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Quantum Techniques Teleseminar

***"What Is the Spirituality and Consciousness of Miraculous and
Permanent Healings?" Part Two***

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Introduction

Dr. Stephen and Beth Daniel host Part Two of this teleclinic series on the spirituality and consciousness of miraculous and "permanent" healings. You do not need to know how to muscle test or perform *Quantum Techniques™* or *EFT* to benefit from this teleclinic series.

Cellular biologist Bruce Lipton, PhD has shown that 95% of us come into this world with good DNA. Whether we code for disease or health depends on whether we perceive the environment as safe and loving or hostile and dangerous. When you combine this truth with consciousness teaching, you realize that as long as we identify with anything, any person, or position outside of this moment and outside of our true selves, we will live in fear and therefore suffer.

If this series doesn't cause you some discomfort or shock, or cause you to question some aspects of your life, then we haven't done our job as teachers. If you agree with everything, and/or are comfortable with everything we teach, then we have not presented anything new, and you are only rearranging and confirming your present belief system. "If we want to remain asleep, the man who tells us the truth about ourselves is our worst enemy, but if we want to awaken, he is our best friend." Vernon Howard: *The Secrets for Higher Success* pg. 99

Points of Discussion

Steve: This is Stephen and Beth Daniel and we are conducting our teleclinic on "*What is the Consciousness and Spirituality of Miraculous "Permanent" Healings*" and this is actually Part Three but we had Guy Finley as a guest speaker last week which you could consider Part Two of this series. He did a great job and we had good feedback from that teleclinic. Later today we are going to play about a 22 minute audio section out of a DVD of his, with his permission. He is such a master story teller. It is much better to listen to the master than to have me attempt to redo what he done such a great job on.

Beth: Part One of this teleclinic series remains free on our website under the free teleclinic section. If you haven't listened to it yet I think it would be beneficial. We covered topic points 1-11 on that call and then we had the Guy Finley teleclinic, which also will remain free on our website. We've had a few people say they want to listen to it several times so it will be there. This evening we are starting at our point of discussion #12. Again we're looking at shaking things up for people in a loving way with this series. As we said in the first part of this teleclinic series if the information we present doesn't cause you some discomfort or to question some things about your life, then we haven't done our job as teachers. If you agree with everything and you're comfortable with everything then nothing is going to change, nothing then is new. We're looking at allowing some shifts in your current belief system for healing to occur. I like this quote from Vernon Howard "If we want to remain asleep the man who tells us the truth about ourselves is their worst enemy, but if we want to awaken he is our best friend." I admit the first few times I was brought into contact with this work and this whole field of awakening I

was very resistant. Then for me, connecting with Guy Finley's work has made a big difference in terms of my level of internal cooperation and hearing this work and making changes in my life. Now, that may come for you through different people. It hopefully comes through some of what we are sharing with you and from other sources. Steve is going to share a little about that because there's a typical process that we all go through to get to this point. I think the first step is acknowledging the fact that your life is not working. For most people with chronic illness, chronic anxiety, chronic symptoms, pain, all of that, you feel that something in your life isn't working or you wouldn't be asking for help. So, you're already into that place of awareness and openness for change, whereas I think much of mainstream society is not. You need to be fed up with where you are at now in order to even look in this direction. Steve, do you want to add to that?

Steve: Yes. There are two sections from Vernon Howard's book ***There is a Way Out*** that I want to read. The first is on pages 24 and 25. Someone asked, "How does it go?" meaning this journey, and Vernon Howard replied, "A sincere student of the higher life came across a book of truth. His first reading aroused apprehension, for the book challenged his false assumptions. The second reading aroused interest, for something hard in him was beginning to melt. The third reading aroused inspiration, for he knew he had found a pure guide. The fourth reading aroused self transformation, for printed truth blended with inner truth and that is how it goes." A very similar statement occurs on page 36 and portrays a magic moment "What happens when an unaware person..." (all of us are unaware, and your belief that you are aware is the biggest obstacle to healing and learning) "...hears these facts for the first time? Something hits him but he doesn't know what. He's like a desert fox struck by rain for the first time. The newness of truth is so startling he has no idea how he should react. This split second of suspended judgment is great opportunity to change himself. Unfortunately, most hearers miss the magic moment. The instant we spill out with a habitual and mechanical reaction that fill the empty space with junk, they argue or reject or feel threatened or want to run away. Be different, leave the mental palace empty. Watch what changes?" Using this in a different way, people come to ***Quantum Techniques™*** and if everything they hear they already know and we're just rearranging that, they don't get better. But on a physical level we show them there are some key foods they didn't know were bad for them. Here are some key products that are bad. Here are some informational pathways in the body that were disconnected; we are going to reconnect them. Here are some hidden pathogens fields that your body's healing intelligence hadn't recognized. This is new information, and many people never heard anything like this before, but the majority of people have a significant response within 24 hours simply by bringing that new information to the body. This is very important - our biggest obstacle is we think by thinking something we've actually experienced the truth of that. An example is you are smoking cigarettes and you think it shortens your life, but you still smoke cigarettes. You have the thought of that but you're not one with truth. Once you're one with the experience of that truth then you stop smoking. It's the same thing with the stuff we do. Somebody can know they have to avoid certain foods to heal and they have the thought. If they don't actually avoid the foods, they don't heal. They have to move into the experience. Beth reads lots of things about meditation. She knew all about it. Had she ever sat still long enough to do it? No, but when she did, wow, what an experience! But all of us are like that. We deceive ourselves into believing

our thinking about something is actually the reality of that experience. Moving out of the present moment into our thought world is the key thing that must be understood and broken through to heal on this level.

