. If I only live in the moment and I don't carry the past forward I've just reduced my pain even though the physical stimulus is the same. That's true of emotional issues as well. If I feel attacked or abandoned by the legal system, consciously or unconsciously, I'm holding the most painful abandonment of my past and projecting as if this will be worse and it will continue in the future. I like to read novels when I work on an exercise bike every morning and there's a great line in the novel I was reading this morning. An older physician was talking to his son and he said, "We seldom experience our greatest fantasies or our worst fears." It's a great line. How often do you feel like I will get this grade on my test or lose this body fat or get that partner to love me or get that income, or buy that new car and I'm going to feel this great? When you get there it is not that great. It is good; but it's not that great. Similarly, if such and such happens to me it's going to be the worst thing ever. When you get there its bad, but it's not the worst thing you can imagine. Staying in this present moment is the solution for so much of our struggle. Don't go into the past, don't project your worst fear in the future, stay in this moment even if there's great pain. Somehow the Divine shows up and we make it through this moment. Obviously if that wasn't true for Julie she wouldn't be on the phone with me. As bad as it's been somehow the Divine has showed up and she's made it through every moment of her life to today and that's true for every person listening to this. Are you there Julie?

Julie: I am.

Steve: Good.

Beth: Julie is there anything else you'd like to share in addition to what Steve gave as a summary?

Julie: Well, I thought I had cleared all or most of the questions in the manual although I do now see a few more new questions. It seems as though all my answers were no, and it was if someone flipped a switch and erased all the work that I did since the accident and now I'm starting over again. I don't know if that's true but that's what my testing is showing. It could be a deception in my testing.

Steve: Thanks for bringing that up Julie. This is an important concept and I don't think I can possibly overstate this. We're redesigning this as we as we learn more but I promise you if you're doing your work and you read this manual and you test and you get everything to clear and then do it six weeks later, you are going to find things that are not clear. Why is this? Because you're testing the level of awareness, and we want to use our old model here; you're testing the parts that are answering you today. Everybody on the team is here and I ask these questions: who wants pizza, who wants beer, who wants sandwiches, who wants hot dogs, and everybody votes. When I ask the questions a week later with a different group of players, I get

different answers. Now there are other aspects of the trauma that have arisen. I've accessed everything I can. I've gone through this, I brought healing to many parts, I've done my work and now there's another resonating trauma in my present day. There's a new field up that I can get access to information in my childhood where I didn't feel safe from somebody and that field wasn't available six weeks ago but now because of this current environment I can get access to some parts of myself that need healing that I couldn't get to before. It's not that you lost the work; it's that whatever purpose in your life about healing this has come up for you to heal it but you didn't lose ground. You simply found a new aspect of yourself heal.

Beth: For me, a new emotional state can come up. My most recent example was an anger issue that showed up and I wasn't sure where it was coming from; but I knew it was blocking my healing. It was very big in my field and I looked at some of these questions and found many different answers than I had previously found because I had never been in that emotional space before on a conscious level doing this work. So it helped me to find the root cause of that anger, what was going on for me. It was like looking at it with new eyes given what was happening in my life at the moment.

Steve: One of the difficulties for spiritual teachers that want to take us from the second self to the third self is they don't know what to do when the first thing you have is a panic attack or you can't move your legs. In other words, if the whole process is completely unconscious, that's where we're talking about getting to that infant part, to that present day part and using these kinds of techniques to collapse that field to where we can then step in as an adult in our present day consciousness and move it to a spiritual level. Anything else you want to share Julie?

Julie: I will mention that right when I received the call that the accident occurred I immediately did EFT and QT and prayer and everything else I could think of not knowing how bad the situation might be. I forgave the drunk driver immediately and when my husband and I were driving home from the police station we prayed out loud for him and forgave him. So for the last three years even though we have forgiven him we're still dealing with the repercussions of his irresponsibility. But I can truly say that nobody can completely heal unless the forgiveness piece is in place. It's probably the cornerstone. It has allowed everything else to work as well as it has, as tough as it's been. The energy medicine and energy healing have been wonderful but I think it could only take place if there's the sacred space made available by forgiveness.

