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Quantum Techniques Teleseminar

“ Beyond EFT and the QT trauma code: How to clear frozen emotional fields that won't budge!”

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Introduction

Many times there is a frozen emotional field that blocks a person from healing a chronic physical or emotional issue. Typical successful treatments with *EFT*, *TFT*, and *Quantum Techniques* seem unable to heal certain issues. Here is a new, very successful technique. It does require you to be able to muscle test.

Beth: This is Stephen and Beth Daniel and we want to welcome you to our teleclinic this evening. The title of this evening's talk is *Beyond EFT and QT Trauma Code: How to Clear Frozen Emotional field that won't Budge*. We will have some live demonstrations this evening. We've had several volunteers and we'll take as many of them as we can. We'll go through the introductory work and then talk through Part I, give you the different steps and then in the last section of the teleclinic we'll go through the live demonstrations and we'll call your name and then you have the instructions to unmute yourself and we'll go from there. We are very grateful to those of you who volunteered. Thank you very much! It helps all of us to understand the process more when you actually hear it in action as you can then duplicate it more readily.

Steve: This is part of our moving away from psychology into more spirituality consciousness and teaching much more rapid healing techniques than we've been aware of before. As we grow and evolve and learn we want to pass that on. Understanding that there are one or two things that you can learn how to do that move you rapidly forward in time to the present moment and don't keep you stuck thinking or talking or feeling about things in the past. This is one of those teleclinics. The next one will probably be sometime next month, and it will be dealing with how to integrate the trauma field, the trauma code and new studies in consciousness.

Beth: For most of you, and maybe all of you that are listening, *EFT* and *Quantum Techniques* and our *QT trauma code* are invaluable tools. Don't get us wrong, we agree that they are invaluable tools and when I worked with my own trauma as a client for a significant period of time, I used the trauma code very often and it's absolutely helpful, at least 95% of the time. What we are talking about in this evening's teleclinic is something a little bit different. In other words, if you've done a lot of trauma work and you feel like you've approached it from every angle but there is still something there, then you need to listen to this teleclinic. For example, for me working on my own grief, over and over again from every angle and every aspect and trauma in my life, there is still something there. This is what unlocks it for me, and this is what unlocked that field for many clients. I had a session about two weeks ago with someone who was having significant lung infections and lung problems. She has done so much work on her own emotions that have felt trapped in that field and I could see that those were not hers. It was grief of both of her parents that started when they went through a divorce when she was a small child. Simply clearing that allowed her to breathe more clearly on the phone and she said, "Wow, this is really big. I feel free of this." And she was so relieved because she recognized that the emotions were not "hers". They were not her creation. It was something she was carrying around like an attachment in her field that didn't belong to her and the freedom in recognizing that was amazing for her. From many people we have heard the words freedom and relief. It's relief that it wasn't their emotions that they've been carrying around; it is not something about them. It is something they took on from someone else and then there's freedom in releasing that. So what we're finding is that many times there are these frozen emotional fields that

belong to someone else that are blocking a person from healing a chronic issue, which may be physical with some physical manifestation, or it may be an emotional issue. So we're excited about this technique and we're excited to share it with you and show you how it's done.

Steve: There's another level that we'll be getting to in our next series: *The Consciousness and Spirituality of Miraculous Healings* in which we do not have to be a slave to any emotion. But in the meantime we want to give you some tools to help you move forward in your healing and that is what our goal is today and I think this is a powerful technique. It's helped many people.

Beth: The truth is that we don't own negative states even if we think that they're ours. We don't own rage, sadness, fear, but often times it feels like it's our emotions, but we don't own it. It owns us if we let it and that's another subject but this is preliminary to that.

Steve: I think one of our difficulties in our addiction to negative emotional states is they are so intense we feel very alive when they're flowing through us. Then we mistakenly identify that as ourselves.

Part I

Steve: I want to start with a metaphor. Gunpowder has been used for centuries. When used properly, it is very safe and useful. Our emotions are like the gunpowder in a big firecracker or cherry bomb. In its constricted space, it can be explosive and dangerous. If I cut open the firecracker or cherry bomb, place the gunpowder on concrete and light it, I am in no danger. It will cause a flash of light and smoke. It may make my eyes tear up and I might cough, but the smoke will dissipate and no harm is done. I can safely walk through this smoke. Frozen emotional fields that originate with someone else, are more like walking into a block of ice instead of walking through smoke. Frozen emotions tend to feel solid and not move, even with *EFT* and *QT*. This is how to test for and treat this issue. We have many people that have done endless hours of *EFT*, the *QT trauma code*, or *TFT* on a trauma field and it keeps coming back. Why? Unfortunately most of us when something doesn't work we pound the same nails, the same hammer, just harder and faster. Let's try something different. Maybe the reason you can't walk through this in the way that you've walked through other things is it's actually not your emotion. Your emotions are like smoke, often like gunpowder, you cough, you cry, you walk through it and it's gone. What if you walk through a cloud and all of a sudden you hit a block of ice. A big frozen block of ice, like an iceberg and you bounce off of it. That's a good example of what a frozen emotional field is because it's not your emotion. The same techniques that have worked for many other things don't work on this field. The first thing we think of is I must have done it wrong, or I'm a failure. No, it's a different field. So we want to teach you a new technique to see if this will help set you free and give you more power.

Beth: Someone sent in a question: Why is *EFT* not effective in dealing with frozen emotional issues? I think that *EFT* and our own *QT Trauma code* would be effective in this area if the person has the field and we're showing you how to get the field here tonight. In other words, if you knew how to test and find the field, and you knew what you were treating and where it was coming from, and when you started taking this on, what is the emotion, whose emotion is it, all of those pieces, if you knew that, I am fairly confident you could do the *EFT code* and it would heal.