Beth: Let's get into the talking points.

12. You can never lose who you really are.

Beth: You'll hear a lot in spiritual and consciousness work about awakening and you'll hear many references to the death to your known self. As you're going through this journey there are many "deaths" along the way. The death is not the death to your true self. It's the death to the you that has brought you into this suffering. It's the death to the false self that has attracted this sickness as some kind of solution for something. The "death to the false self" that is being referenced is you never lose who you truly are. For most of us I think we live our lives not knowing who we really are and not finding who we really are until we get to this point because the truth of who you really are is a spiritual, timeless being that is created in the image of the Divine. That is immutable, as is the Divine, and that part of you, the true you, doesn't change but we feel like we lose pieces of ourselves through living life. All we lose is maybe some physical beauty, some physical attributes, some athletic ability, money, time, jobs. We may lose things we identify with but they aren't our true self. That's what we talked about last time; the identification with roles, things and characteristics about ourselves and why that can be so detrimental, because then when that is gone you think you've lost part of who you truly are. You haven't; you've just lost something that your false self has identified with. So, you can't lose who you truly are. The truth is you can find who you truly are and that's the excitement of this whole field.

Steve: Almost everyone with chronic illness feels like they lost who they were and if they can just get that self back they would be happy. That's where people are in the beginning. After they have journeyed with that and understand that, at some point they hopefully grow into the realization that it was the level of consciousness that the pre-illness person had that attracted the illness to them, and that who they are needs to move beyond who that person was, beyond who the sick person is, into a level of freedom that they cannot yet imagine. That's the issue. We don't want to walk through any door until we know we know what is going to happen on the other side, and that means that your life is powered by human imagination versus knowing that there is truth there. I walk through the door and I trust when I step out into the void, the wings of angels come underneath my feet and I'm carried to a new level that I don't yet understand or imagine, or I wouldn't be walking through an empty door. That's what this whole journey is about and that darkness cannot attach to your true self.

Beth: I remember when I was your client and you asked me to write a testimonial and I started out by saying how I got my life back. But as I look at it now, the truth is I didn't get my life back. I didn't get the life back that I previously had. My life was recreated and I was recreated into a new and improved model. I remember thinking if only I could get my life back, but it was much better than that. The old life didn't fit anymore with who I truly was and who I was becoming. We see this often with people with chronic illness. They feel like they've lost everything and if you can keep that in mind, the truth is it's a journey about finding the true self. It's not about losing the self. They don't lose their true self. I remember sitting in Los Angeles after I had lost

my job, my boyfriend, some friendships and a lot of money. I couldn't wear makeup and I had even lost the way that I had looked. My weight was down to 85 pounds. So, I felt like I had lost everything, but there was some part of me inside that was like a voice that I heard. And I knew that all of this was a lie and I was excited because I was going to find the truth of who I was without all this identity to all this stuff I thought I had lost. So there was a glimmer that I felt all along and I think that helped. When I look at that I think that was my connection to my true self telling me this was going to be okay; this was going to be a journey of healing and discovery.

Steve: I think that's one of the reasons why so many of the professional ballplayers or Hollywood types have such destroyed lives. They have enough money and time for many diversions until they hit some kind of bottom and realize that they can't find themselves in fame or fortune or somebody else's arms. Some of them make the journey, and some of them do not.

13. This life is a lesson about letting go, about surrender.

Steve: Something that's been very helpful for me is to realize that most of the suffering in life is when I've mistaken something whose purpose was supposed to be temporary, as something that supposed to be permanent; my youth, my beauty, my strength, my money, my retirement plan, whatever it is. If I allow it to flow in and out, like the waves flow in and out, then I can enjoy those things without identifying and attaching them as me, and then I don't suffer when they move in and move out which is the natural ebb and flow of life. Once it moves in if I decide it's always got to be in from then on, which is resisting the actual natural ebb and flow of life, and then I start to choke down energy. I choke down the Divine flow in my life and ultimately many illnesses are an attempt to hold onto permanence in a life of impermanence. By making your life repetitive with illness every day, it's not a conscious choice, but it is intentional in terms of an attempt to control everything around you. So, this life is a lesson about letting go and when something moves in or out, you don't have the choice whether or not it moves in or out. You have the choice to whether you receive that change in gratitude and freedom, or pain and suffering and resentment, but it's going to move in and out anyway because that's the natural ebb and flow of life.

Beth: If we don't let it move out, and then we're stuck and we're sick.

Steve: Right.

Beth: So surrender to the Divine, not the disease.

Steve: Yes.