Steve: I would absolutely agree with that. Non-forgiveness links me permanently to that trauma field. Forgiveness is not saying what the guy did is okay, it's simply saying I want to live in this moment today because anything else increases my suffering. And that's a hard lesson for many people. For me to commit an act of violence towards another person, even in my thoughts, I have to first commit that violence to myself because we were not made to hold that anger and rage and hatred and judgment toward another if we first violate ourselves. As difficult as that lesson is, the only possibility of freedom is to say if this happened to me there's a purpose in this and I need to grow through this purpose. To move into that third level of self that knows who you are is beyond even this physical body and even this lawsuit. For example people who've been divorced and see their ex-spouse, they see the wounds in their kids and they believe their ex-spouse causes this every week. How do they release that? With love and forgiveness. When people have an injury and blame it on a botched medical procedure or a

medication or a surgery or an accident how do they not stay locked in that unhealed trauma state the rest of their life? If the adult self says, "I've been wronged therefore I am justified in hating" then you can only heal to that level. You actually can't heal past the level you are willing to forgive and surrender. So that's good and I appreciate you bringing that up.

Julie: There was one other thing that I might add that resonated with me as I went through this manual. #43 says I can raise the vibrational frequency of my body so I'm no longer a host for bacteria, virus, fungus, and parasites. It seems as though we both need to work on that often because we seem to be susceptible to bacteria and virus and these kinds of things and it seems to be holding us back with chronic fatigue and not allowing for healing to get past all this.

Steve: It's interesting that's one of the statements we've rewritten for the manual. That statement will be changed so you can use it as an affirmation: I can raise the vibrational frequency of my body so that bacteria, virus, fungus, parasites pass me by. With the kind of trauma field you guys are dealing with if your body is constantly in fight or flight response, we call it sympathetic overdrive, it's very hard for the immune system to kick in and to be where it needs to be to keep you healthy. Did you have something you wanted to say there Beth?

Beth: Are you ready to start in on your scan with Julie?

Steve: Yes. One of the things that Julie wants to look at is the first two sections about Abandonment and Issues About Being Safe in the World. I'm going to test the questions that people have there. I have the revised version and if that comes up I'll state that as an affirmation in those first two sections. If we just check for Julie, I want to be healthy, I want to be sick, she's not reversed. Again we have her hold the belly spot; I'm 100% clear of deception, interference, obstruction, attack and attachment. I automatically close my eyes when I'm testing for someone. Julie should do that too. If I check that first statement does 100% of her conscious and unconscious know that her partner/family will not leave her when she's completely healthy? I get a yes to that. If I go to the second one, I know how intrinsically lovable I am, and that I won't be abandoned when I heal? I get a yes to that one. The third one, I can be myself and others will want to love me and give to me, and I get a no. Now other people might get a different answer. If we check that, does anything come to mind Julie when you read that statement or think about it?

Julie: Yes because I had a mother who blamed me and all of the kids for everything and we were scapegoats and undeserving and we were not lovable unless we were going to be perfect kids with straight A's and did everything perfectly. But we were normal kids. We were probably pretty good but we had a big family so it got exhausting and we were never good enough.

Steve: It's interesting if I ask, is this an issue with the little self? Yes, the middle self? No.

Beth: That's what we were talking about last week - asking the question before each section: Does 100% of me know who I am today and that it's 2010? And if you ask that for Julie, no, so I think that's fairly reflective of Julie's answer.