Steve: But you have to know what your target is.

Beth: Right.

Steve: We are going to use Beth as an example. Why don't we walk through these steps using the healing that you did on this field?

Beth: Okay.

Steve: Beth, why don't you share some information about your chronic lung issue with us?

Beth: Sure. For about 12 to 16 months I had this low level infection. It seemed like I would get many infections in my lungs, and that had never happened before. So this was something new for me. Last year every time I would get a cold or something else, it would go right into my lungs, so that was the presenting problem and was my concern:

Steps to test and clear:

1. Make sure you are not reversed. Then hold the belly point while doing all the testing. These are simple yes/no, strong/weak muscle tests.
2. Is the issue physical or emotional? Am I focusing on a frozen emotional field?
3. If you get a yes, what is the emotion? (rage, anger, fear, terror, disgust, shame, depression, etc.)
4. How old was I when I first started taking this frozen emotion into my body to make the world safe? The first time is usually very young, less than 3 years old, often in utero.
5. What percent of that original emotion was mine and actually created inside of my body? This is almost always less than 20%.
6. What percent did I take in from another person or persons?
7. Whose emotion did I take in at that time? It is almost always a family member or perpetrator of some kind of abuse. Almost every healer has this issue and many had a parent or other family member with depression or other emotional/mental issues.
8. Come back to the present moment and the present symptom. Whose emotion am I carrying now? What percent is mine? What percent is theirs? One of the problems with this pattern of taking on others' unhealed emotions, is that it almost always begins very early and is unconscious. This is typically before speech develops and most often begins prior to age 18-36 months, when we begin to experience ourselves as separate from others. This means that this pattern becomes a reflex that until made conscious becomes our primary way of dealing with disturbed fields in others. That means that the moment we come in contact with a disturbed energy field in a person, we unknowingly take in that energy. That is typically negative emotional states, but can also be pathogen states such as viral and bacterial fields. Typically people love to be around you. They walk away feeling lighter and better, but you go away feeling heavy and exhausted. This is another reason why many caregivers and healers have poor health. Leave all painful emotional states exactly where you find them! They are the truth that person needs to process with their Divine connection for their healing.
9. Use the following affirmation: "I resign. My body is an exclusive vessel for only the love, joy, peace, gratitude, truth and abundance the Creator has made." Then focus on the frozen emotion. Guy Finley has a great statement: "Thank you for coming; now you best be on your way". Send the emotion back to whom it belongs. That person needs it for their own growth and truth. You have just gained awareness and freedom from this opportunity. As you do this

repeatedly, you will break this habitual reflex pattern and enjoy much better physical, emotional, and spiritual health.

10. Test to see if there are other times in your life where this occurred that need to be addressed now. Remember the goal is always to stay in the present moment, only bringing into awareness what has been unconsciously undermining your healing. This way, you can awaken to the truth of what is your higher self, and live above the hurtful level of negative mechanical energy states and frozen emotional fields.

Steve: I'm checking for Beth, I want to be healthy, I want to be sick; she's not reversed, but I am going to have her hold the belly spot and I'm holding the belly spot too: I want to be healthy, I want to be sick, so we're thinking about that lung problem. This could be physical or an emotional issue. It could be an ankle that won't heal, it doesn't matter. All roads lead to Rome, meaning truth will follow its own path whether it's physical or emotional. Okay, she's not reversed. Is this chronic vulnerability in her lungs a frozen emotional field? I get a yes. Whatever your issue is you simply ask: Is this a frozen emotional field, and you hold the belly spot, you are going to get a yes, or a no. We got a yes. This is a borrowing benefits model and everybody can do it. What's the emotion? Is it fear, anger, rage, shame, disgust, sadness, or grief? For Beth grief tested strong as the frozen emotional field. What I'm doing now is moving back in time from the present to the beginning. We are on Step 4 because I want to find out when she started this pattern of grabbing disrupted emotional fields and putting them in her body? If you're a healer you probably started very early; if it wasn't mom, it was most likely somebody else in the family. Often it's preverbal, and we'll talk more about that later. So if we check, how old was Beth when she first started taking these frozen emotional fields into her body, under the age of 10, 5, 4, 3, age 3. So at age three there was some kind of disrupted emotional fields that Beth took into her body as a way of making her world safe. It was a grief field.

Beth: You do this a little bit differently than I do and that's okay; we'll both be demonstrating. Question #4 is how old was I when started taking this frozen emotion into my body, so you're looking for grief for me?

Steve: Right, but what we're looking at is where did we start this pattern taking in disrupted energy fields into your body? That's the question, exactly which field or which emotion is not as critical as when this process started.

Beth: That is what I was getting at.

Steve: Right, so for Beth it was age three. With several of my clients it is before the age of three and sometimes even in utero. So before we separate from the world, we know we're different from the world and many times it's prior to developing language that we start doing this as our blueprint for how we handle disrupted energy fields. So, as soon as we came in contact with a disrupted energy field we tried to make it a safer by bringing it into our body and that could be anger, rage, a virus, or bacteria, etc. But this is the pattern that starts very early, that's what's important to recognize. Once you recognize the truth you can resolve the truth by bringing light and information into it. Again, for Beth it was age three. Step #5 is once you have the age what percent of the original trauma field of that original emotion was Beth's? Meaning what she created in her body versus what she took in from the environment, kind of like catching a virus.