14. The purpose of life is enlightenment, transformation and freedom, not comfort, safety or achievement.

Steve: We are not made or designed to suffer or to live in fear, or despair. We are designed as spiritual beings to live in joy, and freedom but to truly do that we ultimately have to lose our attachment to things; things that we identify with other than the experience and awareness in the moment. For example, if I just have enough money then I'll be free. People have been doing that for eons and once they get the money now they are afraid they are going to lose it. No matter how much money one accumulates it is never enough. This mechanical thinking we do is very good for planning projects, putting down information for a teleclinic, building a house,

planning a deck, etc. But when we try to use that mechanical level of thinking to find our soul and heart, to make our heart sing, it doesn't work. It's not the right tool. That is not a thinking journey. That's an experience; a journey of awareness in your spirit. You have to use a different tool to make that journey successfully and most people are not aware of that.

Beth: I'd like to read a quote that Guy Finley has about achievement that I think is appropriate here. It's from **365 Days to Let Go**. He says, "Real achievement, the true measure of how we have advanced in life is not determined by what we have acquired but rather by the degree to which we have put our fears behind us."

Steve: And that's the definition of love and freedom; to not live in fear. You can't go through great loss like you went through Beth, without it fundamentally changing you, and most people go one of two directions. They either develop a certain kind of fearlessness because they realize they lost everything but it didn't take away who they were or they become even more attached to their fear. Very seldom is it anything in between.

Beth: I think fearlessness and love are the same field. So, when you put your fears behind you you're moving into a field of love. If you look at Bruce Lipton's research which we talked about briefly last time, your cells are in one of two states but never both. They're either in fear and self protection or they're in growth and love and healing mode. Fear and love are two sides of the same coin. So, as you're putting fear behind you, you're moving into that field of love, and love heals all things.

15. To permanently leave your illness behind, you must go through the discomfort, and eventually the joy, of finding out whom you really are. Process of illumination.

Steve: That means what Beth said; going through the discomfort, hearing those cries "You're going to die". A part of you needs to die. Another way to think about that is if I was still trying to fit into the body I had when I five years old, I would be bursting out of the seams. I had to change clothes. I had to grow into a different skin, why? Because I couldn't fit in that little physical body anymore. That's what we're talking about. Your spirit was not designed to live in this little physical body of illness or beauty or strength or whatever, and that's why we're made to move through a process of change with that body to show us who we truly are and that we truly are free and fearless beings of love that don't have to live within those limits of the false self.

Beth: With each step there is a process of illumination. With each step on the healing journey there is some pain, maybe painful things to look at, maybe pain in your body, but after the pain comes the illumination with each step along the way. So it's not thinking that once I get to the end this is what is going to happen. It's each step along the way becoming more integrated, more whole, and more illuminated and as you go there is pain but it is always followed by illumination and joy and freedom, every step of the way.

Steve: If I'm at the store and somebody yells "fire" I go charging out of the store like everybody else. The next day, I'm in the super market and somebody yells "fire" and I eventually start looking around to see who keeps yelling "fire". That's what this is; instead of running from discomfort or your habitual patterns of reducing discomfort through talking to a friend, working out or eating a Krispie Kremes, or whatever you do, stopping and looking at what's going on inside of me that this discomfort keeps reappearing? Because at some level each one of those is

like a snake skin; it's an old skin that's too tight that you need to burst through and be free of that and so you need to start to look at everything, and realize that every uncomfortable moment comes to you as a gift. It's hard to see that sometimes, but try to see the gift in those situations and ask what's the learning for me here. What truth have I not been able to see if this painful moment keeps coming back?

Beth: It all kind of blends together, but leave all negative states where you find them. I know for me this has been huge. I think women tend to do this more than men. Getting into a negative state and then wanting to talk about it over and over again adds fuel to the fire of the negativity and the emotions that are attached to it. So stopping in those moments and saying to yourself don't go there, and drop it now. Don't think about it later, drop it right now. Don't talk about it. Don't vent about it. Don't keep discussing it from 500 angles. That adds power to it.

Steve: Don't call your girlfriends or your mom; deal with it once and then come back to the present moment. That's important. When you stop it then come back to this present moment and something where you can have joy, appreciation, love, beauty, etc., but come back to this moment. Do not lose yourself in that thought process.

Beth: Because that attachment will block your healing.

Steve: Right.

Beth: I'm speaking as someone who's experienced it. Negative emotions will block your healing. Negative attachments to negative beliefs will block your healing. All of that is true, so drop it and stop it. This is kind of like the old, stop, drop, and roll. Stop it and drop it right now and find something in that moment to be grateful for and pull yourself out of it. That is critical; don't let it get you going as an automatic pattern because it's become automatic already so you've got to be the one that stops it.

Steve: It's highly addictive and you have to become aware of it before you can change it.

Beth: We've been speaking about negative emotional states but a similar thing happens with symptoms. I'm focusing on my symptoms and I'm talking about them, I'm sharing about them, I'm making 25 appointments because of them. All of my energy is going towards these symptoms as if I love it, but I say I want to be over this.

16. For most people with chronic illness, their beliefs, attachment and resistance regarding their illness is the most "real" self they know. They are afraid to surrender that self and jump into the unknown to find their true self.

