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Quantum Techniques Teleseminar

***"What Is the Spirituality and Consciousness of Miraculous and
Permanent Healings?" Part 1***

August 31, 2010

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Introduction

Dr. Stephen and Beth Daniel host part one 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.

Steve: This is Steve and Beth Daniel the founders of *Quantum Techniques™* and we're excited to introduce this new teleclinic series.

Beth: The title of this new series is: ***What Is the Spirituality and Consciousness of Miraculous and "Permanent" Healings***. At this point we're not sure how many sessions this series will be, so we are just going to take it as it comes. With this kind of work what we're trying to do for you is paint a picture, and we don't know how long that will take. As we progress through this series we welcome your questions. You can send them in on the webinar or you can send them to Steve or Beth@quantumtechniques.com. This will be a free series for a period of time and then will be put in our shopping cart at a later date. We will be offering the second part of this series next Tuesday and then two weeks from this evening we will have bestselling author Guy Finley on with us. That will also be a free teleclinic. Guy is a master in this area and much of our teachings are from him, so we're very excited to have him here. I think he's the spiritual voice of our time. I want to mention our product special for the month of September for those of you who are listening. We're offering 20% off of any teleclinic series that is in our shopping cart for the entire month of September. The coupon code for that is the word "share" in lower-case letters. Again for this teleclinic series you need no prior knowledge of *Quantum Techniques™* or *EFT* or other energy healing modalities. You don't need to know how to muscle test to gain benefit from this series. What we're trying to do at *Quantum Techniques™* for those who are open to it is to combine the healing work that we do with energy medicine and the realm of spirituality and find how to combine that so that healings are quick, miraculous, instantaneous, and lasting. We feel like a combination of these two worlds if you will, is the answer for clients that have not yet healed.

Steve: If some of this doesn't make much sense, that's okay. For me, studying this kind of material was much like when I first started studying personality disorders years ago. I read everything and went to the best trainers in the world. I can remember a psychiatrist speaking about it and he said, there is a saturation point, whether that is 10 years with one multiple, five years with two multiples or one year with 10 multiples, where you suddenly see things from a different angle and you understood. All of a sudden you were able to be helpful to your clients versus sounding like you were reading out of a textbook. It's like that with consciousness. Consciousness is so different from our normal daily life and the way we've been taught to think, especially in psychology, is that for awhile there's a type of confusion and then at a point in time this confusion clears and you have this great breakthrough. I had something happen this last summer where suddenly I didn't have the "commentator" in my head referring to everything that was happening. It was a very different experience. I didn't say anything to Beth, but she knew something was going on and I told her a couple days later that maybe I evicted somebody. It's awful quiet inside. We encourage you to listen to Guy Finley. When we do the show with him we'll probably offer a special to some people where we can help them get a subscription for his teaching website for the first 20 people that contact us. He is a great story teller. All of the great spiritual teachers use stories because you can hear different things depending on where you are on your journey and you can apply different levels of truth.

Beth: Each character in the story resembles you in one way or another.

Steve: In those spiritual stories all of those characters are inside of you. It's always true.

Beth: Like Steve was saying you may feel some discomfort with some of the things that we talk about. I know I did, and I still do with some of them. The first time that Steve said to me that leaving the present moment always leads to suffering I became angry. I thought about the day we got married and all those romantic times and I am not suffering. He said no, but you're not in the present moment to be here for what the Divine is giving you right now; you are somewhere else. So this does stir things up for people and I've had many clients and friends that have been working in this area and they feel the same way. There is some discomfort, sometimes shock, surprise, and sometime anger will come up at yourself or the person that is telling this to you. That's okay; just don't let it take you away.

Steve: I've been accused of being Guy Finley Jr. in my own home. I take that as a compliment. Bruce Lipton, the cellular biologist that wrote *The Biology of Belief*, says that 95% of us are born with good DNA. He does a great job and is a good teacher. On the video he pulls up his shirt sleeve and on his arm you see words written like cancer, MS and Parkinson's. He says all of us have this in our DNA but whether our body codes for it is dependent on our perceptions of the environment, which are largely formed and created in utero and before the age of five. What that means is that most of us are going through life asleep letting our bodies and our belief system that we were programmed with by our parents and society causes our suffering. Your current level of consciousness or awakening is what is keeping you tied to your current level of suffering and illness. We're going to talk about something called identification; whatever you identify with other than awareness in this moment ultimately causes you fear and stress. So if we think about being a strong person, then I have to defend that if somebody says I'm not strong. I'm always afraid of not being strong enough. If you're beautiful, what are you going to do if you're a Hollywood actress and as you age there are younger more beautiful ones