Steve: Julie let me talk about this for a minute. I had a pretty crazy mom, she was schizophrenic and bipolar. When I was little if I could make everything perfect for my mom then life was good, and if I couldn't life sucked. So what was my unconscious programming before the age of five? If I do everything perfectly life goes good, if I don't life is terrifying and terrible. What do I believe when life isn't the way I want it? I'm being punished that means I was bad and that's an unconscious program. That runs for you, that's very typical for people who had an abusive or

alcoholic parent. I could get off the bus ½ mile from my house and I knew who I needed to be when I walked through that door to avoid my mom having a psychotic episode. I learned to read those small cues, let me say it another way, I got trapped by my belief system about those small cues. For you today when you're "being punished" by the insurance company, and punished by the legal system, and punished by the medical system, internally you go into a flight or fight response because the five year old is looking for a way to be perfect. If you fill out the forms right, if you talk to the right people, at some point you control and stop this punishment. The problem is it's not a real truth, it's the automatic programming. So every time we try to look in the past and then try to find a magical solution to control what is going to happen in the future that is where we go into that high adrenalized state. Now Beth is doing some testing, what are you getting there?

Beth: There's a trauma that's significant for her between age four and five that I would pull in and clear with that statement.

Steve: Okay.

Beth: It's similar to what Julie was sharing about her mom.

Steve: We ask, do we need to know more about that trauma? I get a no. So if we don't need to know more then I don't ask more; I move on. Let's check the second question: I will be intrinsically lovable even if everyone abandons me I and God's spirit will still love me. It tests true. If I check #5: I will be safe even if everyone abandons me. I get a no to that. Is that adult self in the moment today? No. Is that that four or five year old? Yes. So again at four or five the idea of being abandoned is terrifying. If you check that Beth, do you get a different trauma field? Do we need to know more?

Beth: Not a specific trauma, but there's a trapped emotion in that field.

Steve: Okay.

Beth: It's fear. Is there another blocked emotion? No, there's a belief that comes up there about other people. Was it about family? Yes. Was it about your mother? No. Your father? Yes.

Steve: Okay, do you need to know more?

Beth: No.

Steve: Okay.

Beth: There was fear of abandonment by him.

Steve: Okay.

Beth: Do we need to know more about that? No, but something happened around age six.

Steve: Okay, checking #6: I can fully love and accept myself even if no other human being does? I get a yes to that. In other words you're okay if everybody else is whacked. That is the way I grew up. I'm okay and everybody else is reversed. If I didn't have that belief I wouldn't have survived. Moving on to #7: I can choose to be free from the prison of others' expectations. I get a yes to that.

Beth: I do too.

Steve: If I look at #8: I do not have to be perfect to be safe and loved. I get a no to that and I rewrote that to: I am safe and loved even in my imperfection. I get a no to that. I'm safe even in my imperfection. Yes. I'm loved even in my imperfection. No. So that gets back to you were okay with you, but how do you stay connected with all these wacko's in your life? You can't slip Thorazine in their orange juice every morning. Eventually somebody will catch on. I worked at a

psychiatric hospital where it was my job to give the resident psychiatrist his Thorazine in his orange juice every morning and everything went well on the unit. That was a long time ago.

Julie: You gave it to the psychiatrist?

Steve: Yes, he had a problem nobody knew about, but he didn't want to take his medication so I was the intern and had to slip it his orange juice every morning. He didn't drink coffee. That's another story. It's interesting for you Julie that there's been this strong sense of self that you were okay with. One of the things I taught when I was a psychologist is that there's insanity in the world. You can't make it go away, you can choose whether you deal with it inside of yourself or between you and other people but you can't make it go away. You had some degree of that sense of self that you could hold onto that and I think that's what allowed you to be successful in your career and other things until the health issues collapsed. If you think about this work, we get that sense of self on a conscious level that allows us to go forward and achieve but that underlying fear state were living in eventually compromises our health because it exhausts us and runs us down. Checking #9: My truth will always be expressed one way or another, consciously or unconsciously. I can choose to consciously express my truth and resolve my problems so that I can heal. I get a yes to that. Beth you're getting some stuff coming up?

Beth: There's more that you need to know to clear #8.

Steve: Okay.

Beth: Which is the belief that I have to be perfect to be loved, so I would look into that further to find some more information, there's a vow underneath that. You get that too?

Steve: At what age was the vow?

Beth: Three.

Steve: Okay.