Let's check; is it less than 20, less than 10, no, more than 11, more than 12, more than 13, more than 14. It's usually between 10 and 20%. For Beth it was 14%. So 14% of the grief at age three was actually Beth's grief the rest of it was someone else's. Now step #6, what percent did you take in from another person or persons? Was it more than one person? No, was it a male, yes, female, no, family member, no, non-family member, yes. You usually take this in from a family member or someone that I'll say perpetrated abuse on that person. For Beth this was a non-family member, a male that perpetrated abuse. Was 100% of the rest of that or that 86% from this male? Yes. Now what we know is this field that Beth has been carrying in her body all these years trying to resolve, couldn't resolve because it was not her issue. Step #7, what emotion did she take in at that time, was it grief? No, is it fear, terror, anger, there it is... rage. Yes, she knew it was rage, so ultimately, she absorbed the rage from some kind of abuser in her life at age three, and put it in her body to make the world safe to attach to. Most healers have this issue. #8, now we know that she started this at age three as her blueprint for how she handled disrupted emotions in the world. Beth has shared with me, that people that have known her and loved her in the past said "you're just too sensitive for this world". Meaning she took in too much pain and suffering to be okay in this world, and that's why she developed illness, environmental illness and other things. Let's come back to the present moment, so the present issue, is this issue in the lungs, right?

Beth: It was, it's gone now, but for demonstration I am going back in time when it was.

Steve: Let's go back in the present moment two weeks ago. What's the emotion you are carrying in your lungs? If you know Chinese medicine that's usually grief; let's check, is this a grief field? Yes. What percent of this grief is actually your creation, is it less than 10, yes, less than 5, no, more than 5, more than 6, more than 7. 7% of this grief field that Beth carried in her lungs as a frozen emotion is hers. The rest belongs to someone else. More than one person, yes; more than two, more than three; three people. Is one or more of these family members; are they all family members? Yes. Is there a female? No, they're all male family members. Her dad, yes, her grandfather, yes, her brother, yes. These were the people she was close to when her grandmother died about age 14 or 15. So is that 100% of this frozen emotional field? Yes. So again, here's the correction and what's important is how you fix this once you realize what it's doing? That is point #9; use the following affirmation: "I resign. My body is an exclusive vessel for only the love, joy, peace, gratitude, truth and abundance that creator has made." This is a great statement from Guy Finley, saying "Thank you", to these frozen emotional fields "for coming", they are there for your learning, "but you best be on your way". Meaning sending them back to the people they belong to because those people actually need their own emotions to do their own healing and spiritual work to move to the next level. As you continue to do this you will break this automatic reflexive pattern of holding negative emotional fields. For years my first sign of a migraine was the back of my neck locking up and then I would take medication to try to break the headache. Once I realized this was actually a frozen emotional field, it originally was stuff with my mom's problems when I was an infant, and as soon as my neck locked up if I did some testing, is this a frozen emotional field? I'd get a yes, what's the emotion? It's rage. Who does it belong to? I could test through people and once I hit that, saying, "You know what, I resign", in a sense, it's not my job to take on these frozen emotional fields anymore. I sent them back to the person they belong to and I restate, "My body is only a

vessel for love, joy, health, abundance, light, truth”, and I release that, and could break those patterns very early and now it doesn't happen anymore. It took awhile to recreate a new pattern for myself of not taking those on, but it's huge for people when they realize that this is not even their emotion. They don't have to obey it, they don't have to listen to it, they don't have to be slave to it; they can simply recognize where it comes from, dismiss it, and send it back.

Beth: Well, the beauty of it is even for you once in awhile if that comes up again and you feel anger on the back of your neck, you immediately know it and you send it back, and it's gone within five seconds, rather than having a migraine for 12 hours.

Steve: Right.

Beth: So, as you're going through this process you'll see that the symptoms will be short lived and if it does show up at all, it is a signal to you and then you can send it on its way by finding this field.

Steve: So, once you do that there's a real value of going back and looking in your life where you've had a downside to your physical or emotional health and going back and checking whatever the field was, bellyaches, headaches, depression, etc. That's a great thing about QT; you can move backward or forward in time because in quantum physics there is no time, and think back about having these headaches starting after this incident, was that a frozen emotional field? What was that? Who was that? How do I realize that, dismiss it and move forward? That can be very valuable.

Beth: What we see across the board with chronic illness and chronic symptoms is that there is always a trauma one to two years prior to the symptoms showing up. So that gives you a clue about where to start looking.

Steve: That's especially true for cancer, for example. You don't ever see an onset of cancer that you don't have a key trauma field usually 18 but as much as 24 months before that.

Beth: I can honestly say with every person I ever worked with I found that to be the case.

Steve: Right.

Beth: Someone sent in a question: Are subliminal tape and/or hypnotherapy useful in healing frozen emotional issues? I don't think so, do you?

Steve: Ultimately all healing is reconnection with the Divine, and the Divine is always present now, and you, if you awaken to your full reality, you are one with the Divine and everything in creation right now. There has to be some kind of awakening process, kind of like wow, I was asleep for a long time how did I do that? There's a high level of understanding. When I look at that question I don't think that subliminal stuff solves that because it doesn't bring it into conscious awareness. Somebody else might get something different if they have different understanding of that subliminal information, but I don't get that.

Beth: And you did hypnotherapy for years.

Steve: Yes. I'm simply saying if somebody else has a different understanding beyond mine than there may be a different answer, but the information I have with my expertise I don't get that is helpful. But there's always more beyond what I know.

Beth: Yes, my gut feeling was it wouldn't be helpful.

Steve: Right.