Steve: Ultimately it becomes an attempt at controlling permanence. I had a migraine for seven years. For me a good month was when I got away from the migraine for a couple hours during that month. What did that mean? My entire life was about migraines because so much energy was going into resisting it and resistance is a form of attachment and that's where when we talk about the things we teach related to diet, codes, resetting the parasympathetic recovery, etc. then do that and drop it. Don't start thinking about your illness. Don't think about the worst it's ever been and when the doctor gave you a terminal diagnosis that they can't help that you've already healed halfway with **Quantum Techniques™**. Don't go into the future. Come back to this moment. That was a place where I broke through that migraine field when I said if all I can do is open one eye, I will find a way to have gratitude for something today. For me that was the

surrendering and the beginning of my healing journey and creating **Quantum Techniques™**. The gift of that seven year migraine was the creation of **Quantum Techniques™**.

Beth: I think that's the perfect lead into our audio. This is Guy Finley's talk that he gave as a keynote address in Santa Fe at the 10th Annual International Conference on Science and Consciousness. This DVD is an attractive story. This spiritual story has brought several people I know into this type of work and consciousness. This is called *To Touch the Timeless Mind: Make the Million Year Leap in Human Consciousness*. It is a two disc set available for purchase on www.guyfinley.org if you're interested.

Steve: We played this at our training for our practitioners. I think it is around 22 minutes and then we are going to come back and discuss it. I think we're going to play it now.

Guy Finley: Take a nice deep breath.

Steve: There we go.

Guy: To the African savannah, how many of you want to go to the African savannah, to go anywhere but here? We're on the African savannah someplace and if we were flying over a point of view you would see, you know this vast plane. In the distance these beautiful mountains and running through this vast savannah, a great river, and this great river is filled with crocs and hippo's. On one side of this great river we see as the point of view comes down, we look and we see here's a game warden and he's doing his daily rounds, which is to cover a certain amount of square territory, to make sure everything is copasetic. And so he's driving around and he comes up along the edge of a certain bank before he can come down to where the river is and he's looking up from this bank down at the river and seeing things, and he looks over and there's a woman walking towards the river, by herself. First of all, he thinks this isn't smart. She has nothing with her. She is clearly not carrying protection of any kind. All she has with her is a notebook and a pair of binoculars. What on earth is she doing out here, because he knows the various game camps that take people on photo safaris, God willing. And that there is no way she should be out here but there she is and she's walking toward the river where the hippo's and croc's are like smiling at her. Good, you understand that don't you? And he's thinking to himself, my God what am I going to do? I'm too far away to get word to her. Then he thinks to himself maybe I better get down there, maybe I can yell across the river. So he puts the pedal to the metal and he starts to drive down this long steep set of trails that goes down the river and he's coming down, he looks over and she walks right up to the edge of the river. And up come the eyes that peer just above and the bump of it and Hippopotami, or is that right? Plural of Hippopotamus? You never think you need to know things like that but there they are and their jaws agape. They're not yawning and it looks like she wants to cross the river. What possible chance does she have? That's not the end of it, folks! He looks over and to her east a pride of lions is trotting towards her and they're smiling too! He goes, oh, my God, does this woman know the kind of trouble she's in? "Lady!" but he knows she can't hear, the river sounds, "Lady!" and the lions and she's still looking at the river and in the particular part of the savannah where she is, the river is called the River of Dreams, that is what the natives call it. I don't think there actually is a river called by that name in Africa but it is synonymous with something that I want to marry into the talk. And she wants to cross the River of Dreams. She wants to move from one order of life to another. And as he's driving down, he sees she, that she doesn't see the lions. He knows this woman can't be in her right mind if she's thinking

about crossing this river. It gets worse because he looks to her west and there's about nine Cape buffalo, nostrils not pretty. You've seen the Discovery shows and they are as irritated as they get and they're trotting towards the woman too and he goes, she's dead, she's just dead, poor woman! Does she have any idea! This is stupid! Why are people so stupid, and then he looks out and coming dead across the track at her she's got lions on the east, you've got buffalos on the west, and dead ahead three 12 foot black mamba's. Now if you don't know what a 12 foot black mamba is; it is the most aggressive, possibly the most venomous snake in Africa. You know there's some creatures that like to chase humans beings and the mamba's are smiling and he's sure now that it is too late and he's not going to get down there but he finally makes the last turn of the bank and these creatures have now come within maybe 20 yards of this woman, right at the bank and suddenly she turns around and sees them. And he thinks to himself at least she's going to know what happened to her. Look on the bright side of things and then he can't believe his eyes. She starts walking towards the pride of lions, she walks right up to the lead lioness and whispers something in the ear of the lead lioness and he is looking at her and what is she doing and then he notices that she is doing something like, you know, if you are shooing flies away from your sandwich at a picnic table. He notices that she is doing something with her hands. That's all he can see. He sees her walk over and whisper's something. The lead lioness shakes its head, looks around and she makes her motion and the pride of lions just trot away in the other direction. Then she walks in the other direction and she walks over to the Cape buffalo. The game warden, what in the world is happening? She whispers something in the ear of the lead buffalo. The buffalo shakes its head, looks kind of stunned, and makes a little motion. The buffalo turn away and walk away. She walks up to the three black mambas, says something to them. They shake their mamba heads, which I don't know how they can do it but they do it. Go ahead, give yourself a mamba shake. And they slither away. Well, now put yourself in the place of the game warden. What did you just see? A miracle, wouldn't that be a miracle? Now just to interject in the story here, an important idea, do you know why we like spiritual stories, parables, because a true spiritual story, a true parable, every creature, every element in it, every person in it, every character in it is an aspect of ourselves, so that you never hear a true story where it isn't telling you something about the whole of a series of relationships and possibilities within you. That's why we like stories. Good stories, not stupid stories. We have a lot of stupid stories going around today. Oh, and incidentally, nah, I will get to that later, so looking and he can't believe it and finally he gets to just the narrowest part of the river and she's turned back towards the river where the croc's and hippo's are and she starts to walk towards the water and then he sees the next thing that he can't believe. And you won't believe it either by the way but incidentally this is a true story spiritually speaking. She takes her first step out into the water and a hippo comes up right underneath her foot and she walks onto the hippo and the hippos line up one after another and she walks across the river on the backs of the hippos. Now he's flabbergasted beyond compare. This woman must be a saint of some kind, some strange phenomena and he drives up to where she is and he goes, "Ma'am are you alright?" And she goes "Howdy!" And this is already a problem to him. "Howdy? Where are you from?" and he's meaning... She goes, "Oklahoma" He says "No, what happened? I've never seen anything in my life like that. What did you say that made those beasts beat a retreat and then have those hippos line up to help you cross the