available, so do you have plastic surgery? How many of us lost a home or business in the last year that we identified ourselves with and we experienced pain and suffering from that? For a good example of identification, imagine that you're in a restaurant eating and somebody says, "Wow, there's a car on fire in the parking lot!" Everybody looks at it. Quantum studies say, "Hey, that's your car on fire in the parking lot!" Boy, the difference is huge! Beth and I were watching TV last night and there was a young couple on the show. They were about to get married and the guy admitted he thought he might be gay and his wife became upset. Beth said, "Why is that such a big deal?" And I said, "It's because it's her husband." If your friend said, "Wow, this guy was gay and he didn't know it", it's not as big of a deal. But if it's your husband what does that say about you? That's the issue. What does that say about you if you lose your house, or if you lose your job, or if someone that you care about doesn't return care in the way you want it? All those are things with which you've identified yourself. Another point that we're going to talk about is we have a choice: we can fall in love with reality the way it is, or we can suffer. Suffering and stress are measured by how intensely we demand that life conform to how we imagined it should be.

Beth: If you see the world through the eyes of stress, suffering, fear and hostility, you will be ill and your biology will reflect those beliefs.

Steve: Right.

Beth: That's what we're referring to in the introduction about Bruce Lipton. All of this fits into what he said, because if we perceive the world as hostile and dangerous and we're living in a fear state, our cells are not in a state of growth, healing, love and truth. One thing I've come to recognize over the past several years is all fear is the fear of losing yourself. That's the underpinning of all fear and that feeds into this discussion about identification as well. If something belongs to me, "my car", "my husband", "my looks", "my job", then what does it say about me if I lose it? That's what we're concerned about. What does it say about me if I lose it? What does it say about me if that's taken away? What does it say about me if that doesn't work out? The truth is it says nothing about you, but you think that it does.

Steve: But ultimately until you lose who you think you were, you can't find out what's new in life. An underlying teaching of every great spiritual ideal, like Christianity, is that you must be born again. Before we moved here we had 20 acres and two barns and I had been a woodworker and a welder and I could build anything. When we came to Hawaii I didn't move all of the associated equipment and tools. I didn't have space and it would rust in this climate. So I left it all in Arizona. On a very literal level it made me aware of how much energy I was spending carrying along all of who I've been and all my attachments with me everywhere I went. I realized then that I don't have to worry about carrying Steve forward in time. If I can trust that at every moment the Divine will show up and in that moment there is always something new and exciting and I don't have to control it. Think about this; most of us are terrified of showing up in a situation where we haven't already figured out what we're supposed to do or say before we're there. So what we're saying is we're doing everything we can to not have new life. We are trying to recycle the old stuff over and over again. A friend of mine is an attorney and I was talking with him about this subject last week. The first thing attorneys will tell you is you never ask a question of a witness when you don't already know the answer. He laughed and I said, "That's how you're living your life. You don't want to ask a

question of life that you've haven't already figured out the answer to." There's no newness in that. Life is very boring because you're living unconsciously. You're living asleep in old patterns, over and over again. Out of the boredom you need to do something exciting to get a thrill versus simply allowing the newness of life itself to be always new, refreshing, and exciting.

Beth: I want to go back to identification. What we're talking about here is the spirituality and consciousness for healing of our client's, not just people in general, but people with illness. It's interesting how those of us that have had illness identify with the illness. We're talking about our cars, jobs, appearance, spouse and dreams and also about identification with illness. How many times have we heard someone say "my illness"?

Steve: Or "I am..."; "I am the worst mold patient" or "I am an EI" or for me, I was the worst migraine patient. I was very much owning it.

Beth: I was the most sensitive client you'd ever worked with. So I have just identified with my illness and I'm now owning my affliction. One of the things that Michele O'Donnell talks about in *Of Monkey's and Dragons* which is an excellent book to help heal from lifelong issues. Her first principle is never own your affliction. I want to read a segment from this book because I think it will strike a chord for those of you who are listening. She's talking about her clinic that she has in Texas, "We listen to people give such detailed descriptions of their problems quoting all that the doctors have said. All the journals they have read, going to every support group, reading everything online that they can find and so proud of themselves if they had conquered the proper pronunciation of the name of their disease. Everyone they know knew about their problem. Somehow the identity of who they were became wrapped up in the disease. Instead of seeing it as an intrusion into their lives, they identified with it as part of their lives. It became who they were. They gave an account of how many people were praying for them as though God's response is based on the number of people they can gather together to pray for us. As if the fervent prayer of one righteous man would not be enough. These folks unfortunately rarely recover." Here's an example I'd like to give, again thinking about identification with illness. "I remember one patient I took care of early on in the clinic who refused to allow her affliction to be her identity. She came in with a diagnosis of Multiple Sclerosis. She arrives supported on either side by two friends who practically dragged her in. Her 'legs and arms weren't working' was all she would say. She never said the word MS out loud and I was warned by her friends not to use it either. There was this unspoken law she would deal with it but not own it. Somehow that means while you're not about to deny it, you're not taking it into your inner conscious and allowing it to become part of you. Inside you still feel whole and intact. You just don't let it become you. She recovered rapidly. There's a difference between dealing with what you have and building a shrine to it."