Beth: The other piece that Steve was talking about was going back to #10 and seeing if there are other times in your life when you were susceptible. One of the areas that we are recommending you look at would be within that two year window of symptoms starting and checking in that moment to see if something is there that's a frozen emotional field that needs to be addressed in your life right now to release something for you. You can go back using a timeline for your own life. Most of us are good at determining when something started, or when things went bad, and finding those areas back in time. But the goal is to stay in your present awareness. Just like we do with our *Parts Work*, wanting to bring the parts forward into time, to be present now for your healing now, because healing can only happen now. The beauty of this is that you realize there are negative mechanical energy states and they do not belong to you, so therefore they're easy to release. And then filling that space with light and truth so that this will not reattach through another field and then it will stop reattaching.

Steve: I like one of Guy Finley's metaphors that I want to share here. Imagine that you are the sky, and that's true on a spiritual level, you're the sky. Now, hail, rain, clouds, snowflakes fall through the sky but the sky does not confuse itself with those things. So you are that awareness that exists at a level above your thinking, your feelings, your body sensations, and you are not a prisoner of your thinking, your feelings, your body sensations, or these frozen emotional fields. You do have the ability to awaken to a level in which you realize who you truly are. You don't have a case of mistaken identity when these things come up. You can simply dismiss that by stating that affirmation and that's what we're talking about in these frozen emotional fields: maybe something that has been unconscious for you, been driving you physically, emotionally, or symptom-wise for a long period of time. You do have the ability to recognize that and I'll say the light of truth and then dismiss it.

Beth: I want to give an example. When you were going through the steps with me on the grief field that came up that was around my grandmother's death when I was a teenager and she was one of the closest people to me in my life, and you found the grief field that I was holding from some other people in my family. What was interesting is later that day when we were finished doing the clearing, my lungs cleared up immediately and then I started to feel sensations in my bladder. I knew something was being pissed off, so I knew there was an anger field there. So, I went back in and I checked again and what I realized was that I was holding my father's anger about his mother's death and he had been very upset with the medical community. It was a shock and there was much anger that he not expressed at the time, so I'm well aware that I took that in. So, the bladder showed up next, and I cleared the rage through his field out of the bladder and then my bladder was better within an hour. That's how powerful this is and how quickly things can shift. What's interesting is to remember the metaphor that each of the organs hold. For example, the bladder is being miffed or pissed off. The lungs are often a grief field. The kidneys are often a fear field. The colon is often feeling like you're between a rock and a hard place. The liver is often an anger field. The gall bladder is resentment; the stomach is something that you can't take in or absorb. Looking at all of those things can be helpful to identify the emotion that's involved in that area of the body if you're having trouble finding that. You can get lists of different emotions and work off of that if you want to. That's something that I actually do because it's easier when working with clients and

trying to move quickly. I have a whole running list of emotions and their common places where they are held in the body. Do you want to go ahead and do some demonstrations?

Steve: I want to share one other thing first then we'll do that. It's interesting how many of us consciously or unconsciously avoid any experience where we are wrong or we don't have all the answers. Speaking for myself, if we had all the answers we wouldn't have any pain in our life, so when something shows you are wrong, you should welcome that because there's a new opportunity for information and transformation. That's important! If you never feel a sense of shock or confusion with new information then you're not getting new information; you're simply repackaging what you already know. And if what you already knew was a solution you wouldn't be calling me; you wouldn't be listening to this teleclinic. Obviously you're missing some information, so let's welcome the confusion and discomfort that new information brings us because within that is our solution for being present now in healing completely.

Part II

Live demonstrations of technique:

Steve: We're going to try something; we're going to see how our technically challenged team, meaning me and Beth and our two dogs here, can work this out. Gabriel, are you there?

Gabriel: Yes, I am here.

Steve: Good. If we get a lot of background noise, I am going to ask people to mute themselves. Do you have the instructions for that Beth?

Beth: I turned them off for you before we started.

Steve: I'm going to ask other people to press *6 to mute themselves. Gabriel is one of the kinds of clients I love to bring to *Quantum Techniques* because they have an issue, we do a session, and then they say, I want to learn to do this on my own. They buy a couple products and they learn to test. He can become independent of me very quickly. Gabriel has an emotional field that he wants to share and I'm going to read some things he sent me. He is a math instructor. He loves what he's getting paid to do. There are some things that came up for him, some career setbacks dealing with some conflicts with people and it attaches to these thoughts: what if other people that he is working with in the university don't like what he does? What if he runs into some nasty people again? That need to get other people to appreciate him, is strong, and an awareness of self-sabotage. He then ends up being very sensitive to other people's energy fields, picking up some of that negative emotion and is aware that either he lashes out or gets scared of other people's reactions. He is doing a lot of work on this now. He is looking at Guy Finley's material and he is doing a lot of his own spiritual work. But he thinks back about as a child being very critical of his teachers. Now, think about this for a minute, I can't have criticalness toward someone else or hostility toward someone else without first being critical or hostile to myself. It's an important concept. I cannot be negative to someone else without punishing myself first. This belief that if I'm good enough, then I do not have to deal with the messiness of emotions. Again if I do it right, if I do it perfectly, I don't have the messiness of negative emotions. Do you think Bill Gates has problems with emotions; or Oprah; or Obama; or Bret Favre? No matter how well you succeed in your life everyone still deals with these issues, so there's that misperception that if I can perform high enough, I won't have this discomfort. That's why I am bringing it up. Since very early on Gabriel has always been very

sensitive of other people's energy fields. So what we're looking at is this real sensitivity to other people's energy, so that's our field. If I check for Gabriel, I want to be healthy, I want to be sick, there's not a reversal. If I check, is this a frozen emotional field? Yes, and I'm simply using muscle testing like we teach in *Truth Techniques I*. So, if we go back to our outline, step #2: Is this a frozen emotional field? Yes; is this discomfort, anger, rage, fear, terror, disgust? No. Is it shame? Yes, I am getting this is a shame field.