river? What on earth did you do? What did you say?" Take a deep breath. She goes, "Oh, that" she says. She said "All I did was I said, 'Thank you for coming today! You'll all best be on your way now.'" And he looked at her like you're looking at me. I'll do it again. "What did you say?" She said, "Thank you for coming, now you all be on your way." When was the last time you said to something that frightened you "Thank you for coming?" Wouldn't you if you were honest and I'll ask you to be. I know I sometimes will say raise your hand and sometimes we don't want people to see that we're not as developed as we're pretending to be. Wouldn't you like a human being to be able to instantaneously and I'm going to use the word but I don't mean it in a the sense of it, to be able to not just dismiss any fear that you meet, but be able to grow and understand from its presence so that you were grateful for what had come along even though when you were done with it you no longer needed it. Have you ever noticed that when a fear comes along that you'll spend years reliving; needing if you will the sense of self that is produced by the revisitation of what made you a victim. Isn't that a phenomenon? Why would a human being want to revisit something that made them feel like a victim? I mean you know you do it, come on, hands in the air? Hands up! You know you do it! I have a metaphor for it. It would be like going into one of these expensive galleries here in Santa Fe and finding a statue in it that when you looked at it you would shudder, "God I hate that thing". Paying absorbent amounts of money for it and taking it home so every time you looked at it you'd go, "God, I hate that." You would agree that would be silly, wouldn't it. How many of you would think that you would never do that? You do it every day, every day! The mind...

Steve: That's the master story teller. Listen to that. How many of us, if we're honest, and that's what Beth is talking about, leave every painful moment where you found it? If you've been told you have a diagnosis of Parkinson's or MS, how many times have you replayed that doctor's visit in your mind? And that's paying that absorbent fee for that terrifying statue and then getting up every day like Guy, shuddering and saying "God, I hate that". Every one of us does that; wouldn't it be nice to be free of having to do that again? I'm going to use a different metaphor. I'm not as good a story teller but sometimes real blunt things help. We have two acres of land and two Rottweilers. That means we have to pick up a lot of dog doo. Usually Beth does. I'm able to get her to do that. We pick it up and put it in a plastic bag. We tie a knot. We throw it in the dumpster and we're done with it. If only we treated our thoughts that way. Think about this, somebody's has hurt you, or you get bad news. Do you put it in a bag, tie it, and take it to the dumpster? No, you put it in your pockets and a dozen times a day as soon as something is quieter, somebody else reminds you, your hands go back in the pockets full of shit and now you have to clean yourself up again. And you do this 20, 30, or 40 times a day. "Oh, I hate doing that, but I'm going to call my friend and tell him about it". Hands are back in the pocket. "I have to call my mom"; hands are back in the pocket. "I'm going to make my partner listen to it 50 times"; hands back are back in the pocket and I want their hands in my pocket too! Why would a sane person do that? And that's what Guy is saying. A consciously awake sane person doesn't do this. You're doing that because you're living your life in a kind of psychic sleep. A kind of hypnosis where you don't experience what's really happening, you're just living on preprogrammed conditioned thinking and that's especially true with chronic illness. Everyone with chronic illness is being given an opportunity to say, "Thank you for coming. You best be on your way", meaning I'm going to do the things that I can do, my diet and those

things that we'll teach you to, but then I'm going to let go of it. I'm not making my life about illness or escape from illness because it's the same life.

17. It is a case of mistaken identity. Most people stay occupied just recycling their old automatic learnings, thinking and ideas. This keeps them attached to the level of consciousness that produced their illness: the false self. Refuse to revisit your own past for a way out of any present problem you face (Guy Finley, "10 Ways to Increase Your Spiritual Strength").

