

Learning Path Integrated Technique



By Olga Nickle

With gratitude and love, I dedicate this book to my son, David Nickle.

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IF you have a medical or psychological problem, please seek out professional advice before using this manual. **The Learning Path Integrated Technique is not a substitute for professional health providers.**

**Learning Path Integrated Technique, revised 2009
(formerly called The Learning Path Technique, Mind Body and Soul,
A New Approach)**

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Chapter One

INTRODUCTION

Often, we think that health is beyond our personal control. If this were true, you are at the mercy of the caretakers. Unfortunately, while providing relief, these people don't always have all the answers, despite their willingness to help. It is now time that we realize that others do not really heal us. They **help** us heal ourselves. do so. We are actually healing ourselves with the regenerative power of our body, mind and soul.

Although the science of medicine looks for external solutions to disease and distress, the real healer is the mind. No medicine will work if a person has a benefit from being sick. Guilt, hunger for loving-kindness from others, past memories of mistakes made because of ego, wrong interpretations of events, repressed memories of trauma, all provide reasons for a life that is not healthy. We have a garbage can of memories, both conscious and unconscious, that influence us daily.

Not only mistakes but blessings present themselves. The smooth flow of love and generosity fills your being. Do you think that is just your decision today? No. Generation after generation, lifetime after lifetime, you have poured out this spiritual fountain for the blessing of yourself and others around you.

Have you been told that you are reacting just like your grandfather did to certain situations? You did not live with your grandfather. How did you learn to react in that matter? Your genes carry the memories of your grandfather, and his father and the father before. In the Jewish-Christian bible it is said that the sins of the fathers rest on the sons. Your grandfather made a mistake; you make the same mistake.

We are trapped in a spiral of cause and effect.

How can we have remorse for something in our genes or in our hidden past? How can we find the first mistakes or the causes to rectify them? We cannot do so consciously.

Let us view these statements from a different angle. What if you could mechanically contact the genes and have them repair themselves. Our bodies

repair themselves, why not the genes? There is a patterning, a perfect blueprint in the body that enables it to repair cuts and bruises. Surely, the genes also have a perfect blueprint, if they could only access it.

There are so many genes, so many hidden memories; how can we possibly deal with each of them?

Offered here, you will find a new approach that can reach the genes and all other aspects of ourselves, hidden and obvious. Body language and hand sensing enable us to bypass the critical conscious mind. The “Learning Path Integrated Technique” is the new approach that allows the body/mind/soul to balance itself automatically; it uses one's own intelligence to find these first root causes. There is no need for huge numbers of first root causes. Indeed, most of the work involves just a few ideas.

The unique aspect of this new approach is that we do not label most of the first root causes. Instead, we use a hand sensing technique (dowsing) and a hand transfer technique involving concentrating our minds to work with our feelings. We fathom our complexity of the moment. It is amazing. Experiments appear to result in a feeling of lightness and a freedom from pain. Joy, happiness, contentment and peace manifest.

In conclusion, there is a solution to our forgotten mistakes that resulted in a repression of joy, compassion and love. Now we can go back to the first root causes in our memories and genes, learn from them and send God's healing to them. Health and peace of mind result. That is the task of the “Learning Path Integrated Technique's” new approach.

Chapter Two

UNDERSTANDING THE FIRST ROOT CAUSE AND ITS EFFECTS ON OUR LIVES

The dreams of childhood, the visions of bright hopeful futures abundant with love, success and praise dance through memories, filling us with pleasure and sadness. Although it is brave to endure the pain of unfulfilled dreams, the adult way is to exercise free will to actually create a vision and bring it into your reality.

What's holding us back? Free will is hampered by influences from the past. We tend to be oblivious to the fact that we are actually part of a long lineage, recognizing that the influence of ancestral effects on our genes and the journey of the soul affects our decisions now.

We would like to think of ourselves as individual free-thinking beings in full control of our lives. But we will remain deluded and are not really expressing our free will. How can we have free will when we are so entrapped by habit, training, conscious pressures of the past, and from information in the genes, inherited from our ancestors?

A life of free will, joy and fulfilment is our normal state. Unfortunately, until we learn our lessons we will suffer. Using the Learning Path Technique (LPT), contacting the first root cause rapidly is now possible. We can learn from it and send healing to the person you once were. Once we learn our lessons at the unconscious level, we will return to our natural good fortune, our perfect blueprint.

The purpose of LPT is to cause the "un-creating" of the first root cause of anything that is negative and re-creating the repressed positive. The "Learning Path Integrated Technique" is unique in that it carries out the process more rapidly, objectively and efficiently with only positive side effects.

It is interesting to note that when the unconscious accepts the learning and the healed person appears to favour love, compassion and understanding. It becomes much less likely that one would choose anger (for example) as a conscious "now" decision.

This is a technique that you can use for yourself as well as for others. It requires effort and the intention to finally be in charge of your life. The process is a skill that has to be learned and practiced. At first it takes about

six seconds for each emotion or subject that is "un-created." Be prepared to do the work. The more you do the technique, the faster you can do the process.

No hypnotism or manipulation of the mind is possible with this technique. The practitioner is merely a tour guide. The client learns his or her own lessons, and accesses his or her own healing. The wonderful part of it is that you can do the technique for yourselves.

The Learning Path Technique is easily demonstrated. The effect results in an instantaneous neutral feeling as if the trauma were never there in the first place. Therapists will find that the therapy speeds up enormously after the patient has accepted the learning. One does not need to be a therapist to help oneself or others. We can safely help ourselves as well as others with this course.