Beth: Can I add something to that? I am getting shame and a feeling of helplessness, so add that into the field.

Steve: Okay. Step #4: How old was Gabriel when he first started bringing these disturbed emotions into his body? Under the age of 10? Yes, 5, yes, 4, yes, 3, yes, 2, yes, 1, yes. Was this pre-birth? No, was he older than 1 month, 2 months, 3 months, 4 months, 5 months, 6 months; okay it was between 5 and 6 months that he started grabbing these disrupted emotional fields of shame and helplessness and bringing it into his body. Step #5: What percent of that original emotion was his? Was it under 10, no, under 15, yes, 11%, 12%, at that early age 13% were actually Gabriel's sense of shame or helplessness and 87% was someone else's. Step #7: Whose emotion did he take in at that point? Was this more than one person? I get a no, one person? Yes, family member? Yes, was it a female? Yes, was it mom? Yes, someone else? No. So, most of that sense of shame and helplessness was taken in at that very early age from his mom's field. Let's come back to this present moment, the current emotional field, the current frozen emotional field that is blocking you now: I want to be healthy, I want to be sick, is this primarily a frozen emotional field in terms of this paralysis? Yes, it is a frozen emotional field. Is it primarily your emotion? No. What is the emotion? Is it anger, fear, there is a big fear field right now, yes; it is a big fear field for you. If I go back, what percent of that is Gabriel's fear? Less than 20, less than 15, 14, 13, 12, 11, about 11 or 12% of this fear field is actually yours at this moment. Of the rest of that, does it belong to more than one person? No. Is this a family member? No. Someone in your life today? Yes. Is it a male? No. A female? Yes. So if you think about that Gabriel, what female in your life today comes to mind for you? If you think about you're taking on their fear field? Does anybody come to mind?

Gabriel: Yes, definitely.

Steve: Okay, think about that person.

Gabriel: I'm thinking of her.

Steve: OK, think about that person, is that the person? Yes. Is there more than one person? No. So this person in your life needs help. You're taking in much of their fear field and I would focus on that discomfort for you and use that affirmation which is simply: "I resign, my body is a vessel only for all the love, joy, peace, health, and abundance the universe has made" and then using that Guy Finley affirmation, say, "Thank you for coming", in other words for these negative emotions that you're picking up that are not even yours so that you can recognize your pattern, you send them back to that person because they need to process their own emotions for healing, and you release that. Okay, if we ask is there something else in this field? Beth, are you getting anything else on this field?

Beth: Yes, I want to go through the questions again.

Steve: Go ahead, that's fine.

Beth: Okay.

Steve: That's part of teaching because we do things differently.

Beth: Yes, I am getting something else here, another frozen emotion field? Yes. Is it in your life today? Yes, Okay, there's another fear field. It's somebody else's field besides that of the woman that Steve mentioned? Is it a fear in your life today? Yes. Okay, what percent of this is yours? About 3%; what percent is theirs? 97%; so we're only talking about one other person? Yes, there's a male, that's also coming up in the field in regards to this fear field.

Gabriel: I'm listening.

Beth: Are you aware of who that is Gabriel?

Gabriel: I think so, yes.

Beth: Okay, say "this is true".

Gabriel: This is true.

Beth: Yes, that's the other person that is showing up in this field. Sometimes there's room for something else to show up, so this again is another fear field from this person. You want to go back and resign to taking on that fear, recognizing this is not yours. It doesn't belong to you, simply like an attachment or like I like to say to my clients, it's almost like you're carrying a backpack but you realize it's not yours, so you set it down and you walk away. Then you fill the space with light and with truth and with the knowledge that you don't need to hold onto this fear any longer. It never did belong to you. Now it best be on its way. The other thing that I sometimes do as well is to look at what is the underlying intention or what is the underlying reason that a person allows unhealed energy states or emotions to attach to their field. Going back to the teleclinic series we did called *The Non-physical Field* where we talked about what we call the *Quantum Techniques Symptom Intention List*, looking at the underlying intention here I think is also very helpful. Most people start to pull in frozen emotions of others to make themselves feel safe and protected or to make the world feel predictable or that they have some kind of control, or to even help someone else as if they're feeling like a parent or almost in a way trying to help them take it on. All of those things are possible underlying intentions. I want to see what's there for Gabriel in terms of an underlying intent at an unconscious level. The first thing comes up is the intention to make the world predictable. In other words holding these frozen emotions allows some feeling of predictability in the world for you. Other than that, there is also a self-rage field, almost like a self-punishment field that's also at a very young age. So there's some intention of some kind of self-punishment here as well. I haven't worked with you before so I'm not real sure of your history but there is something here about maybe not feeling good enough or some self punishment. Taking on negative emotions of others is almost always a way of self-punishment. So I would take a further look at that and let's pull that into a code for you right now. I think that would be helpful.

Gabriel: Okay.

Beth: If we ask, does that resonate for you, Gabriel, this self –punishment?

Gabriel: It definitely does. Besides getting the information, you also generate a code with this issue?

Beth: Yes, I think that would be very helpful, especially for something that has been a lifelong pattern. We didn't put a code in the materials here because we figured that they would come up individually for different people, but for those of you that are listening if this is resonating with you in some way this code would be helpful for you as well.

Gabriel: Yes.

Beth: Okay, so for Gabriel do we have 100% of the information that we need? Yes. Do we have 100% internal cooperation in healing this now? Yes. And the other question that I often ask is: Can 100% of you be present here and see who you are in the present day? Yes and that you no longer deserve self-punishment.

Gabriel: Good.

Beth: Okay, so Gabriel, say “I want to be over this?”

Gabriel: I want to be over this.