Beth: The truth is that who you are in the eyes of the Divine is who you are. In truth the Divine is there for you 24/7, but we're functioning under a case of mistaken identity. We don't see that truth as the Divine sees us. We stay occupied looking at the statue saying, "I hate that thing". We stay occupied recycling these old automatic thinking ideas and learnings and are so attached to them. The false self is what creates the illness that we have. The true self is where healing occurs and that's the only place where healing occurs. The true self is one with the Divine and knows the Divine is there 24/7 and we're all on our way home. Guy talks about it in another quote of his "Refuse to revisit your own past for a way out of any present problem you face." One thing he said on our call was "stop revisiting the scene of the crime" and going back there and looking at it and talking about it and thinking about it and feeling it. Go back, do the healing work that you need to do with our trauma code, with EFT, with another code that you have, pull yourself into the present day, clear the trauma, bring yourself back into the present moment, and find something to be grateful for here and now! We'll go into that in more detail as we have a standalone teleclinic on the subject in October called the **Quantum Techniques™** Release Technique. Hopefully we'll be using some volunteers for some examples.

Steve: It's so important to take the right tools for the journey you're on. If I'm going to be in a river I want to be in a boat. If I'm going to climb a mountain I want hiking shoes. You can't think your way to enlightenment. You can't think your way to health. You can't think your way to happiness. But look at what has been found in terms of simple laughter and its effect on healing. You've got to give up the illusion that you're going to think your way to a new solution. You've been trying to think your way to a solution all your life. It's about recognizing the limits of thinking and being willing to step into an experience where you don't know what's on the other side of the door and trusting the Divine. Our fear of going somewhere is that we don't already have all the answers. It's what keeps life boring. If we had done that there would be no **Quantum Techniques™**. When someone calls us we never have an idea what's coming. We say what is present in this field now? We've learned many ways to scan but we don't have an idea of what we're going to find.

Beth: If you're afraid of going somewhere because you don't have all the answers yet, you can't experience anything new in your life because you have to control everything from your thoughts. It keeps you from experiencing any kind of newness and prevents you from experiencing more than what you've already known in your life, so in that way it is boring because you're in the same box, and you can't get out of it because of your thoughts. Go back to point #16 where we talk about surrendering and jumping into the unknown to find your true self and not getting locked into that fear. I want to read another quote about fear and this fits in perfectly in terms of healing. This is also from Guy Finley's **Design Your Destiny**, "Fear is

really nothing other than a self limiting reaction that we've always mistaken for a shield of self protection. It's time to let it go. What you can do anytime you want, here's how: dare to proceed even while being afraid." There was a book around several years ago and I believe the title was **Field of Fear and Do it Anyway**. That's what we're saying.

Steve: What I think is one of the things that is difficult for many people with chronic illness is the fear is so dissociated that they don't experience fear. They just have the symptom. They have the MS or they just have the breathing problem, and they're so split off from the fear that they need to focus on the symptom and relate to that in a way that you're talking about fear and use the *QT Release Technique* on that or work with that as a frozen emotion. You want to share something Beth?

Beth: You had a story about Peter walking on water that you wanted to talk about on this point and I was trying to remind you of that.

Steve: This is the thing that's so different in consciousness understanding and spirituality; your level of happiness, freedom, truth, light, love, enlightenment, healing, whatever words you want to put to that, have little to do with your external circumstances. They have to do with the level of self that you're coming from, in a way where you can place your awareness. Think about this story of Peter and the disciples. Christ was walking along the shore of a water body and the 12 disciples were in a boat off shore. Peter said, "I'll walk to you" and Christ said "fine". So Peter starts out toward him. As long as he kept his eyes on the Divine and that was his focus and his awareness he was walking on water. When he took his eyes off the Divine and placed them on the water he started sinking like a stone. I happen to believe that all 12 of the guys could have gotten out of the boat and walked on water. Peter was the guy willing to give it a shot. We don't have to make it all the way there. We have to take that first step and trust the Divine to come underneath us. If I look at moments of transformation, which are many, some of the new things that we've been given in **Quantum Techniques™** that are happening right now, if I had imagined the greatest breakthroughs in the scans that we could come up with and the greatest connection in some other areas three months ago, it would have paled in comparison to what actually happened in the last 90 days. I could not have imagined a scan that heals as well as the self-service receptor scan. It's tremendously powerful in all kinds of areas. We are still learning about it, but I've never seen a scan make that much physical tissue damage change that quickly. I'll just give an example because I think it shows the power of it as we start to move with this level of consciousness, when you begin to actually see the truth that's there instead of the truth that you've imagined, it is a whole different world. I can't explain how different the world is but I'm seeing color in a way I've never seen it before. The truth has been there but we had a belief that didn't allow us to see the truth. As one example I found a way to clear things that block self-service receptors. I did that for testosterone for myself three weeks ago. I did not change my diet or exercise level and I lost 12 pounds and three inches in my waistline, while gaining one and one-half inches in my upper arms. In two weeks I did nothing but that scan and one minor upper body workout each week. The application for this is huge. But the point is this level of spiritual understanding of stripping away the illusions around what's there and breaking free from so much automatic mechanical thought is bringing forth fruit in a way that I could not have imagined. That is where you take a step out and you find those wings under your feet, and that's what we're talking about. There's actually no more

practical application for teaching than these spiritual truths because every single person can transform their day by full application of these truths. As Beth was saying, we've had people from our last teleclinic with Guy who said they're listening to it for the third or fourth time. When I read through material for the first time I make notes with a black pen. A month later I read through it again, but make notes with a blue pen. If you do this you can see that you will be at a different level of awakening, and see a whole different level of truth. So there is no end to this journey.