Points of Discussion

1. If we were correct in our beliefs about ourselves, the universe, and our illness, we would be healed.

Steve: I think at our core we are energies of light and we are all connected. We are all one and we are one with the Divine and illness is a disruption in an energy field and people need to

realize that resistance becomes a form of attachment, something out of Guy Finley. If my whole day is about not having a migraine then what's my life about? Can I instead of having a migraine say I have a disrupted energy field; I have a suggested discomfort that is moving through my head? What words do I need to use so that I don't own it? I think that's what Beth is emphasizing; for many chronically ill people they have identified with it and if they've been ill a long time it's a way in which they now present themselves to the world. They get needs met, other people know about their condition and so on. But one of the problems with illness is that it locks you into repetitive patterns that don't allow for change and escape. I think without a doubt if everyone that came to us had the true information about their illness they would be healed. Many of them receive a traditional diagnosis that says we can't help you. Beth was that way; they basically told her to avoid everything that she was allergic to, which was everything. So most people come to us have already been written off by the experts who think that there's no way for this to heal. We don't happen to have the same belief system. Sometimes people are tenacious. I worked with somebody very recently who has been dealing with colitis for many years and he had a level of gluten intolerance that the doctors weren't aware of. They thought he could eat rice when he couldn't (he could only have rice that was browned so he had the most severe level of gluten intolerance). There were a couple of other foods the doctors weren't aware he was eating every day, which is often the case with our clients, that was blocking his healing. But he had read and studied so much he was absolutely sure that I couldn't be right. I said, "You've been sick for 30 years, you're paying me, why don't you try it my way for 60 or 90 days and see if approaching it with different information helps." In healing there is both a place for the mechanical thinking (i.e. testing foods) and changing diet, and finding viruses, and putting you back on your informational pathways and that's what we're doing.

Beth: Detoxifying...

Steve: Detoxifying, right, so that mechanical support is like a little flashlight that *Quantum Techniques™* gives our clients. They can shine these flashlights into dark areas of the river and bring new information into that light. It might be avoiding these foods, or detoxification, or putting yourself back on certain immune pathways, and then things are healing. I think that's the mechanical aspect that's necessary for healing. I also think that you can have an awakening where the entire river is illuminated and I think that's what happened with the miracles performed by Christ and Buddha and others; they awaken to a level at which healing was instantaneous. We want to support both of those and leave that door open where anyone can heal completely in a single session. In the meantime we are going to hand them the flashlights and show them as best we can how to support that journey while the spiritual momentum is being gained.

Beth: For those of you who are listening we're on point # 1. If you were correct in your beliefs about ourselves, the universe, and our illness, we would be happy, and we would be healed. So come in with the willingness to lose your beliefs and lose who you've known yourself to be.

Steve: I think that's really important. Many times it's time to depart where you are even if you don't know where you are going. Especially those with chronic illness need to be willing to leave the self that you have known behind because your illness is attached to that person.

Beth: The past few months, I've had many clients laughing over how I define insanity, which is doing the same thing over and over again and expecting a different result.

Steve: Right.

Beth: They need to stop and look and realizing that's what they're doing.

Steve: Thinking about and experiencing truth is two very different things...

Beth: Are you referring to Point #5?

Steve: Yes. I'm going to take that one next because I think that is important in this context. Almost everybody knows the truth that smoking causes cancer and shortens your life. But if you're actively smoking you've not experienced that truth. Once you are actually one with the experience of truth it always produces change. Many times people will say, I know eating that is bad for me but I'm still doing it. Then they have not experienced that truth yet. It's a thought and there is no power. They must actually own that truth and bring it in on another level. So again, thinking about something is not the same as experiencing something. Most of us think we're fairly enlightened. We think we're aware and we think we know much about our illness and that very belief is why we're stuck. It was interesting when we went to a retreat at Guy Finley's foundation. There was a group exercise and we all introduced ourselves, and I said, "I'm the last person that should ever be here because I have a PhD in clinical psychology and a background in religious studies. So I already have all the answers. Why would I be looking to learn something new?" I was laughing at myself but that's real true; once you think you know something you're now blinded to any further truth. So accepting whatever you know is a tiny little bit of the total information and there is never an end to that journey of learning, becoming, and awakening will serve you well. There's one thing that I am going to read that relates to that, and it talks about awareness. It is from one of Guy Finley's mentors, Vernon Howard. It is in his book ***The Power of Your Super Mind*** and it says, "The definition of awareness is very simple. It means that we stand aside and watch everything happening to us both within and without. We are quiet observers of thoughts, feelings, conversations, our own facial expressions and those of others, of attitudes, beliefs, of noting the manner in which we walk and how we react when surprised. Now it is essential that we do not assume that we are already our self an aware person. Everyone thinks he is. But awareness is much deeper than we think so we must assume nothing about it." For me this was huge because I believed my thinking was true versus simply an opinion at the time. I was believing my own propaganda and I think that kept me going in circles for a long time. What's important and makes it hard to understand, I was a physics major and so I enjoyed solving difficult problems with my mind. I used that for many things successfully, like building furniture, building a business, and so you naturally assume that that's such a great tool. You've had so much success, I'm just going to take that tool over here and think about emotions, and think about consciousness, think about all this stuff and believing that thinking was the real thing. It wasn't. It was just an opinion of the moment. It was a shadow. So for me that was a huge wake-up call. I had to read, study and listen to much material before I understood the difference between thinking about something and actually having an awareness of something. They are very different. Here is a metaphor: imagine that I lived all my life along the river and anything I want I always caught with my fishing rod. So I went to L.A. and I saw a car going by on the freeway, so I thought I'd try to catch it with the fishing rod. It just doesn't work that way. You can't take the mechanical