Beth: Here's the code: eb sh g50 sh g50 sh eb e g50 sh if e mf lf liver g50 sh e g50 sh g50 sh eb e g50 sh if oe a c 9g. Gabriel you should say that three times in a row, three times per day.

Gabriel: I understand, yes. Thank you very much; thank you!

Beth: Thank you!

Steve: We want to thank you for volunteering. Now please hit *6 and that will mute you and we can work with somebody else. Thanks Gabriel!

Beth: We've got a couple of questions coming in about emotions and typical organs that resonate with specific stored emotions. I will repeat the ones that I mentioned before: the kidneys often hold fear; the liver is classically anger; gall bladder is resentment; the lungs are grief or loss; the colon is often anger but it's often being in a conflict, not knowing which way to go, having a hard time making a decision; the stomach is having a difficult time stomaching something (taking it in) and anxiety; and then the bladder is miffed or pissed off, to use American slang. I believe those were all that I had mentioned. Of course there is the evasive but common one - the heart and heartache. So, hopefully I have given you all that information slowly enough so that you can pick that up. I'm sorry that I listed them so quickly last time. Here's a few more: the thyroid often shows up as vulnerability; the spleen as a self-esteem issue; the adrenals can show up as feeling inflamed or like you're overwhelmed or over-exerting; and in addition to the heart showing heartache you may also find a feeling of being overwhelmed or of being suffocated by something in your life, past or present. Okay, let's go ahead and go onto our next demonstration. This is with Anne. Anne, are you there?

Anne: I am, can you hear me?

Beth: Yes, it's a bit muffled for some reason on our end but I think this will do.

Anne: Okay.

Beth: Anne, I have not worked with you before so I don't have much of your history, but that's okay; I don't have to have worked with you before in order for this to be successful and helpful. I will share a bit about the history that you gave me and then we'll see what comes up.

Anne: Okay.

Beth: You've been suffering with physical pain in your gut since you were a teenager.

Anne: Right.

Beth: It's looking like mostly intestinal pain and then some anxiety. Is there still a low thyroid issue as well?

Anne: Yes.

Beth: OK, so those are the physical pieces of which we need to be aware.

Steve: I just want to say this Anne: even if this is a frozen emotional field, part of what *Quantum Techniques* does is it also identifies the physical pathway. Let's say the stomach is the weakest

organ or gland. What do we need to do with the stomach? That's parasympathetic recovery, the brain engines, in addition to the frozen emotional fields that allow that to heal the most rapidly. So we're putting that disclaimer on but we're dealing with the frozen emotional field for this teleclinic.

Beth: Right, I'm not going to go into the physical scan.

Beth: I'm going ahead and jumping right in unless there is anything else you'd like add at this point, Anne?

Anne: Go ahead, go for it!

Beth: Okay, Anne, say "I want to be healthy".

Anne: I want to be healthy.

Beth: Good; "I want to be sick."

Anne: I want to be sick.

Beth: Good, you're not testing reversed. If you don't mind I would like you to hold the belly point just in case something comes up in this field that would reverse you.

Anne: Okay.

Beth: "I'm 100% over any blocks to accurate testing. I'm 100% free of any deception, spiritual interference, spiritual attachments. I'm 100% free of any energetic attachments." That all tests okay. So if we think about the issues, and I'm thinking about all of them, not specifically focusing on one, I'm thinking about intestinal pain, thyroid, and anxiety issues – are any of these issues that we're focusing on from a frozen emotional field? Yes, so that is step #3: What is the emotion that we're dealing with right now? It's rage. Okay, so then we're going to go back in time here for step #4: How old was Anne when she first started taking this frozen emotion into her body to make the world safe or for some other purpose? Anne say, "Under the age of 10".

Anne: Under the age of 10.

Beth: "Under the age of 5."

Anne: Under the age of 5.

Beth: Under 5, under 4, under 3, testing between ages 2 and 3 as where you first started taking in frozen emotions from others. Step #5: What percent of the original emotion that you took on was actually yours or created inside of your field? Less than 10%? Yes; less than 5, less than 4, 3% tested as your emotions. There's 97% left, so did you take that on from another person? Yes; more than one person? No, just one person. Any ideas just thinking about that and knowing of course, your own history, any idea whose rage or anger you were taking on at such a young age?

Anne: I can guess, I don't know for sure.

Beth: What is your guess?

Anne: My father.

Beth: Father?

Anne: Yes.

Beth: Okay, say "This is true."

Anne: This is true.

Beth: Yes, that does test true. So was 97% of this rage field then something that was his emotion that he was dealing with? Yes. And again, for demonstration purposes, it almost

always is a family member or else someone involved in some kind of abuse situation. Now we want to come back to today's reality in the present moment with the present symptoms. If we ask whose emotion are you carrying now? Is this someone in your life today? Yes; is it a male? No. Is it a female? Yes. Is it a family member? Yes. So it's testing as a female family member's rage that's in your field right now. Do you know who that might be?

Anne: I really don't have any female family members; you mean that are present in my life right now?

Beth: Well, if we ask is this an emotion of a person who has passed on? No, it's someone alive today.

Anne: Would in-laws be considered family members?

Beth: Certainly.

Anne: So you're saying like rage towards this person?

Beth: No, what I'm saying is that you are acting as a receptacle for holding some of their unhealed rage.

Anne: Oh.

Beth: Yes.

Steve: Let me say something Anne. It is interesting, but at some point working in the last week I had several people where they all tested that their dog was one of the family members and their bird was one. For them their body identified those as family, which makes sense. So, it doesn't necessarily have to make logical sense for your body to say this is family member.

Anne: If I understand clearly, so this person has rage and that is affecting me?