18. Our greatest health protection is being fully aware, awake and present in our bodies NOW in gratitude, allowing the newness of each moment and accepting the new learnings. When we are not present NOW in our bodies, we have a vacancy sign out for dark energies states, viruses, bacteria, etc.

Beth: Most of us that have gone through chronic symptoms don't spend much time in our bodies; we're somewhere else in our head or dissociated in another place putting out that vacancy sign that lets in illness and negative frequencies. Coming back to your body in the present moment is the answer for healing all of these issues and more.

Steve: How many of you have a normal path that you drive to work? One day you have to run some errands on the trip but you are thinking about something else as you drive and suddenly you find yourself in the parking lot at work. Who was driving? More importantly, how much of our life do we go through on automatic pilot, not being present, not being present to ourselves, and aware of what is going on around us? Am I going to be a better employee if my mind's on planet Zenon thinking about the last fight I had with my wife or whatever it is, or am I actually present in this moment? Am I going to be a better lover if I'm present in this moment or if in my mind I'm with my boss while he is chewing me out? You can use any example. If you have a neurosurgeon working on your brain I hope he's not worried about his taxes. You would like for him to actually be there working on your brain. How much time do we steal from ourselves because we weren't present? If you were not present in the last hour, in the now in your body, you are not going to get that hour back. You wasted it. It's important that you find out what being present is, and realize it's not thinking. The hardest thing for me to understand was that my thinking was not being present because I thought thinking about being present was actually being present. No, I was just thinking about being present. It's a very different experience. Again, that's why when I first started reading this stuff, there was confusion with it but at the same time it was exciting because I knew there was a truth there. I couldn't touch it yet but I could sense it was underneath it.

19. There is level of consciousness and connection to the Divine that exists NOW, and as you fully awaken and experience that reality, your healing can be instant and complete. There is a level of complete healing that exists for you NOW. Example of light in a river and the Quantum Techniques™ flashlight.

Steve: I know I've said this before but in *Quantum Techniques™* what we're moving toward, we have a certain amount of mechanical thinking, which is building on the information we know. Such as: don't eat corn and wheat if you're gluten intolerant; you have a fungal infection so take these supplements; here's how you reset parasympathetic recovery; this is how you reconnect your most stressed organ with a brain engines, etc. We teach you those things so

there's that place for that mechanical acquisition of knowledge and as you learn which foods to avoid and things like that, you move into a gradual process of getting healthier. A way of thinking about that is imagine there's river, and there are boulders in the river, and behind the boulders there are shadows. Imagine that as your life. With **Quantum Techniques™** skills, especially muscle testing, you can shine a light behind the boulders and say there's gluten intolerance behind this one; there's a wheat allergy over here; there is a Tide toxin; and over here I have some forgiveness issues. We teach how to use the flashlight knowing that it is a linear progression and that eventually gets you to another level, but we also know that you can come awake in a different spiritual level connecting fully with who you truly are as one with the Divine and all of creation in which that entire river is illuminated and there are no shadows. I think that's where you talk about miraculous healings that Christ, Buddha and others had, where there was a complete shift in that that person. Look at the miracles of Christ. He held a place of sacred space that people could step into and resonate with and it transformed their separateness and how they saw themselves in that instant.

20. The only place we can experience the Divine is NOW. That is what heals. All healing is ultimately reconnection with the Divine and happens right NOW.

Steve: What that tells you is there is no constructive or adaptive purpose in choosing to be any place else but now. I know we've talked about this before, but the choice to leave this moment ultimately always leads to suffering even if it's I am going to go back and remember the best moments of my life. If I do that, then I'm not here now for what the Divine is giving me and underneath that belief is that attachment to my imagination where I believe that through my thinking and imagination I can give myself something better than what the Divine would give me if I would show up. How many times have you thought about "when I get this I'm going to be happy"? I've done that most of my life: when I get out of graduate school; when I get my practice built; when I finally get my first home; when I get the car paid off; etc. When you get there you aren't any happier than you were before, or you are happy with the new car until you need to wash it a month later. Now you're looking for something else, because you're trying to find an external solution to an internal problem. Anytime you look outside of this present moment and what's in your experience for a sense of self, or joy, or satisfaction, or healing, you'll always come up short. It always happens now. It always happens in the context of oneness not separation.

Beth: Don't put off until tomorrow what you can do today.

Steve: Right, when somebody is going to heal tomorrow, it never happens.

Beth: Exactly. I think I'll start that tomorrow, or I'll start that dietary change after such and such a date...

Steve: Right.

Beth: If you push it off it never happens. All change happens now. The only place where you can reconnect to the Divine is in today. You can't do that somewhere back in the past and you can't do that in the future. You've actually got to be here to connect to the now and to connect to the Divine which is where all healing occurs.

Steve: Whether I am working with a client or working with personal work and training with our practitioners, the question is what changes are you willing to make right now? I'm not

interested in the changes you want to make next week or next month. What are the changes you are willing to make now? Those are the only ones that count. Beth, you're absolutely right; anybody that's putting things off is saying they don't have internal cooperation for healing.