thinking that works for planning a project or building furniture or a business, and actually find spiritual truths with it. It's not the same thing as gathering facts. Now, I think gathering some of those facts can be helpful but there is an awakening process and that's why all the spiritual teachers call it an awakening process. In a sense we go through our life in some kind of auto-hypnosis or psychic sleep living on preconditioned thinking, and we're walking around in a daze, not seeing how beautiful the day is or anything else around us. Usually we're running this fantasy in our life that we know what's best for us. Life happens and when it turns out good we take credit for it, and when it's not good we throw somebody else under the bus. We blame somebody and if we can't find anybody else to blame, we blame God or ourselves. But what if life isn't that way; what if I'm not the ruler of the world and what if life just happens because it's a Divine gift? I can be in line with that and in love with that and have a joyful fearless life or I can suffer.

Beth: It is very common for people to blame someone else if something bad happens. The other thing I see often with our clients is if something bad happens they blame themselves, because there's such large component of self-punishment with non-healing issues.

Steve: But see that's assuming that what happened wasn't a gift. Another point in this is you can't give yourself a greater gift of imagination than what the Divine gives you in reality at any moment.

2. We need to welcome discomfort to allow truth to arrive without resistance. We don't learn anything as long as we remain in our "comfort zone".

Steve: What if right now this reality is the best there is at this moment for me and that's why it's happening this way? What if my job is not to get up every day and to try to create the world in my own image? What if my job is to get up every day and experience gratitude for something that day that is a gift left for me from the Divine? If it's the beautiful flowers outside or the sunrise or sunset, or the big loving dog at my feet; what is it that I can attach to every day, and it can be different each day, and enjoy gratitude? That goes a long way to bringing healing to your body versus always resisting or fighting against whatever it is.

Beth: Part of the discomfort comes with each new revelation; you will feel discomfort when something new is revealed to you. You need to be able to set the intention to embrace the new revelation that's there for you rather than resist it or fight it. Embrace the new revelation and learn to laugh at yourself at some of the things you hear and realize that you do. We don't learn anything as long as we remain in our comfort zone. So embrace each new revelation.

Steve: Much of people's prayer life is asking the Divine to take away the very gifts the Divine is bringing to help you outgrow who you thought you were. I don't want to lose my job; I'm comfortable with my job. Maybe you need to be shown you can be free of the fear that you are not your job and that there's something better for you. Beth's brother was working for a company that closed down. That was a terrible thing, but he's working for us now and he is happier than he's been in a long time. He's now our business manager and for him there was the pain of nothing, but within that there was a chance to recreate himself and find a degree of joy he couldn't have had. I look at the migraine I had for seven years; most people are sharper than I am. I tend to hit something harder and faster and don't always wake up real quick. I don't think I had to have the migraine for seven years but that migraine is what caused me to develop

the work that we are doing now. I couldn't imagine going back into psychology with what we are able to do to help people now. So there was a gift in that. There is always a gift; maybe we cannot have anger, resentment and rage at ourselves because the day is not going the way it is supposed to, but there is a gift. Instead of creating that separation and that forceful split, is there a way that I can have some kind of acceptance and gratitude that this life is about a journey and learning to let go and getting back to what is permanent? This life is about letting go of all the things that I try to make permanent that were only meant to be temporary. That could be my beauty, my strength, my house, my money, etc., but they are all here for a while and then they are gone. If I try to hold onto everything as its time is ended in my life and not allow it to cycle through, that is going to cause me suffering because I can fall in love with reality and have a sense of gratitude and awe at the newness in every day, or I will cause myself suffering and stress. There is not a third position.

Beth: This too shall pass.

Steve: Right, and that's a beautiful thing too; everything passes. When good things pass, I need to be able to accept that knowing that they'll come back again. Everything is limited by time and there will be something else to take its place.