The Human Dilemma:

On the one hand, we humans have the capacity for love, compassion and wisdom. On the other, we have the capacity for all the negatives that exist. Supposedly, we have the capacity to choose, one over the other. The capacity is there, but are their choices really our own?

Life traumas leave deep, often hidden scars that influence every choice we make. How can people have free will, joy and happiness if hidden memories of the pain of the past, the training of their culture, their genetic structures blind us from the truth? Social training, family influences and the competitive need for survival compel us to do many things against our will. Free will, today, is an illusion, simply not true.

Every feeling, decision, emotion, and action, has a cause. However, the cause has a cause that has cause, which has a cause, like a chain reaction. Underlying these causes is a root cause and underlying the root cause, is the first root cause deeply hidden in the past.

Why do people abuse each other? They learned it from their parents, culture, and the media. Directly and through genetic inheritance. These genetic imprints also affect behaviour.

Every disease has a "first root cause." Modern medical science deals with the alleviation of the external factors and symptoms, relying on the body's self healing system to kick in. If the body cannot eliminate the first root cause, the same or other disease or disorders will manifest again.

The challenge is to find that first root cause in our memory, learn from it and

send healing to the people we once were. Once we have done this, the first root cause disappears as if it were never there. The effect is no longer present. It is only by un-creating this first root cause through finding it, choosing differently and sending healing to the person we once were, that the negative influence disappears from our ability to make a true free choice now. Free will becomes a reality.

What if you could go back in your memory and actually access the person you once were at the first root cause. What if you could learn *now* what you refused to learn then and thus un-create the first root cause. If you have no cause, the result disappears.

We need to go beyond the superficially apparent symptoms. We need to find the first root cause and deal with it objectively, quickly and comfortably.

To understand a solution, we must first define the problem clearly.

Why are humans in this position?

1. All beings make mistakes. All beings at one time or another, influenced by experience, decide not to take the highest path.
2. Why? Attitudes, prejudice, ego, greed, lust and innumerable other parts of us seem to take control. The result is that our natural good, our delight, our joy, our love is lost in the process.
3. The result is 'our Karma', following the law of cause and effect. All negative choices that we made create circumstances for new (negative) choices, until we learn to react correctly.
4. When we make these unwholesome choices, we imprint or damage our DNA and genes.
5. Not only are we negatively affected but so is our offspring, generation after generation.
6. Considering the fact that all generations can be involved in the imprinting of the genes, the complexity of first root causes is enormous.
7. Viruses, inherited tendencies, intense thought and emotion all can distort and harm both the DNA and the genes.
8. This complexity is comparable to not only all the words in the dictionary, but also to all their combinations.

Psychiatrists, priests, psychologists, and counselors of many modalities attempt to tackle the above by dealing with the remembered past. However, the unconscious mind represses the memories of our initial trauma, guilt, fear, hatred and sadness to protect us. To divert us, the unconscious directs the brain to cause a lesser negativity, such as back pain so that we do not re-experience an unbearable emotional pain.

The following are common techniques designed to expose this pain.

1. **Flash backs:** In this situation the client is encouraged to relive the past in this life. The care giver helps the client to acknowledge the situation and to try to make some sense of it. However, flashbacks come unbidden in daily life. One may acknowledge the past problem.; However, dealing with this problem is another question. Because the pain appears as an unchangeable fact and second, because subconsciously, we do not want to relive them and not assume any ownership over them.
2. **Past Life Regression:** In this modality, the client regresses to a section of his/her life and does relive it or observe it. The client does see the wrong that she or he has done, or the realization of being wronged. Here, symbolically, one may come to understand why the person has chosen this specific path. However, the pain may remain, as we may learn to forgive, but never to forget.

To affect healing, the restoration of the order within confronts us with its enormous complexity.

Chapter Three

FIRST ROOT CAUSE

Everything has a cause. “Cause and effect” rules the world. Yes, we can deal with a cause. We may try to remember it, learn from it; yet the problem remains. There always is the ‘effect’, good or bad (emotional disturbances, self-destructive attitudes, proneness to illness). That is true if we have not really reached the root, the very first root cause.

A psychiatrist or psychologist tries to help you to get at the cause of the problem in your memory so that you may deal with it. Unfortunately, the first root cause of the root of the problem is often something so deep or seemingly insignificant that your conscious memory cannot find it.

Example # 1

A four-year-old boy wants his supper. His mother is on the phone and asks her son to wait. Hunger increases. He asks for a cookie. She responds “No. Just wait.” Anger and frustration grow. Finally, he thinks “I wish I were dead.”. Empowered by the hunger, anger and frustration, cell memory takes on the memory of this desire.

She gives her son his dinner. Consciously, he forgets his death desire.

At the age of fifty his wife is talking on the phone and does not have the time for him. Again, he is not getting what he really needs. His childhood decision to die awakens in his cell memory. The immune system breaks down; depression sets in; the immune system starts to shut down.

He goes to the doctor. He is sick and getting sicker. He thinks it may stem from something in his past and goes to a psychiatrist for help in finding it. Even after a couple of years of searching, it is not likely that the incident would come to the forefront. It would seem too trivial.

Consciously, it was a trivial childhood situation. However, since, we cannot find the “first” root cause consciously, we need a way to bypass the conscious mind to find hidden and suppressed memory.