Beth: What is interesting is that by putting it off, all you do is increase your anxiety so it never gets done. I know this from experience. I used to be the queen of procrastination and it never would get done. I would get more and more anxious by the day because whatever the item, it wasn't getting done, instead of being present in the now and doing it. I am thankful that I overcame that.

Steve: I would have to say I would watch you suffer and you would spend more time and misery avoiding something by a factor of 100, than it would take to actually do it. I must say that's one of the blessings I brought to you and it's helped you along the way. To watch you effortlessly go with the flow of things now, you've got to be accomplishing at least 100 times more with less energy than you previously used to avoid doing one thing.

Beth: True.

Steve: That's been a wonderful transformation to watch because you were tormenting yourself the whole time.

Beth: Absolutely.

Steve: But you said something there and I want to see if I can do justice to it. This is again out of Guy's work. By creating desire for something outside of myself, such as a time frame for paying off my house, I create anxiety because now what if everything doesn't go the way I think it is supposed to go for me?

Beth: Right.

Steve: I'm going to be happy when I get straight A's, or the washboard abs, or a beautiful woman, or whatever it is, and once I do that I've instantaneously nailed myself to anxiety because what if I can't accomplish that? I can fall in love with life just the way it is today and say what's the lesson? What's the teaching? What's the gift in today? Or I can throw a fit because my imagined fantasy of today didn't happen and I suffer and there is not a third choice and sometimes it's a challenge to fall in love or to have gratitude for what comes that day. The other truth when that comes is everything is time limited. You win the award and you're the top employee, but later you get fired. That's time limited. Everything is time limited. So when you have those moments when something happens physically and there is physical pain, don't attach to the pain, don't attach to resisting it, understand everything in life comes and goes and even this will pass. For my migraine it took seven years to pass. I guess I'm a little slower than many folks. I did not know how to release things. It is different now, but that was one of the lessons I had to learn; how to let go of some things.

Beth: Yes.

21. Discussion of the role of both mechanical thinking, and awakening in healing with Quantum Techniques™.

Steve: Mechanical thinking is building on a body of knowledge. I worked with someone this week using these new scans and found out that there were three neurotransmitters going off when their autistic child was exposed to a certain kind of dry eraser. That's mechanical knowledge. We generated a code and now when it happens they can read the code and it

clears it immediately. The child is now going to school and nobody ever thought this would happen. When we find a problem we go in and look for things without many ideas about what is supposed to be there. We use this material that clients bring us as a gift, as it opens our minds to a fresh and new way to release our preconceived ideas in a way that I've not been able to do before and it's allowing us to find new truth. In the case of this child, the parents know there are foods that he can't eat. They know there are certain products he has to stay away from. There's certain codes the mother can do to reset certain things and that's the mechanical part. Now, what's the awakening part? That's the spiritual work that mom is doing. By doing that on herself, she brings the children into that spiritual field as she wakes up, as she heals. So, that's both the mechanical and the non-mechanical awakening.

Beth: We find both to be necessary for healing chronic illness.

Steve: Yes. We experienced some other kind of therapies where they're trying to create an experience of discontinuity but they don't build on it mechanically. We've had some clients try this and they have had a nice experience but then they call us the next week because whatever the healing was didn't hold, so both aspects are important.

22. Leave all painful and punishing events, beliefs, thoughts, emotions, and relationships... exactly where you find them.

Beth: That speaks for itself. Unfortunately with all the different recordings we've done it's getting mixed up in my mind, but I don't think you shared the Guy Finley story yet about the guy that has no baggage. I want to mention that in terms of leaving all painful events and negative states where you find them. Guy tells a story in one of his books, I think it is *The Secret of Letting Go*, where a weary traveler is carrying all these bags and backpacks and suitcases and he comes to this man sitting underneath a tree and the man has no baggage. The man sitting down asks the traveler if he needs some help. The traveler rests and they start talking and he wants to know what happened to this man's baggage? Why is he traveling so light? And this is the metaphor: he left all painful and negative emotional states exactly where he found them so he had nothing more to haul around with him and weigh him down. I thought that was a beautiful picture because it speaks volumes.

Steve: He wasn't wasting his precious energy hauling all of his old false identities around with him. Rather he was trusting that whatever identity would be created in that interaction with the now, with the Divine, would be more than sufficient. That is a powerful lesson.

Beth: It goes back to refusing to revisit your own past as a way out of any present problem, leaving it right where you find it.

Steve: I think that's where we need to stop for today. We do thank you for being with us. I hope everything worked on the technical end. I know I got kicked off for a few minutes and if you did have a problem please email us and let us know that. What's going on next week Beth?

Beth: Next Tuesday, Dr. Don Bailey is doing a free teleclinic on Mercury toxicity. I'm looking forward to that. He's got some good teleclinics out there and I think he's going to be doing some live scans as well. It is what he typically does. So look for that next Tuesday. We'll be back Tuesday October 5th to talk about the Quantum Technique™ Release Technique. We will take a break from this material and show you how to break the invisible ropes that pull you back to the past and then be in the present moment.

Steve: Thank you for listening! Blessings!

Beth: Thank you! Aloha!