Beth: Is it with another person? No, it's a vow with yourself.

Steve: Okay.

Beth: It's a vow to be perfect.

Steve: I will be perfect no matter what it costs me.

Julie: We call that peace at any price.

Steve: Okay. But if you think about that then the wheels never stop turning. The adrenaline never stops pumping because there's always something more you can do.

Julie: That's right.

Steve: Does anything else come up into awareness for you or do you have any thoughts emotions, body sensations or memories?

Julie: I think that's probably where those of us in our family, especially myself, learned to be the ultimate people pleasers. If you did this you would be safe and you wouldn't be abandoned and you could be loved for the moment, even if it was temporary. The next minute could be another fiasco but if you could hang on for this minute, and be the people pleaser, then you could be lovable.

Steve: It's no surprise Julie went into a healing profession.

Julie: I was really good at it.

Steve: Absolutely.

Julie: I was an expert.

Steve: The number of healers that had a psychotic parent is large. It was often our designated role in the family, consciously or unconsciously, to be the caretaker of the parent who was 'out to lunch'. We had to learn how to read those minimal cues and become like a chameleon or whatever they needed to be stabilized in that moment. That gives us an incredible insight, like x-ray vision into what other people need, but if we're not careful we get trapped into that where it's an automatic process of losing ourselves in the need of somebody else.

Julie: We get good at mind reading.

Steve: Right.

Julie: Because you develop that skill.

Steve: Well then it takes a conscious effort to not become what you see someone else needs you to be.

Julie: Yes.

Steve: So let's bring that back to where you are now with a brain injured partner. Because of his own hard wired damage now, who he needs you to be changes every few minutes and he's not even sure.

Julie: Exactly and that's where the exhaustion and the internal/external trauma comes in.

Steve: Right.

Julie: Because I have to be everything and I've had so much shoulder pain and I know it's from shouldering the responsibility of being every single thing that I needed to be for years. It never stopped.

Steve: Let me give you another metaphor. Imagine that somebody's got a control on a TV and every time they switch the channel you have to become the main character. It's a lot of energy but you can do that. What if all of a sudden they got a split brain issue so now they have two TV screens going at once, and then three and you do the same thing. You need to be the main character in every one of those screens at all times to be safe. If that's your program, whatever's on their screen, that's who you have to be at that moment. When they're brain injured, it's like childhood again. There's mom's screen and there's dad's screen so you have more than one screen, and you have conflicting messages every moment about who you're supposed to be to make everything safe. No one can do that. How do you take a deep breath and let that go? Beth and I have been through something in the last year and I remember when it came up I said, you know to survive this we're going to have to transcend who we've known ourselves to be. How are you okay with transcending all the strength and the things you valued about Julie? How do you let those go and say, who I'm becoming every moment is even more complete, greater, more whole than that? I can release my attachment to that and trust when I show up in the moment the Divine will meet me there and that will be more than enough even if I can't see how it's going to happen. That's very hard because of the conditioning we have with our crazy parents and if we couldn't figure it out, they sure weren't going to do it. Every one of us projects whatever unresolved issues we have, especially with our father in our society, onto the Divine. So if I had to figure out what my dad wanted, and he was very critical, to do good enough to get approval, now I'm trying to figure that out with the Divine. We all do that, so it becomes very difficult to figure out what the Divine wants and be perfect enough to control that response. We can't do it. If we use that affirmation: Can I greet each day with the intention of receiving safety and love as I express all of my unique gifts, truths, and needs in the

world? What do you get on that? Do you get 100% conscious and unconscious cooperation?

Beth: Yes.

Steve: Let's move on to the second section. If things come up let us know Julie.

Julie: Okay.

