

APPENDIX

If you are attempting to learn how to do the process directly from the manual and without a teacher, proceed as follows:

Force yourself to move faster and faster through the diagram. Speed is essential.

During the first month, silently read the words that go with each part of the diagram. See the words as a picture, or photograph. Your brain will retain these words in that way, as a picture.

After you have completed saying the words along with doing the diagram for over a month, then you may speed up further. However, if you try to speed up sooner, your cell memory will not retain the meaning of the diagram and you may not get consistent results.

Speeding Up

When you have completed a month's work of daily doing the diagram, it is time to speed up. Do remember that the statements must be implanted in your long term memory to be able to do the following successfully:

1. Stop saying the words to the diagram. They are already imprinted in your memory.
2. Make the diagram smaller and smaller. Do not be concerned about being precise anymore in that your intention will take over. The body/mind will know.
3. Draw the diagram as quickly as you can. It may be uncomfortable at first but the reward of just using a flick of the hand in the end will be worth it.
4. Use numbers as often as possible, such as issue #1, issue #2, issue #3.
5. Use energy in your hand transfers rather than labels. Pay attention to words, movements of the body, pain location and hand transfer to them. DO NOT try to attach labels to them. You can if you like, but the words have perimeters.

Do remember when you have wonderful successes not to take it personally. The person is healing him/her self. We are the tour guides.

A repeated point. Please have the person write down the changes in the body/ mind as you go along. It would be a good idea if the person wrote down the issue at hand plus the changes.

Why?

What we have observed is that the memory and feelings associated with a concern fades to the point that it is almost forgotten. From the practitioners point of view, acknowledging the change to create a new life is necessary for the clients consciously.

You may find ways of speeding the process I have not discussed. However, the test is: “If it works, we do it and if it does not we do not “,
”Verify. Verify. Verify.”

Understand that whether or not you can do the process depends on your persistence and self discipline. When you have mastered the technique and the speed through frequent use, you will find that your life will truly be in your charge, unfettered by the past and ancestral influences.

Enjoy.

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