Beth: Yes.

Anne: Okay.

Steve: You're taking on their rage; they don't necessarily even have rage towards you, but they have a rage field that you've taken into your body, as a way or a reflex that you started very early in life to make the world safe.

Beth: It's actually very unlikely that the rage is with you.

Steve: Right.

Anne: Okay, I think I know.

Steve: I get that it is somebody whose smile always says everything is fine; that's usually a sign of somebody who can't deal with their own rage.

Anne: Hmm...

Beth: You know who it is?

Anne: I think I do.

Beth: Yes, you've got it.

Anne: Okay.

Beth: Say, "This is true."

Anne: This is true.

Beth: Yes, it's the person that you're thinking of.

Anne: Oh, wow.

Beth: Okay.

Anne: Okay.

Beth: Can you see that pattern in your life in other ways that look like you started at a young age taking in some of your dad's rage? Doing that now, can you see a pattern as you look throughout your life of taking that on? It is very typical to hold rage in the intestinal area.

Anne: Gosh I never really thought about it, I don't know.

Beth: Okay, my guess is that you're a really nice person.

Anne: Yes, probably.

Beth: Yes.

Steve: Maybe pathologically so.

Beth: Many people with chronic illness are very nice people, and you've probably done a fair amount of healing on your own, on your own emotions, and some of your own trauma, and there's probably some of your own rage that's underneath all of this.

Anne: Yes.

Beth: So this is showing you that you've also been taking on other people's unhealed emotions, and it tests as a way to make the world safe, or make yourself feel safe around that person. It is probably what you started to do with your dad at a very young age.

Anne: Oh, interesting.

Beth: Yes, it is interesting and sometimes there's an "ah-ha" moment realizing that you've done this your whole life.

Anne: Yes, wow.

Beth: Because it's automatic and it's unknown, you don't think about doing it when it's happening. It automatically happens.

Anne: Wow, okay.

Beth: Now, throughout your healing process have you been able to acknowledge and feel some of your own rage that you've had throughout life?

Anne: Oh, yes.

Beth: Or has that been something that has been difficult for you?

Anne: No.

Beth: Good.

Anne: I've been in touch with that.

Beth: The first place to start with people is acknowledging that within yourself. Once that's clear, what am I taking in from others and why am I still doing this?

Anne: Yes.

Beth: So, then what we want to do is say, "I resign from this pattern. My body is only a vessel for truth and love and joy and light. I choose to fill this space with the light of the Divine", and acknowledge that there's something from this process that I have learned. "Thank you for coming but now you best be on your way. I'm not doing this anymore."

Anne: Right, is that written somewhere that I can...

Beth: Yes, it's under Step 9 on the teleclinic outline.

Anne: Okay.

Beth: If you don't have that for some reason let me know and I'll email it to you.

Anne: Okay.

Beth: That's the affirmation, but then also one thing that I think is very helpful to realize is that you are not helping the other person by taking this on.

Anne: Oh, wow.

Beth: Some people have an underlying belief that they're protecting themselves, but they're also helping this person by taking on this rage of theirs, or fear or whatever the emotion may be, and the truth is that it blocks that person from their own healing and their own Divine path. If we try to take things on for them then they aren't allowed to be free and go on a path that they're supposed to go on, because we think we have to fix everything, or that we're somehow responsible for their healing.

Steve: Let me give an example. Let's say that you have a friend whose husband gambles away all their rent money so you give them money every month to get them through.

Anne: Yes.

Steve: Is that really helping them? Or do they need to look at their life and say, what do I need to do? I need to confront this jerk about this gambling, or I need to leave this relationship. If you give them money every month for the rent then they don't get the lesson that life is trying to bring them so that they can move past this and be free. That's a very simple example to see, but on an emotional level if somebody has this huge rage field and you're siphoning it off, where they don't experience their own rage, or their own stomach upset for the rage, it's kind of the same thing. They're not actually experiencing their emotions so that they can make a physical change or some change in their life. So, that's just an example of how we unconsciously take negative emotional fields off of people and how that interferes with their healing.

Anne: So, are you saying when I take this field from this person that they actually don't have it anymore, unless I give it back?

Beth: Not necessarily, but I do think that some of us are ultra-responsible for other people and we block them from seeing some truth because we don't want it to be painful for them. I've done that in my life. When I look back I tried to protect certain people by not going there or by not letting them see something. I've actually blocked them from being able to see some truth because I was so concerned that they might have hurt feelings for example that I intervened in some way. So, I think that can be the case. I don't think that's necessarily so, but I think the truth is that if we have the intention to protect people from their own pain, it starts out as a valiant intention, but it ends up detrimental to both parties.

Anne: Hmm.

Beth: Because they aren't seeing some truth that they need to see or actively taking responsibility. So that's what I'm talking about.

Anne: I don't think I've consciously been not allowing her to see the truth.

Beth: That tests true; you haven't been doing it consciously but there's a whole gamut of possibilities here. Depending on the person and sometimes for people this is conscious, sometimes it's not, sometimes it's both, but I will say that everyone I've ever worked with that has chronic intestinal issues take on other people's rage.

Anne: Wow.

Beth: I haven't seen exception to that. That just came to my mind as I was talking to you because I was thinking over the years of people that I've worked with who have irritable bowel, intestinal distress, and Crohn's, etc. and there is a frozen emotional field of rage there almost always from others. So, there's some kind of pattern here.

Anne: So is the hypothyroid connected to this too?

Beth: No, that's a different issue.

Anne: Okay.

Beth: If we go back and we ask for you on the thyroid, is there a frozen emotional field in your thyroid? No, I don't get that right now, so there's something else in that field.

Anne: Okay.