Example # 2

A four-year-old boy, in caveman times, had to live in a cave till he was big enough to brave the world of animals outside. His mother, like many mothers, needed a “boogie-man” idea to make her son behave.

“Do what I tell you or the saber tooth tiger will get you.” She said.

The boy had a choice. He could choose to be afraid and obey her. He could choose to be rebellious. The third choice, you will see later.

Let us say that he chose to be afraid. As she said this often, the fear would deepen.

When he was seven years old, his father took him away from the cave, on his shoulders. Low and behold, a saber tooth tiger came out from behind a tree. The little boy was terrified. His long forgotten decision to be afraid, manifested. His father climbed a small tree with his son and no harm came to them.

Then he saw a big mammoth. He transferred his terror to the mammoth. As he experienced each animal, he transferred the terror until even a wee mouse inspired fear in him.

Let us say that in some way, he could return, in his memory, to when he was four years old. He could have chosen to respond to his mother’s threat differently.

He could have chosen to be brave. He could have chosen to realize that his mother was trying to discipline him. He could have ignored her. There was another choice.

When he finally saw the saber tooth tiger, he would notice his father’s solution to climb a tree. The tree top was a safe refuge. Instead of terror, he chose to “think” rather than be terrified. When he saw a mammoth with huge feet, he realized that he only had to avoid being under them to be safe. He could now discern which animals were dangerous and which ones were not. When he saw the mouse, he might choose it as a pet.

What does this mean to us?

The essential dilemma for most of us is that the past is the past and we think that we cannot change it. It is true that the historical past remains the same. However, our minds, our awareness can remember the past as if it were the present. Take, for example, flashbacks.

In a flashback one experiences the time period as if it were today. One feels

the pain, the trauma, the emotional disturbance just as it was then. For some, it is a horrible experience, repeated over and over again. Learning does not take place. Healing does not take place. Understanding may occur and with that, the release of physical symptoms. However, the pain of the memory remains.

There is a better solution . . .

The “Learning Path Integrated Technique,” is based on the principle that one can bypass the conscious mind through the physical body movement language and hand-sensing. We can use this bypass as a tool to find the first root cause of anything in our memories. We then learn to re-make better choices in our memories and send healing to the people we once were. This objective approach results in relief of symptoms, changes in attitude, spiritual growth. Peace, normalcy, free choice unfettered by the past are the results.

Quantum Physics Possible Explanation

The *stepladder explanation* can be used in two directions.

- We are part of the human race, animal kingdom, our solar system, galaxy, and part of the universe (which may be part of many universes).

OR

- We can go down the stepladder from the body to the cells, to the protein around the DNA, the DNA, the Genes and then, perhaps to the quantum level. In going deeply within ourselves, we can reach the quantum level where particles disappear and reappear as particles or waves when made to travel extremely fast. Physicists were amazed when they found that the reappearing energy appeared as a particle when they looked at it and a wave when they did not. It seems that our minds do affect our physical reality. We seemed to have an effect on matter by our power of observation in this inward expansion.
- There is a perfect blueprint that our body contacts in order to heal. A cut heals on its own. Yes, we can explain the healing process in terms of the magnificent complexity of the human body. However, the location of this perfect blueprint is not apparent. I theorize that this perfect blueprint is just below the quantum level.

In terms of self-healing, our bodies mechanically seek inwards to find that perfect blueprint that allows them to heal themselves. A cut disappears

quickly in the healing process. It is my theory that there is a perfect blueprint at the basis of our beings, deeper than the genes for each of us. It is our natural state to be healthy, happy, creative and fulfilled. We need to clear a pathway to that blueprint so that our body, mind, soul and spirit can heal, grow, and evolve.

It is with this in mind, that the “Learning Path Integrated Technique” was created. The pathway to the perfect blueprint is there. We just need to bypass the conscious mind by using physical hand-motion language to find the unconscious pathway to our possible perfection.

How is this possible?

Our logical conscious minds limit us to the awareness of a small fraction of our reality. Science has merely scratched the surface of the scope of our mental abilities and weaknesses.

The LPT has this DNA repair done mentally. That means utilizing the brains electrochemical power.

Chapter Four

FUNDAMENTAL CONCEPTS FOR FINDING FIRST ROOT CAUSES

The Process in Brief

The unconscious expresses our hidden feelings in many ways. A nod of the head, movement of eyes, physical aversions, and pain are just a few of the ways. The unconscious not only expresses, but also receives information. This is used in the “Learning Path Integrated Technique”.

Crystalline Thought Forms

Crystalline thought forms are groups of feelings, ideas, thoughts, attitudes, desires, denials and many other ideas for which there seem to be no label. Imagine a glass of water that has salt dissolved in it. Its ions are scattered about, interacting freely. Let us assume that salt is the thought form, in variation. When dissolved in water, the ideas and feelings etc. flow with complete cooperation, a sense of rightness. The water is fluid in its movement. All interactions can flow with ease.

Let us label the water as “learning.” When we choose to learn the highest and best good learning for our beings, there are no barriers to thoughts, to feelings, to ideas and attitudes etc. One thought moves with another forming new ones. Feelings are harmonious. Ideas are creative and wholesome. Attitudes are tempered with reason and intuition. Desires are limited to only that which serves us in the best possible way. Most of all, we do not allow denial to hamper us.