Steve: In this section, Issues About Safety, I wrote a little note there and this comes from a good friend of ours an MD, Joel Friedman. He says, "When you're struggling come to your senses." This means the here and now in this present moment. He didn't ask what your thoughts are about things; he wants to know what your awareness is in this moment. Notice the body sensations, the way you're breathing, the feel of your skin under the fingertips, or the feel of your clothing fabric under your fingertips. When I conducted hypnosis I tried to bring people into the present moment. This is the same for Julie; if she thinks about this moment right now, she can see how to survive the next five minutes. If she starts thinking about six months or a year in the future and about all of the bills, the attorneys demands, the insurance stuff, the medical details, all a sudden she's going to feel much pain because she can't see those answers because they haven't shown up yet. How can you live in this moment now? It's an ironic question because that's all any of us ever have is this present moment. This is where our understanding or our belief about time gets us into trouble. Does 100% of you know right now that you're an adult today and you're physically and emotionally safe? We've got that. That tests true now. Do 100% of your parts know who your love partner is today and that you're safe with him? What do you get on that Beth?

Beth: No.

Steve: OK, why don't you go with that? What are you picking up?

Beth: Well, if you ask does 100% of Julie know who her partner is today? No. Does 100% of her know she is safe with him? That tests true but there's some confusion about ... go ahead...

Steve: I want to add to that you may get different results with your eyes open. That would be important for Julie to do that work with either the eyes closed or the tongue on the roof of the mouth to get to that field.

Beth: Right.

Steve: OK, go ahead.

Beth: I think I was automatically tapping into the eyes being closed. So with the eyes closed, 100% of Julie doesn't know who her partner is today and that brings up the trauma of the accident as a turning point on that issue. This is because sometimes she doesn't know who he is today or what to expect, especially when she's sleeping and in more of an unconscious realm.

Steve: I would imagine Julie that there's sometimes when his energy field because of the brain injury is similar to your dad's. Whether that's the anger, rage, or emotionally feeling abandoned. Have you made that connection consciously?

Julie: There have been aspects of this accident and the medical insurance and those systems where it mimics post traumatic stress disorder. There also seems to have been a strange electrical piece to this brain injury in the early stages following the accident where it is like the two halves of his brain are sharing the injury and it seemed that someone was flipping a switch on and off, and one minute he was Dr Jekyll and the next minute he is Mr. Hyde. Now that has changed to the point where the majority of the time the electrical system in his brain is firing properly. We couldn't get that electricity to change initially, but it's changing now.

Beth: Yes. But then if we ask that question: Does 100% of you know that he has changed and shifted for the better? No, especially not in that nighttime field, there's still that fear of what you were living with before there was improvement in that area for him. So we want to pull that in and clear that field so that your ability to sense even if you're eyes are closed, your ability to know in your heart, to feel, hear and sense, what the truth is now.

Julie: I have had three years of significant insomnia so I imagine my body's been in a high alert state all night long too.

Beth: Absolutely. I'm hoping going through this exercise will help to calm that hyper vigilance and to see the true way that things have shifted. In the example you just gave you showed a positive direction and for your unconscious and internal world to see that truth and it is okay to rest.

Steve: Julie, I know you have access to the insomnia teleclinic.

Julie: Yes.

Steve: And we talked about setting parasympathetic recovery.

Julie: Yes.

Steve: When I check your different fields there are two areas I want you to reset to help with this. One is to touch over your heart and sweep the head over to C7 and L5 down to the tailbone and tap above the ears five times.

Julie: Okay.

Steve: The second one is the Vagus nerve. Touch the two headache points on the back of your head, down low, rub on them. It is a bit painful.

Julie: Yes.

Steve: Touch those and then sweep the forehead over to C7 and then L5 down to the tailbone and tap above the ears five times. I'd like to see you do that every day to release the heart and Vagus nerve from sympathetic overdrive. The rest of the stress syndrome, the adrenals, hypothalamus, pituitary, bladder and pancreas are okay. That exercise should be helpful. Beth, do you want to go ahead and test question 11 or you have something else you are doing?

Beth: I was just working on that field.

Steve: Okay.

Beth: I'm testing and treating her at the same time.

Steve: That's okay.

Beth: So you can go ahead.