Beth: Now it doesn't mean something may not come up. I mean it may happen like it did when I was doing this on myself; I cleared the lungs, within a couple of hours, something showed up on the bladder. So it will be interesting for you if you do some of your own self-testing, to go back later and see is there another frozen emotional field in the intestinal tract or the thyroid. There actually is one showing up on your stomach.

Anne: You mean another one, a different one?

Beth: Yes there's a frozen emotional field on your stomach. If we ask about that, it tests as anxiety.

Anne: Oh, yeah, I definitely have that.

Beth: So, if we look at that, is that a frozen emotional field from someone else? Yes, it's anxiety which is step #3. We know that you were between 2 and 3 when you started taking in frozen emotions. If we ask is there another age where you first started taking anxiety into your body to make the world safe? Your body says yes. Was that under the age of 10? No. Okay the anxiety comes up at age 11 and I believe you had mentioned to me there was a trauma at age 11?

Anne: Yes.

Beth: So, that's when the anxiety showed up and it tests as someone else's anxiety other than just your own.

Anne: Hmm.

Beth: So again if we look at what percent of that anxiety at age 11 was yours it is 22%. What percent did you take from another person? 78%; more than one person? No. Was it someone that hurt you in some way? Yes. So there was a person that you shared with me that hurt you in some way at that time. That was that person's anxiety and nervousness. Okay, so again I think you've done a lot of healing and work on that trauma. Now this brings a new light that says wait a minute, some of this anxiety, nervousness and worry and panic was not even mine.

Anne: No.

Beth: So looking at that and again resigning from taking that on, telling it to best be on its way, that you're choosing a different path. That anxiety is not yours.

Anne: So after saying that affirmation I should see some positive results?

Beth: Absolutely, because what we're doing is we're providing a code for you and we're treating the emotion, where it originated. We're doing the affirmation, filling that space with light, and then doing the code. So, with all of that, yes, you should see a shift.

Anne: Okay.

Beth: And then if you ask are you carrying someone else's anxiety now? No. So there's some of your own anxiety in the stomach field as well but let's work to release that because that connection with that age 11 trauma is significant for the anxiety that you're feel in your digestive tract.

Anne: Right.

Beth: Do we have 100% of the information? Yes. Do you have 100% internal cooperation in healing this? Yes. Do you have 100% cooperation in sending love, light and healing to the stomach and the intestinal tract? Yes. Can 100% of you see who you are today in this present moment? Yes; and that this anxiety in this field doesn't belong to you? That this rage in this field does not belong to you? Good, okay let's go ahead and give you a code also.

Anne: Okay.

Beth: Say, "I want to be over this."

Anne: I want to be over this.

Beth: Okay, it's sh if g50 sh g50 sh eb e g50 sh if e mf lf liver g50 sh e g50 sh g50 sh eb e g50 sh if oe a c 9g un sh un and it tests helpful for you Anne, to do the standard chakra pattern #1 two times at the end of the code.

Anne: Okay.

Beth: It tests to do that twice in a row three times per day. The other thing to be aware of, because you have had the intestinal pain and some of the stomach issues as well for quite some time, is when that comes up go ahead and test and ask, is there a frozen emotion in this field? And if so, you can just go through these steps for yourself.

Anne: Okay.

Beth: That should be helpful to you.

Anne: Okay. Should I continue with the code that I've been using also?

Beth: Yes, that would be fine.

Anne: Alright, thank you.

Beth: You're very welcome.

Steve: Anne, one other thing. There's something new that we found in the last 10 days; because I cleared this curtain, her digestive valves are off. See if you confirm that Beth?

Beth: Yes.

Steve: Okay, that means the ileocecal-pyloric valve is not in sync which is causing bloating, digestive issues, valve issues, fatigue, and increased allergies.

Beth: Did you go ahead and clear those for her then pull that into the code that I just gave her?

Steve: Yes.

Beth: Okay.

Steve: So, if you don't notice a big shift within the next week I would call Beth or I and let us recheck that digestive valve field with cerebellum in terms or the curtain scan that I just cleared for you. Because once that clears that should make a big difference for you very quickly in terms of any autoimmune process or digestive issues that are adding to this.

Anne: Okay.

Steve: Good.

Beth: Thank you Anne!

Steve: Thanks for volunteering!

Anne: Thank you very much!

Beth: You're welcome!

Steve: I think we're about out of time. We have other people but we're not going to get to anybody else today because of time. Anything else you want to share, Beth?

Beth: I think we had two other volunteers that we can use for the next time we do one of these teleclinics if they are open to that.

Steve: Yes, I want to try to do this in September, in terms of other quick emotional fields that release things. I think Jason and Michael have both volunteered and we'll try to get them in on that field at that time. We do thank you guys for being there for us today, we just ran out of time.

Beth: Next week we were going to start our teleclinic series on *Spirituality and Consciousness*. We're putting that off by one week because we have a practitioner, Jody Colegrove, who has done a teleclinic on infertility issues and she is going to be sharing that next Tuesday. That will be a free teleclinic. So the *Spirituality and Consciousness* starts two weeks from tonight. Thank you for your questions and thank you for volunteering and if you have any other questions about this feel free to email and we can send those of you the outline if you don't have it for some reason.

Steve: We are building a community of responsiveness and we're going to send out other teleclinics to give you guys new information. Within that we have had a lot of responses to our free code in terms of clearing food sensitivities. If you have questions send those via www.askquantumtechniques.com and we will have the opportunity to then address that in a future free teleclinic.

Beth: Thank you everyone, have a wonderful evening! Thanks for listening!

Anne: Thank you!

Beth: Aloha!

Steve: Blessings!

Beth: Thank you!