When the water evaporates, the salt crystallizes, becomes hard, inflexible and unworkable. When we refuse to learn, it appears that the ‘water’ evaporates and these crystals remain, frozen in time. Stubbornness, frustration, unhappiness, unsatisfactory life patterns result. We make one wrong choice after another.

Conversely, when we add water (learning), the crystals dissolve, allowing for the free movement of thoughts, feelings and emotions. No more denial. The mind/body/soul now can reach the perfect blueprint upon which we base our being. Our true natures of joy, delight, creativity, cooperation, and especially love emerge again.

Thought forms are organizations of energy created by humans or any beings

who can think. Thought forms are just a group of ideas that take on a cohesive form, or cohesive identity. For example, with parts of our right-hand side of the brain, we can create fantasies, (sometimes negative) that take on a sort of reality in our minds. Illusions are real to us if we choose to view them that way. Personalities are essentially thought forms. Thought forms can be profound, deep, shallow and/or mundane.

Sometimes the thought form is so well established that it becomes part of what we think of as reality. When faced with the need for change, one can recognize this thought form for what it really is and eliminate it. The Learning Path Integrated Technique teaches us to eliminate or retain this thought form according to our needs. Then we do so naturally and easily by accepting the highest and the best learning, as it is then more truly part of our lesson for now.

However, if this thought form seems like a natural part of us, so that we think of it as an aspect of our being, then it has become crystalline. What do we mean by crystalline? The thought form has become solidified into our natures, inflexible and rigid. When salt water evaporates, the salt returns to its crystalline form, hard, brittle and solid. When we add water (learning) the salt dissolves again. In the fluid state, salt can flow and be modified. Now we can deal with these thought forms, good or bad.

Crystalline thought forms can occur in our bodies, minds, emotions and even souls. This freezing, solidifying of our complexity can prevent us from growing, from loving, from being successful in our lives. In this “living in illusion,” we get away from the Truth. Free will no longer exists. How do we know that crystalline thought forms are not good for us?. They disappear when we do the learning. Ideas flow; emotions become balanced; mental and physical health improve. Only the Highest and Best Good remains. Our natural heritage of mind, body, soul and spirit merge to create our natural individualized perfection.

A decision to be angry can become crystallized into a thought form. What do we mean by crystalline? It means that the anger has become solid, frozen, as well as entrenched in our body, mind and souls.

When we accept the learning, the crystalline aspect dissolves and the natural tendency toward health on all levels emerges.

Particles That Cause a Cascade

The crystalline thought forms are those frozen aspects that do not allow for the free flow of growth. However, our reactions to external conditions require special attention. The “particle that causes a cascade” is our entrance

to all that affects us, including wars, natural disasters and those interferences in our lives that prevent our growth and healing.

The term, “a particle that causes a cascade” originated in scientific experiments in the DNA. These foreign particles interfere with the energy flow of the DNA. In fact, disruption following the particle is so severe that in particular cases it can cause colon cancer and more. In experiments, scientists found that when they removed the particles, colon cancer disappeared. Further experiments suggested that other forms of cancer, such as breast cancer, also disappeared.

In terms of our lives, a particle can be losing one’s job. We have a choice. We can go into a “poor me” attitude. We can feel discouraged. Our attitudes can adversely affect our relationship with others. The other choice is to take this loss of a job as an adventure. We can look forward to the change, the opportunities for growth. Our relationships can grow closer. What is the difference? By learning what we should have learned originally, that a positive choice of response to the job loss would be beneficial, we uncreated the negative cascade.

We have a perfect blueprint that underlies our being, deep below the ‘quantum’. When we make these positive choices in response (instead of reaction), the pathway to the perfect blueprint becomes unfettered, healing our lives.

The Perfect Blueprint and the Genes

In each of us, our bodies have a self-healing modality. For example, when one cuts oneself, the body immediately sets forth its self healing mechanism and the wound heals. We seldom speak of this modality. We say that doctors cure us. No. Doctors do not cure us. They enable us to cure ourselves. *We cure ourselves.*

If we cure ourselves, how do we do it? There must be some guideline, some aspect of us that knows how to repair ourselves. Sadly, we take it so much for granted.

The body is a self healing mechanism. Yet people often deteriorate rather than improve. Cells become cancerous. Wounds do not always heal.

If the mind intends health, the body finds it easier to bring the perfect blueprint into manifestation.

The genes have been so damaged in humans that it seems that it is impossible for us really to have a completely healthy mind, healthy body, and healthy

emotions. Impossible? Not really. Scientists working with studies relating to gene therapy on a physical basis with some success. The question remains: are we playing God, tampering with the genes without full knowledge of the total implications?

A better way would be to find a way to have the genes mend themselves, just as the rest of the body does, by finding their essential perfect coding. If we could find a way to direct the attention of the genes to its own self healing modality, the genes may be able to reach the perfect blueprint, where their own creation was planned. Then the genes could repair themselves just as the skin repairs itself when cut.

Will the repair of the gene throw the systems of the body out of balance? Since the intention is only for the Highest and Best Good, the results do not depend on any conscious thought, The perfect blueprint is perfect. If we allow it to manifest, harmony and health results.