Steve: Moving on to #13: Does 100% of you know it's safe to live in this universe and share all of your truth, health and creative abilities? I get a yes to that. #14: Does 100% of you know that you can be abundantly healthy and still be in a safe place physically, and get your needs met in the world? I get a yes to that. #15: 100% of me knows I can fully love and accept myself even if no other human does? Yes. #16: 100% of you knows it is safe to fully love and accept yourself? Yes. #17: I am completely safe from my original abuser? I get a no. With eyes open I get a no. So this fear field is brought up in both the day and nighttime fields. The internal parts of you that are still under the age of five don't know that. If we ask specifically, does 100% of you know you're completely safe from your dad? Yes, but that's with eyes open. With eyes closed? Yes. Does 100% of you know you're safe from your mom, with eyes open? No. Eyes closed? No. From someone else, eyes open? Yes. Eyes closed? Yes. So it appears to be something going on

with that trauma field with your mom. Is your mom alive today?

Julie: She is.

Steve: Okay, and do you have much contact with her now?

Julie: No.

Steve: Okay and that was a healthy choice on your part to protect yourself.

Julie: It was.

Steve: How long has it been since you had much contact?

Julie: She still sends Christmas cards with poison pen ink.

Steve: We must be related somewhere because I understand that comment. What would you do with that Beth when both her day and nighttime fields don't know they're safe from her mom?

Beth: I think, first of all I would ask is there 100% willingness from all of her internal parts to see the truth of who she is today? Yes. Is there 100% ability to see this truth of who she is today? Yes. So if we ask that question obviously 100% of her doesn't know who she is today or she would realize that she is safe. Does 100% of her know who she is today? No. Does 100% of me know I'm an adult today? No, so these little girls are here thinking they are not safe from mom and they're terrified. So I would ask all of these parts inside to look internally behind them, in the shadows, in the corners, all around for any other part of them that resonates with this fear of mom and I would ask them to be present here and look through my eyes now. Look through Julie's eyes now and see she's an adult, she's strong, and she's a woman. She survived the pain with mom. She survived and it's over. Your mother is not in your life today. You're absolutely safe from her ever hurting you again. Can 100% of these parts of you see that it is true? Yes. Can 100% of you see the truth today that you are completely safe from her? Yes. That's testing clear now.

Steve: If I check the confusion was coming from the punishing energy from the legal system which was similar to mom's energy. "Here's the law, it doesn't matter who you are there's no compassion, there's no caring, this is the law." That energy was getting through. So I would even ask does 100% of you understand that the legal system is separate from mom's legalism? Yes. Okay, so do we have 100% willingness, information, and cooperation, to heal that belief? Yes. Okay. That's what we do, we stop when we get a block, we try to find out what do we need to do to include that so that when we use the affirmation and code we can release it. Let's check #18: Does 100% of you know you're completely safe from any generational abusers? I get a yes. Does 100% of you know you're completely safe from a punishing God? Yes. Eyes open? Yes. Eyes closed? Yes. Does 100% of you know you're safe in allowing yourself to heal? I get a yes to that both eyes open and closed.

Beth: It's interesting because that one shifted. When we were working on #17, #20 was weak because I went ahead on that. So that just cleared.

Steve: Even though we cleared these two sections that doesn't mean that two months from now Julie goes back through this and something comes up, it's just bringing up something else to heal. It doesn't mean you lost any ground, it simply means another aspect came up. Were you getting something there, are you doing some testing?

Beth: I was testing her on the affirmation and that affirmation tests significantly helpful.

Steve: Okay.

Beth: To use as it's written.

Steve: Okay, now before we give you a code Julie, has anything else coming up for you? Any thoughts or feelings, body sensations, anything else you're aware of?

Julie: It's just that the mother is still right. I can be physically safe so nobody could spank me or beat me but the poison pen letters sometimes can be as damaging as physical abuse because it still can be verbal abuse in a letter rather than a voice. Does that make sense?

Beth: Yes, don't read them.

Steve: Right,

Julie: Oh, don't read them?

Steve: Correct.

Julie: Okay.