Beth: Another thing that Guy Finley said that fits in well with what you are saying is first comes the darkness, but then light comes with each new revelation, which may feel dark like you don't want to look at. This is from his new book called ***The Courage to be Free: Discover your Original Fearless Self***. My favorite quote in this book is "Remember that no darkness is greater than the light that reveals it. In our heart of hearts we know the truth of this liberating idea because we've all seen the great law that sits behind it. We know that love is greater than hatred. Courage slays fear, and that what is light, bright and good only shines the more for anything that tries to darken its way."

3. Everyone we have worked with that has permanently healed from a life threatening illness has had a major awakening to a different experience of themselves and the world and a reconnection to their spiritual self and the Divine.

Steve: I don't think that everyone that has a spiritual reconnection necessarily always heals something physical, but I think you've moved into the space where you are in the exact best position to do so. One of the reasons we're very interested in bringing this into our work is we don't see other people doing what we do and bringing this piece in.

Beth: I think Gary Craig is looking at this piece.

Steve: Yes.

Beth: I think that's part of the reason for his retirement from EFT; because he wants to move into more of the spirituality model. I'm excited about that! We'll have some conversations with him as he gets that model up and running.

Steve: Yes, that will be exciting. But again, you don't go into this work for the purpose of healing your body. It's hard to go into it and release all your agendas but as you move into it you become free of those agendas.

Beth: We had a conversation about Point #3 at our recent training and one practitioner did not agree with this statement and thought that the truth is that someone else can do the healing for you. But you must have an internal shift. You must have an awakening; I think that is a great

word. You must have an awakening and see the world through different eyes in order to heal. Someone else cannot do that for you.

Steve: I think we can hold that space for you for awhile and you may heal to a level but then if you don't hold that consciousness for yourself then usually the same consciousness that brought in the original illness will bring something else in.

Beth: Right, but we do that from the role of being a shepherd and not carrying them over our shoulders.

Steve: Right.

Beth: I think one of the things about *Quantum Techniques™* that's different is that we help people heal themselves. They read the codes, they follow the guidelines that we give them, they do their own affirmations, meditations, prayers, whatever they do to support their body and they do their own detoxification. We are there as a conduit or a shepherd and holding that sacred space for them, and usually when someone starts working with us they have a hard time holding that sacred space for themselves. So we help to hold that for them in a place of love and fearlessness, but the ultimate healing occurs when they reconnect to that truth within themselves that they are already perfectly whole and healed. They reconnect with the Divine and who they are and they start to see the world as a beautiful place of joy and love instead of a place of fear, hostility and anger.

Steve: People do that irregardless of where their physical level of healing is - they no longer experience themselves as being held hostage by their illness.

Beth: I've seen things in other seminars I've attended over the years where someone gets called up front for a demonstration. Let's say they have a terrible pain in their elbows, so someone does a treatment and the pain in their elbows is gone. That was a miraculous healing. Then why are they calling me the next day to work on something else? I agree that something happened at the demonstration and there was a Divine presence and something was healed, but can they hold it for themselves? Have they made the shift? I think that is the difference. I'm thinking about a client who I know has worked with Steve. She went to a seminar on a different modality of healing and all of these spiritual attachments were supposedly cleared by someone that was there and I asked if she felt any better and she didn't know but she was calling Steve the next day. So, I think we're here to help others heal but something inside needs to know the truth and awaken to it within that person, to hold this space for themselves and their connection to the Divine. You can't connect to the Divine for someone else. You can't save someone else.

Steve: I think it's much easier to tell you what is not an awakened state than to tell you what an awakened state is. You'll know when you are there. But part of it is to step into that freedom yourself without a preconceived idea about what it is supposed to be and simply notice how different it is.

4. You are not your thinking or your feelings. You are like the sky. The wind, rain, snow and clouds move through the sky, yet, the sky is none of those things. You are that spiritual energy that is aware of everything passing through your experience.

Steve: Sometimes I'll confront somebody and say, "Is that working for you?" If it's not working for you and you're tired of that symptom then what's a different way that you can start shifting

so that you don't keep carrying that suffering, but let the symptoms pass through like you are the sky, and don't attach to them?

Beth: They need to let the thoughts and feelings pass through as well because I think the stagnant or blocked thoughts or feelings is what leads to illness. So we should be like the sky most of the time. Most of us if a storm comes in, it remains stuck in our body for 30 years instead of moving through like the clouds and that's the case with chronic illness. There is a storm inside that has been locked up in a time warp and it's still there and you're still reliving it as if you are in the midst of the eye of the storm every day and not letting it pass through. One thing that Guy Finley talks about on one of his DVDs is how there is so much beauty and refreshment after a storm in nature. Everything is beautiful and bright and green and the air is crisp and the birds are singing. But human beings don't let the storm pass, so we don't get to see, feel, and know the refreshment and the beauty after the storm.