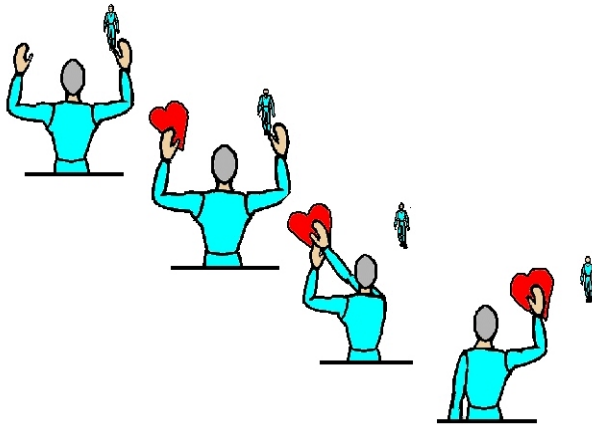
The perfect blueprint underlies each person, just at or below the quantum level. The perfect blueprint is the original intent for the organization of the energy that makes up what we are. How do we contact this blueprint?

Some people may be able to direct their minds to find the perfect blueprint. However, not all of us have that talent. Since we can bypass the conscious aspect of ourselves by using physical movement language, we can use a hand transfer technique (described below) to zero into the genes by way of going from the large to the small. We could go from the person to the body, to the cells, to the protein around the DNA, to the DNA, to the genes, the perfect blueprint. In this manner we could draw the attention of our minds to go deep within us to that which is so small, our conscious minds could not even imagine. The hand transfer technique allows us to bypass the conscious mind in this pathway to our perfect blueprint.

Chapter Five

HAND TRANSFER TECHNIQUE

Put your hands up into the air palms facing away from you. Intend the person in front of your right hand. You are the observer. Therefore, you will label your name in front of your right hand if you are doing yourself.



In front of your left hand, you will intend the body of the person. Then you leave the total person and move your right hand behind your left-hand still facing away from you.

Drop your left hand.

We call this “Hand transfer” zeroing into the depths, one stage at a time.

You can hand transfer:

- *From the known person to the person’s friend, child, dog, cat, horse (not known to you).*
- *From the person to part of the body*
- *From the person to the mind, soul or spirit*
- *From the person to his business*
- *From a person to his skill*

Sometimes our minds cannot fathom the detail unless we lead ourselves down a step ladder to this detail.

For example:

- From the person to being an artist

- From being an artist to drawing
- From drawing to composition

Here, the person may need to do a hand transfer to her artistic aspect; from there to the specific art form (such as a drawing) and then to the problem she is having trouble with composition. You would draw the diagram for “composition” in order to accept the learning you refused so long ago. Because you hand transferred, you created a link between the person and composition. Consequently, the “composition” is doing the learning, directly related to the person.

Gene and DNA Step Ladder Sequence (zeroing in)

Intend the person’s state at this time. We can find out if there is a genetic problem by doing the hand transfer technique. While you are doing the hand transfer, your hands will feel a pressure between them showing that the gene or DNA is not the problem. This pressure can be any place on the step ladder.

When the hands move easily, the step ladder is as follows:

Intend the state of the person at the moment and hand transfer to:

person to the state

state to the body

body to cells

cells to protein around the DNA

protein around the DNA to DNA

DNA to genes

Genes to Specific Gene

(Do the process, as described later.)

Then hand transfer to the next gene and do the above. Continue until a resistance occurs in the hand transfer procedure signifying that all the relevant genes have restored themselves to their perfection.

Then you can hand transfer back up the ladder from:

Genes to DNA

Then you hand transfer back to the person directly. Why not retrace? Your mind can readily recognize the person with whom you are working. Therefore, the step ladder is not necessary.

Step-laddering is for going from the known to the unknown. It is for directing the attention to a particular aspect of the person that one may not consciously recognize.

Chapter Six

BYPASSING THE CONSCIOUS MIND

The conscious mind is opinionated, narrow in its scope of understanding, and denies any aspect of which it is not fully conscious. When one experiences a terrible painful trauma, the self protective unconscious barrier steps in and blocks the memory from emerging into full awareness. The unconscious tries to deflect one's attention from one's memory by causing the brain to manifest pain or allow disease to manifest in your body.

Perhaps, at the time, the emotional pain was too difficult to bear. However, with maturity, growth, and a change in perspective, there is no need to hide the pain. Psychiatrists work with therapy that they design to get past the conscious mind. The memory exploration, resulting in flashbacks, does provide some relief. However it takes time, a great deal of time.

The "Learning Path Integrated Technique," does bypass the conscious mind, easily contacting the unconscious barrier. Then the horrendous emotion, which was so well hidden, can be dealt with easily and comfortably, without having to experience it consciously. Learning and healing take place in the memory, relieving but not reliving the pain that the unconscious created in its attempt to hide us from our past.

Explanation:

According to Neuro-Linguistic Programming (NLP), the body expresses the unconscious thoughts through a physical expression. For example, in North American society, the shaking of the head sideways is a physical expression of 'no'. If a person is saying yes, and means it in his unconscious mind, his head moves up and down. If he is saying yes and means no, his head would shake sideways. (It is interesting to watch actors on television shaking their heads sideways when they are saying "I love you").

The body reveals the truth. In a way, it is a new language. One can talk with hand movements to the unconscious.

The "Learning Path Integrated Technique" has, as its root, a diagram that is drawn with hand movements. We attach specific meanings to each movement. Our unconscious does receive this message unhampered by the conscious aspect of ourselves. Not only does it receive the message, but it also sends signals, through the body, as an answer.