Steve: My mom died last year and the last five years of her life she decided I was the devil incarnate and she didn't have anything but attacks for me and that was okay. I didn't really need anything from her anymore. I choose to remember the best moments of her life, not the last few years. There weren't many great moments but I have a couple I can think of and I let the rest go. I didn't talk to her the last five years of her life. She died and that's okay. I didn't find any value in continuing communication that was only designed to cause pain and suffering.

Beth: I wouldn't read the letters. It's interesting as you were talking Julie I was looking ahead to see what else we need to pull in for you and Issues About Getting Needs Met. Everything was okay. The next section Issues About Setting and Accepting Healthy Boundaries came up as you were talking about those letters, #32: I can set healthy boundaries and still be loving and good enough? No. In other words some part of you thinks you've got to read the letters. You can't say no to this but you've got to read this to show you're still a loving daughter. I'm loving and good enough now, I've read this letter and now I'm being traumatized again, punishing myself again, mom is punishing me. Set a boundary on that and say no, I know I am lovable, and I know I am good enough and I don't need any more of this abuse. I don't deserve it and I choose to love myself and I choose not to read these letters and I will throw them away.

Steve: If your mom was at your door and when you opened it she hit you on the head with a baseball bat, how many times would it take you to decide to look through the peep hole and say I'm not answering this door.

Beth: That's right. The letter is not any different. If it's a poison pen say I don't need to do this and return it to sender unopened. There's no purpose in accepting that anymore. If we check, do you find anything else we need to include in that field for a specific code? Yes.

Steve: Okay, what are you getting?

Beth: There are some issues about deserving that I need to pull in here.

Steve: Okay.

Beth: Everything else is testing pretty clear between the boundaries and the deserving section. The deserving section is on page 10.

Steve: Okay.

Beth: #48 is weak, I deserved to be fully loved and accepted by others...

Steve: Just the way you are, yes.

Julie: May I add something there. I found it very difficult when the medical people would not accept my three page description of neurological problems that we were trying to deal with and

trying to get help with and I tried to explain it to them calmly. They would not accept the fact that I was married to this person, so I know 24/7 what it's like. With my 25 years of background with critical care they also would not honor that fact that I actually had the knowledge. My expertise is in brain injury and brain oxygenation and they wouldn't accept any of that. Anything I tried to say, nobody would accept. I shouldn't say nobody, most would not because they were influenced by the case manager in the background of what was going on. I tried very hard to share the information they asked for, if they would simply take it into consideration.

Steve: But for them to accept it means they would have to do something with it. It's much easier for you to be blamed then for them to take responsibility for something they don't want to deal with. And then...

Julie: No, they did, they blamed me and they said that the wife is behind all this and one of the problems was the first MRI was done without enhancements and did not show brain injury. I begged for a second one, it took me 16 months, but on that MRI it finally showed the brain bleed and sharing injury with a special film enhancement. They didn't want to see that there was a brain bleed occurring because the insurance company did not want to accept this since they would have to pay for any medical problems related to the accident now and for the rest of his life. So if the brain injury is denied then they don't have to pay for anything.

Steve: Yes.

Julie: So I had to fight for 16 months to say there's a brain injury and please take another MRI and finally we got that piece but then they ignored it. They blamed me for being the reason why he was not healing because they said I was making things worse and not better, even though we were doing EFT and QT every day.

Steve: See what then resonates with that same field under the age of five that it's easier to blame the child than to hear the truth.

Julie: Yes.

Steve: It's that same kind of parental energy from the medical staff, the insurance and the legal people that then terrorizes that child and says if I could do it perfectly enough this will stop.

Julie: Yes.

Steve: In reality there is no way. So that it doesn't become an obstacle for your healing, the question then becomes how do you release not only the adult today but the child inside with that anger and rage at that complete lie? If you go to court you are going to experience anger, rage and powerlessness, that's the way it goes. You're a victim; anybody that goes to court is victimized. That's what the system does.

Julie: Yes.