Steve: If we think about an illness as a storm, there is a part of my false self that is frozen in time and not allowing the conflict that's being expressed through the illness to resolve itself and pass.

Beth: Right.

Steve: Think about a lightning storm. If I'm terrified of allowing the lightning to follow me I somehow bind and hold all that lightning energy in my body so I don't have to see the flash of light and hear the loud crack, but then I'm permanently tied to that. You can feel the energy and the tension of trying to contain something that was never meant to be contained. It was meant to exist for a moment in time and then pass. So much of our chronic illness is where the false self has convinced us that we can't stay connected with all of ourselves and the Divine and survive that moment. It's unsurvivable and our society teaches that too. So we somehow created a split and this is something that I've said before in the teleclinics, but shit happens. It's only a tragedy when you break the relationship. Using the example of my first migraine of seven years, if I blamed that on God and broke relationship with God, I must be a bad person. Chronic illness is always breaking some kind of relationship with others, with the Divine, or with aspects of myself; it's creating a false separation that in reality does not exist, and in reality it's always present now and you and I are connected and everyone that I'm listening to are all connected and we're all one with the Divine. But illness somehow creates a separation where I'm trying to live in a different time zone other than right now; either in the past or future, but I'm not one to be here now in my body. Then there's such a story about our illness, or the story about our pain and suffering, or stories about why it's there and who's to blame. And within all those stories we are dicing ourselves up in all these little pieces and when all the little pieces are separated they need to come together in some experience of wholeness to transcend and move past the suffering.

5. Thinking about something is not the same as awareness or an experience of something. Not understanding this difference is one of our greatest problems. The experience of Truth always brings change. Example: knowing that smoking causes cancer.

Steve: I think we talked about this one already.

Beth: Yes, but I do want to add something in terms of thinking about something versus actually experiencing it. I've noticed this in myself and with clients, and it's the knowledge of what to do in a situation. I know what to do in this case, for example I should do a liver flush, and some skin brushing, and take an Epsom salt bath. Well, have you done it? No, but I know that's what you do. That is a very mechanical example but it happens over and over again. I know about meditation and yoga.

Steve: You have to be still and quiet to do it. That's what worked for you Beth.

Beth: Yes. Had I ever sat down long enough to do it? Well, no. Had I ever experienced it? No, but I never thought about that as being two different things. I recommend for people to do meditation, but had I ever done it for myself? Probably not more than five minutes at a time at that point. So there was a time not long ago where I actually sat still for 35 minutes in our group meditation and wow!

Steve: It was a totally different experience than what your thoughts were about it.

Beth: Things were healing left and right. I could feel all kinds of shifting in my field, and in my body, including my ears of all things. I had experienced it. It was very different. So look for that in yourself because thinking about something and thinking you know about it is absolutely not the same as going through and experiencing it.

Steve: For myself, the biggest obstacle to actually having the experience is thinking about it and believing it's the same thing. It was either Guy Finley or Vernon Howard who shared this story where somebody says, "Boy, its cold", and the friend hands them a picture of a fireplace.

Beth: Right.

Steve: The picture doesn't do anything and the words don't do anything. I've read all of Guy Finley's books and I'm starting on Vernon Howards. I've read the books more than once. It's not uncommon for me to read one and then read it again one month later and take notes with a different colored pen than I used the first time. Beth and I have purchased his DVD's, which are inexpensive as it is a non-profit organization, and on more than one occasion watched one, looked at each other and said, let's have a snack and let's watch it again. Each time it is new and fresh and we saw new things. So let yourself be saturated with this material and the experiences will happen as long as you laugh at yourself and question why am I suffering? Instead of asking, how can I get rid of the suffering? I'll eat a pizza, or get a drink or blame somebody else. What is it that I do within me that keeps this suffering attached to me? Start asking those questions and then observing the patterns instead of being a slave to them. Instead of identifying with your own thinking, and thinking it's true and real versus no, it's just your own propaganda and letting it pass through. As you do that you'll start to move to a different level.

6. Now is the only time frame that matters. All love, joy, gratitude, healing, change happens now. All healing of "internal parts", done correctly, happens in the now.

Steve: It was a huge thing for me to let go of the idea that my thinking was true in terms of some key points that were keeping me blinded. The second thing is understanding time. I was always living in the future – "I'm going to rest as soon as I climb this mountain." I get to the top of the mountain, and I'm already looking for the next one. There is a great book called ***The Art of Racing in the Rain***. It's a very nice story about the last couple days in a dog's life. The story is

from the dog's perspective and he is looking back over his life and trying to find explanation for things. I won't get the exact quote but you will understand the concept, but one of the lines was, "...that humans are always so attached to the things they're going to have". When you think about that, we're always attached to the next thing, the next car because the one I have now is not as fast as I thought it would be. The dog's perspective is that humans are always so obsessed with what they're going to get. They don't look at what they already have and then look at their own lives and say, "What time zone do I live in?" It's no matter where I am; it's always now and that's one thing I love is that change only happens now. Somebody says they are going to start a diet tomorrow; they are not going to start a diet. Somebody is going to stop smoking cigarettes tomorrow; they are not going to stop smoking cigarettes. You are going to meditate tomorrow, etc. If you're not doing it now, it's not going to happen. Part of this consciousness is observing yourself and dissolving your illusions and habitual patterns that don't serve you well and that you're carrying your suffering with. For me time was a big one. How was the time issue for you, Beth?