The purpose of the diagram is to set up a pathway to the past where one can locate the first root cause of anything at all. The finding of this first root

cause is the challenge. Looking for the first root cause, you move your left hand through the diagram until you feel a change. The unconscious tells you where the first root cause is by causing you to *feel tingles, heat, an energy wall in the palm of your hand or just a gut feeling to stop*.

Hand sensing is an advanced form of dowsing. The following section on hand sensing will illustrate a process you can follow to become aware of this ability. Then you can use it to find the first root cause.

Hand Sensing and Clearing

We live in an energy soup, unknowingly affected and often discomfited by the variety of qualities of energy that surround us. Becoming aware of these energies in order to deal with them is necessary. From a dowser's point of view, one learns to focus one's intention and use instruments to detect a specific energy field. After a period of practicing, one notices that one can detect these fields by sensing the energy with one's hand.

All that exists is energy and space. Even the so-called space is not empty of energy. This energy is radiated from each object. Water is an energy; each human being is a bundle of energy.

We can sense the edge of the energy field with our hands. We sense it as heat, pressure, coolness or tingles. It may be an impulse to stop your hand at a certain point.

Focusing our intention on a goal is necessary. When water is the goal, we are intending to be aware of the water. The dowsing instruments respond to our intention. The unconscious will guide us when we use our hands as sensors.

The following is a simple procedure that can allow you to become aware of different sorts of vibrations. Once you learn to feel tingles, pressure, heat or coolness in your extending hand, you will be able to use your hands as a sensing device as you would a pendulum, two L shaped wires or other mechanical devices.

Procedure (initial training to sense with the hands)

1. To sensitize your hands, choosing it to tune into the highest possible vibrations is wise. You may wish to choose different vibrations to experience. This is your choice.

Place your RIGHT hand in front of you facing away from you. (As if you are making a stop sign)

(After each of the following, snap your fingers to disconnect from the

energy.)

Then say:

A) “With great respect, may I please become aware of the vibrations of Archangel Michael.”

(Hold for about thirty seconds) Now be aware of the sensation of your hand. You may feel tingles, heat, cool or pressure or no feeling at all. Judge if it feels pleasant or not.

B) “With great respect, may I please become aware of the vibrations of Archangel Raphael.”

(Notice if the feeling in your hand is the same or different.)

C) “With great respect, may I please become aware of the vibrations of the Buddha.”

D) “With great respect, may I please become aware of the vibrations of Christ Jesus.”

E) “With the greatest respect, may I please become aware of God in my hand.”

The prime aim is to notice the sensations in your hand, to see if the sensations are the same or different for each of them. Now you might like to intend yourself or a person you know in front of your right hand. You are “tuning in” to the vibrations. See if they are the same or different in directing them to different people.

2. A) Now, place your right hand over the back of your left hand. Allow the right hand to hover about two or three inches above the hand. (Far enough away so that you do not feel the body heat). Be aware of the sensation.

B) Hover your right hand over the back of your neighbours’ left hand. Is the sensation on your hand the same or different?

C) Choose a partner. Move about five or six feet away from each other and face each other.. Walk slowly toward him/her with your right palm of your hand facing your partner. You INTEND to feel the edge of the energy field in the palm of your right hand..

Notice the sensations in your hand. You may feel a change in your hand as you approach the person. Notice the tingle, pressure, heat or coolness or simply a feeling as if you should stop.

If you have already practiced dowsing, check with your dowsing instrument to see if the results are the same or different.

D) Even books have energy fields. Each book has a different one. You may enjoy doing experiments of such a nature at home. Place a book at hand level and approach the book as you would a person. The dowsing instruments will show the edge of the energy field and so will your hand. Repeat with books that have different topics.

3. A) Now it is time to go to the map and see if you can find lost objects with hand sensations. Notice the change of energy as you scan the paper with your hand. Verify it if possible.

B) Look for the edges of the negative energy lines in your house using your RIGHT hand. This is very useful. Understand that it is important to avoid sleeping or sitting for any length of time on this energy field.

C) Hold a book between your hands and feel the energy. Does it feel good or not?

D) See if you can sense objects in a darkened room by having that intention in mind.

E) Walk over a field with your right palm facing down or before you with the intention to be aware of underground water, a specific mineral etc.

Intention is the clue here. It is the intention to locate water that causes the dowsing instruments to respond. It is also with intention that one can feel the energy with one's hands.

Understand that the purpose of this section is to develop training for your hand to become aware of energy in order to find the first root cause on the diagram. Your hand experiences some sort of change when your hand finds the first root cause. The most common experience is a tingle, much like an electrical charge on the palm of your left hand. Other experiences include temperature change or a sense of just "wanting to stop". The hand sensing of energy is the essential tool in finding the first root cause on the diagram.

As you become more and more aware of the *energy soup* in which you live, you will realize that it really is a "soup", a most uncomfortable one at times. The following section deals with the clearing of energy so that the chunky vegetable soup changes into the soft flowing smoothness of milk.

Chapter Seven

CLEARING

We live in an energy soup, both pleasant and unpleasant. We have created part of the soup, but the soup is made up of electromagnetic energy patterns expressed by all around us. If such energy influences us, we lose our capacity for expressing free will.

You have now learned to sense energy using the palms of your hands. As you become more aware of energy, you will find that you will notice the air around you having a variety of qualities. If you visualize your own body in front of you and pass your hand through it, you will notice a variance in qualities of tingling, heat and cold. One can go to any object, visualize (or intend) that object in front of you, you will again notice a variance of qualities of tingles or absence of tingle.