Steve: So how do you release that anger and rage each day when these things come up and stay in the moment and sometimes that moment is five minutes at a time, not a day at a time? You don't want to carry that sense of being a victim or rage forward. One of the things I always say, it's kind of crude, but shit happens in life and you pay for it once. When I'm in great pain I know like everything else in life this too will pass. I can let it go but if I don't let it go then I pay over and over again. So how do we release that and step into that third self that I truly am a perfect spiritual being, one with the Divine and I am fully deserving to heal, to receive love and blessings?

Julie: We were trying to get the truth out though. The hardest part was trying to be calm and receive all the blessings in the present moment but still fight for what's right. We fought for what was right because unless we did these people would steam roll right over us, chew us up and spit us out, so we had to fight everyday for what's right and we're still fighting for it. It's not done yet.

Steve: The point is when the battle is upon me I grab my sword and I go to battle but how do I not pre-rehearse the battle for hours and hours ahead of time and then once I'm in battle for an hour a day how do I then not stay in battle for 12 hours after that? How do I stay in that moment trusting that when I step into the battle the Divine will be there? I will have everything I need to fight that battle. I don't have to rehearse it 50 times ahead of time and 50 times after the fact. That's where we magnify our suffering. We all do that, its human nature. How do I live in each moment when the painful moments come, which they will for all of us. I walk through those but then I release them and I don't keep reattaching to them and it's difficult.

Julie: You know what happens, you say, oh I just had this meeting with this one doctor and it didn't go right. Well, the next time I would have to remember to do it this way or that way so I can finally get it right so somebody will listen. But you know they don't listen.

Steve: Right, but even then, do it once and then discipline yourself to say, no I'm not going there because every time I go there all I bring myself is anger and rage and hurt and pain.

Beth: What I do in those situations and I can resonate a little bit with this with Julie is after that meeting, go home, write down what you want to say next time, keep it in that file and then close it and you're done. But write down the notes that you want to use next time so you don't have to keep spinning over it in your mind. Write it down and close the case for the day and then when you go back all your notes are there. If you need to add to them, that's okay. But there needs to be a demarcation line where it stops and you give it up until it shows up again.

Steve: Literally get it out of the body and then stop it.

Beth: Yes.

Steve: That's why whenever we talk we pull out a big giant notebook.

Beth: If I need to send an email or something I do it and then I am done with it so that I can be free.

Steve: Right and that's the word free. I am testing that it would be better for you to give a code. What do you get on that?

Beth: That's fine.

Steve: We'll wrap all the stuff we pulled together into a code.

Beth: I would use both of the first two affirmations for the abandonment and the safety issues, and then I would also use the one under Deserving.

Steve: Okay.

Beth: So all three of those. If we ask do we have 100% of the information? Do we have 100% internal cooperation, both conscious and unconscious cooperation in healing and releasing this now? Yes. Okay Julie say I want to be over this.

Julie: I want to be over this.

Beth: For anyone that this is resonating with in any way in your life, this code will be helpful. It's EB SH G50 SH G50 SH EB E G50 SH IF E MF LF LIVER G50 SH E G50 SH G50 SH EB E G50 SH IF OE A C 9G UN SH UN Chakra pattern #1 three times and I would hold the fingertips over the liver

and the heart when you read this and go through that four times when we're finished here and then four times three times a day.

Steve: I want to thank you for helping us with this Julie.

Julie: Well, thank you. I appreciate all that you and Beth have done for me.

Beth: Send us an email and let us know how things are feeling for you after this.

Julie: Okay.

Steve: Thank you.

Julie: God bless you guys, I appreciate it!

Steve: You bet! I think we're about done for tonight. We want to thank you all for joining us and we hope this is helpful in your healing. As people send in questions we'll try to address them as we go along and we'll be sending out an email this week. We are not sure if we are going to do another live demo next week. We'll discuss that and look at the emails we get and go from there. Blessings and Mahalo!

Beth: Thank you.

Julie: Thank you, God bless you! Bye bye.

Beth: Bless you too!