Beth: Do you mean time in terms of past, present and future?

Steve: Yes.

Beth: One thing I realized is there are no answers in the past that are going to help me with what I am dealing with now. It took me 40 years to figure that one out.

Steve: Right, if you are still living in your past and you try to bring a change today it doesn't work. The point here is that all healing and internal parts work done correctly is experienced now in this moment. It's not about thinking; it's about allowing the trauma experience to move through without attaching to it. Then whatever is left looking at that as a negative mechanical energy state, ala Guy Finley.

Beth: Bringing the internal parts into the now for healing.

Steve: Right.

Beth: Because in the now is the only place that healing occurs. It can't occur in the past. The past is over. That is why it's called the past.

Steve: Right.

Beth: So the healing needs to occur now. What we've worked on with many of our clients is the Parts material. The *Parts Theory and Treatment Protocol* is bringing those parts of you into the present day (see the section in the manual called Growing Up Parts). It's growing them up or bringing them into today's reality because today is where change happens not in the past. If all of your parts can see who you are today, change happens rapidly and instantly because you're not living in those past circumstances anymore.

Steve: A real eye opener for me, and Guy Finley is big on this, is never agree to suffer today for payoff in the future. For me I probably didn't believe that I wouldn't get through graduate school or I would have done things differently. Maybe grad school wasn't where I was supposed to go, but that concept of accepting the suffering as necessary for a payoff down the road was there. Why would I make a choice to suffer? If it's always now, why am I making a choice to suffer now? If I could not attend grad school with a sense of joy, why do it? You said something applicable to this discussion yesterday...

Beth: I know you were going to bring that up! I was about to say it myself: after all who rushes around in order to get somewhere to rest?

Steve: Right.

Beth: Yes, that would be me.

Steve: That is the same concept of don't agree to suffer now for a payoff down the road. Don't do it on the job and don't do it in a relationship. If there is not a way to move out of the suffering now then that's not where you need to be.

Beth: There was a story in another Guy Finley or Vernon Howard book where they teach through the use of metaphors. He was talking about various kingdoms that were involved in wars and this whole story about these battles that were going on some members of the army were talking about when they would finally be able to rest and celebrate with joy and peace in their lives, but they had to fight all these battles first. They proceeded to list all the battles that they had to fight before they could rest and enjoy life and find something which to be grateful. The king looked at them and said something like, why aren't you doing it now?

Steve: Right.

Beth: It's the same concept.

Steve: Absolutely.

Beth: I have all this stress so I can't enjoy anything in my life right now. Once I get all this done then it's going to be time for me.

Steve: Yet that's just the story you tell yourself.

Beth: Very conditioned.

Steve: Right.

Beth: That's a societal issue as well. It's very conditioned.

Steve: Anyone who has the kind of pain has an unconscious agreement that they deserve suffering, or they wouldn't have that kind of pain.

Beth: What are the agreements and patterns? We all engage in conditioned patterns of behaving, thinking and feeling a certain way, and that attaches to the suffering that we're experiencing.

Steve: That's right. At some point, chronic illness is a crystallized form of those patterns within my body.

7. Now is the only thing that is permanent. We are looking for permanence.

Steve: I think of how much suffering happens because we try to find permanence in something that can only be temporary, like our strength, beauty or our financial wealth. You're either stressed out because you don't get it or once you get it, you're stressed out because now you're afraid you're going to lose it. You need to be able to relax and let all of that go and say that I don't have to be attached to any of those things. There is nothing wrong with having those relationships or having the cars or the money, but the issue is not attaching your identity to it in a way that can only bring you suffering.

Beth: We talk about the title of our teleclinic series being *What is the Spirituality and Consciousness of Miraculous and Permanent Healings*, so what we're saying is living in the now is the miracle. Living in the now is being healed. That is not saying you are going to permanently heal and you're never going to die if you do this work. We're talking about what it takes to heal and not have your symptoms return.

8. Leaving the present moment always leads to suffering.

Steve: I know when I had my migraine for many years I did everything I could do to try to bargain with God. Nothing seemed to make any difference. So for me there was a place of surrender. If the only thing that I could do that day is move one hand, then I'll find a way to be in a place of praise and gratitude with that one hand, even if my migraine never went away, even if I could never focus my eyes again. I would find something each day to have gratitude for and for me that was coming back to the present moment in gratitude. I think joy and gratitude are phenomenally powerful healing energies. Instead of trying to live in another time zone, one in which I wouldn't have a migraine. It hadn't been successful after seven years but I finally gave that up and quit opposing that energy all the time. For me there was a sense of being present in the now with gratitude in a way that I hadn't done before and that was a pleasant feeling for me.