Have you ever had an unexplainable mood, a feeling of sadness, emotional pain, tiredness, irritation? Life is going well and then, for no apparent reason, it all changes. Relationships break down; jobs are lost all because of “Feelings”.

How can you tell if the feeling is yours? Ask yourself if this feeling takes place in one room and disappears when you go into another. Notice, observe and be objective.

Of course, we can all find reasons to feel unhappy. However, which comes first, the unhappiness or the reason? If the unhappiness comes first, you may be tuning into emotions from an outside source or to a vibratory memory stored in the walls of a room in which a fight has taken place.

Have you ever entered a room just after a fight and noticed an electrical feeling in the air? Have you picked up an object that felt unpleasant and wanted to put it down? Have you ever had a sense that a friend, who had died, was nearby? Was there a room in your house that you did not want to go into? It was just not “comfortable”.

No physical proof of spirit has been found, and yet humankind, throughout history, has recorded personal experiences of such beings. We will find that some energies disappear when a prayer that we call the “Dear One Prayer” is expressed.

We are going to be working with the mind, the will, the intent, and prayer. To accomplish the desired end, a positive, clear, pleasant environment, suspending judgement is necessary.

We live in an energy soup. To live truly by our own free will, we need to clear our surroundings of discordant energy.

The unconscious mind seems to have its own interpretation of the various patterns of energy. Therefore we relate the labels to archetypes that are manifest from the collective unconscious.

Some of you will wish to substitute the word “God” for the Highest of which you can conceive.

1. Visualize yourself surrounded in God’s Love Light
2. Place your hand, palm facing away from you,
3. Feel the air around you and over your head. When you feel the tingle, go through the following six steps:

Over the centuries, each society assigned common labels to varying vibrations of energy. Thought forms, spirits, aliens, or fallen angels have been common to every one of them. It does not matter if you do not believe in them. We connect your unconscious to the collective unconscious where such ideas reside.

1. The following prayer removes some of these energies.

Find the energy with your hand and say the Dear One prayer. You will notice the energy disappear. (It is quite amazing.)

Dear One, you are one with your higher being, you are one with God
 As God is Love, you are love
 As God is Light, you are light
 You are healed and forgiven
 You are free from fear and pain.
 You are free of the earth’s vibration.
 I ask God, God’s angels and God’s beings of light
 To take you to God’s Loving Court to learn your right place
 Go to your right place in peace and love

2. We pollute the air with unwanted energies from old bundles of

vibration given off by emotional outbursts or negative thoughts.
(Hand sense the air.)

Clear the air by:

- i. Centring yourself in God or the Highest, of which you can conceive through visualization and intention.
- ii Shouting the sound AEIOU in a guttural fashion, verbally or mentally.
(See if the air feels the same or different.)

All material objects can act like tape recorders for energy. To prove this technique, find a crystal that feels sticky. Take the crystal in your hand and visualize it as clear. Say the word “clear” and then make an abrupt snort (blowing through your nose very quickly). You will find that the crystal will no longer be sticky.

(Apparently crystals have latticed layers of ions that are disrupted easily. It seems that this technique restores the crystal to its original state.)

3. Now visualize the area you want to clear. In your mind, visualize your apartment, house, hospital etc. Visualize the building (or part of the building at first). See it as clear with no colour and no light and shadow. Think the word “CLEAR” and SNORT.
4. Visualize God’s Love Light as a horizontal flood like a tidal wave that goes deep into the ground, at least 25 feet below ground level and is high enough to go through the whole building.
5. As a blessing, ask for God’s Love Light to descend like a soft mist soaking into everything and filling the whole area. FEEL THE AIR
...
6. Check, by hand sensing, to see if there are any dimensional holes. ***Ask God to ask his angels to close and mend the dimensional hole.***
(Dimensional hole seems to be caused by extreme outbursts of emotion or physical pain.)
(If you are tired for no reason, you may have a leakage of energy into what may be a black hole. These holes appear when extreme pain or emotional outbursts occur. The prayer, mentioned above, has repeatedly resulted in the resurgence of energy in the body.)
7. Sometimes there is a rough energy, exemplified by extreme pain, or

a sparking energy in your arm as you do LPIT. In the Kabbala, there is a term using the names of letters in the Hebrew alphabet symbolizing the coming together of positives and negatives in oneness of God. I have found that the tingles disappear as I say, **mentally**, Yod Hay Vod Hay 144 times . (Share with others always). Apparently Yod Hay Vod Hay is the old pronunciation. The new one substitutes the Vod with Vav. The result is pure bliss..but share it please with others

SUMMARY

Surround yourself with God's White Light.