Beth: It's surrender to the Divine, instead of surrendering to the illness.

Steve: Right.

9. You cannot give yourself something greater than truth, reality, the Divine, gives you in each moment. Can you fall in love with reality, or do you insist on your imagined fantasy of life?

Steve: One of the things that I have definitely stopped doing that I know kept me in some unhealthy patterns was no matter what I was doing I was always thinking it's going to be better in a year when this thing or that thing has occurred. It's a beautiful day, but when we get that house it will be better. What I didn't realize in doing that was I was rejecting the gift and the joy and the gratitude of every moment at some level and that causes suffering. Not intentionally, because I wasn't observing myself. I wasn't awake to what I was doing and as I quit doing that the sense of being pressed changed dramatically. If every moment is perfect and fulfilled the way it is then I'm never in a hurry to get anywhere because I'm always exactly where I am supposed to be in that exact time. For me coming back to being in the present moment was a huge shift.

10. Resistance is a form of attachment. What we resist persists. Avoiding a situation is inviting it to return again: Resistance vs. Asking.

Steve: This is also from Guy Finley. Beth, what does resistance being a form of attachment mean to you?

Beth: One of the things that I realized is that you can't resist something and then get out of it at the same time. If you're resisting it you are cloaking yourself in it and that's not the way we think about things. If you resist it you're keeping it at bay. If you resist it you are keeping it away from you and the exact opposite is true. What's true is if you resist something you are bathing in it, you're attached to it. You can't see yourself without it. When you're in a state of resistance you can't ask for help; you can't ask to be free of it. You can't do both of those things at the same time. It's one or the other.

Steve: You can't resist something and learn from it. If I can't learn from it I'm absolutely inviting that same situation, maybe with a different person, to reappear over and over again until I get the lesson. That's what it's there for.

Beth: If you resist something you're giving your energy to it.

Steve: Right.

Beth: So the attachment becomes stronger.

Steve: Yes.

11. From Guy Finley's, *Essential Laws of Fearless Living*: "Here is the statement to end all fear: Who you knew yourself to be yesterday is of no use to you tomorrow."

Steve: This was another real eye opener for me. This is the idea that I don't have to carry forward all the baggage of who I believe I am and defend that in every instance. If I'm a smart guy, then I always have to look smart. That's hard to do. I'm wise, I'm strong, or whatever it is. I don't have to defend that because I can trust that who will show up tomorrow is going to be a new creature in his connection with the Divine and it's going to be exactly what I need at that moment. I don't have to preplan and have all the answers for tomorrow before I go to bed tonight and I don't have to know the answers for every question before it's asked in life. Wow, that's a load off!

Beth: When you were using that example I was thinking I've always seen myself a nice person. Well, that's sucks.

Steve: Right.

Beth: I always need to be nice; if I'm not I'm setting myself up.

Steve: Right, and if you release yourself from that prison then you're more free.

Beth: Being married to you has freed me from that prison of niceness.

Steve: I've noticed that.

Beth: That's a compliment.

Steve: I'd rather you are real and alive. True love is where you support that other person and you don't always comfort them - you hold a mirror up. You hold space, but you hold a mirror up and ask the question, "Is that working for you?" Is there another way to observe that doesn't keep this pattern going over and over again? To end all fear, to truly be fearless, is to not have to carry who I've know myself to be forward in time.

Beth: Yes it is very freeing.

Steve: It is very freeing in a sense that you release yourself from your identified labels, like you said "a nice person" or a "beautiful person", and all of that baggage goes with every one of those labels that we carry.

Beth: You can see why people go through so much pain because they lose the part of themselves they identified with. For people that are good athletes, as they get older, you're not such a good athlete anymore and how much pain and suffering does that causes you when you think about that?

Steve: Right, and again none of those things are bad. But it's the identification and the attachment to those labels in a sense that prevents you from being created new every day. You attach your sense of well being to everybody likes me or everybody looks at me a certain way, or I have this award, or this house, etc. Once I do that, then when those things are threatened, I'm threatened. I'm living in fear. I'm living in stress.

Beth: Then it opens the door for self judgment and self punishment.

Steve: We're going to stop there for tonight because we're trying to keep these in 70 minute increments so we can put these in CD sets. We'll pick up next week with Point #12. We may

also listen to a segment of one of Guy Finley's DVDs, with his permission. He's a master story teller; I could do it, but it would be like me trying to create the Mona Lisa with crayons, so I won't do that. We appreciate you being with us tonight and we hope these teachings can find their way into your consciousness. Blessings!

Beth: Thank you!