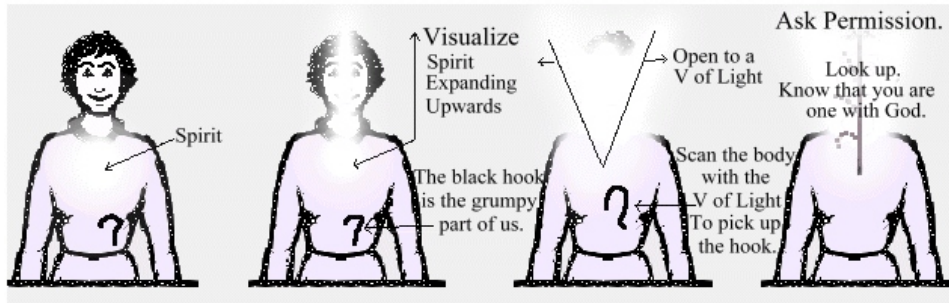
Ask God to ask his angels to mend the dimensional holes completely

Close the dimensional hole

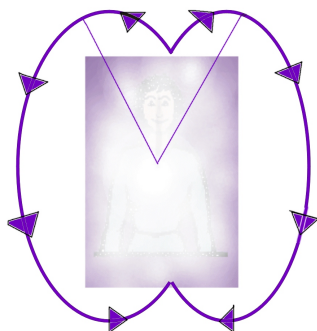
1. Dear One, you are one with your higher being, you are one with God
 As God is Love, you are love
 As God is Light, you are light
 You are healed and forgiven
 You are free from fear and pain.
 You are free of the earth's vibration.
 I ask God, God's angels and God's beings of light
 To take you to God's Court to learn your right place
 Go to it in peace and love
2. AEIOU (centre yourself in God)
3. CLEAR - SNORT
4. GOD'S TIDAL WAVE (horizontal)
5. GOD'S MIST (floating down)
6. Express gratitude

Chapter Eight

GETTING INNER PERMISSION - "V OF LIGHT"



1. Visualize the client in front of you.
2. Visualize a Light just behind the thymus gland in the middle the client's chest.
3. Visualize a black hook shape somewhere in the body we call the "grumps"
4. Visualize the Light expanding upwards to infinity.
5. Visualize the Light opening into a cone, a V shape.
6. Visualize the hook straightening up into the Light.
7. Say "Look up, know that you are one with God"
8. *Ask permission.*
9. Visualize the light expanding around and through the body. (For enhancement)



Some practitioners get a pleasant feeling when clients grant permission and an unpleasant feeling when the inner aspect of

the client denies permission; other practitioners may have a mental impression of “yes” or “no”. Even if you have no response, it does not matter. If you do not have permission, the healing will not work. With the Learning Path Technique, you will not be able to detect a first root cause of anything without permission.

If you do have permission, you will find the first root cause and work with it. Conscious permission is not enough.

Explanation:

Reiki is a healing energy that you can feel as heat and gentle tingles on the palm of the hand or body. Years ago, I found that some people who came to me did not feel the energy nor pain relief. About 20 percent did not respond to the healing. They came for help, yet some part of them refused the help. The big question was: “How do we get at that part that does not want to heal and see if it will change its mind?”

The diagram above illustrates two basic aspects:

- A Light behind the thymus gland
- A Hook (grumps)

In the eighties, I was experimenting with visualization. There seemed to be a sense a light behind the thymus gland. It was an egg shape just about four inches in diameter. What would happen if I visualized this Light expanding upwards? To my surprise, changes occurred.

The example that convinced me is as follows: My neighbour had a ten-year-old boy who had been in trouble with the law. This boy had been left with his grandmother at birth; he lived with her for five years. He did not accept his grandmother as a mother and allowed no hugs from birth till he came to my apartment at the age of ten. He had never allowed himself to be hugged by anyone at all, I was told. One day, when my friend was visiting with me, her son came to the door to ask her a question. Here was an opportunity to see if this visualization worked. When I asked him if he would take part in an experiment, he stood up straight and tall and said “yes.” No other communication occurred.

I visualized the light enlarging and then expanding straight up way above his head. Within a few seconds, to my extreme surprise, he came over and gave me a hug, the first of his life. Then he gave his mother the second hug of his life.

He did not know what I was doing. No verbalization occurred. The only thing that he knew was that this was an experiment.

The next example related to Reiki. Sometimes the energy would not flow even though the person asked. The new visualization did not work. Even when the Light was expanded into a V to include the whole brain, the Reiki energy did not flow. Something was stopping it, even when the person was consciously asking for Reiki.

Everyone has a grumpy part of them, some say “the dark side of the soul”. Why choose the “hook” as the symbol? The hook looked down rather than up. The hook needed to be drawn into the Light and to have it straighten up so that the point could see the truth of the Oneness with God.

For a brief period, the complexity of our being becomes unified. Then we ask permission.

Chapter Nine

THE DIAGRAM

The diagram used in the Learning Path Technique, represents an individual's total life, past, present, and future. The original NLP notion of the "time line" took place in time and only in time. However, through experimentation, first root causes evidently occurred before time and after time. Perhaps past lives happened and perhaps not. Since only the "NOW" exists, we may be living lives on other planes and also here. Perhaps all lives are simultaneously happening in the "now." Nonetheless, 'history' may be outside time as well as in, affecting the individual in this life.

This history or memory path, I call the "existence line". Existence begins when the individual was first given an identity as a spirit. Life continues through the fourth dimension and ends when the individual merges again with the "Oneness . . . God".

When we first came to be, we were not aware of the true circumstances of existence. We acted and reacted, sometimes wisely and often not. As a result, we made wrong choices and wrong decisions. Wrong is that which causes suffering, pain to self and others. Wrong is making decisions that restrict free will or happiness.

We did not realize that each decision and each act has a consequence. Whether we realize it or not, we have to live with these consequences until we learn the pathway to peace. Accepting the learning we refused so long ago, is the pathway to the undoing of the consequences. If we learn what we refused to learn so long ago, the cause is uncreated. Therefore, the need for consequences does not exist anymore.

Karma is the law of cause and effect. Good karma means that beneficial acts result in beneficial consequences. Bad karma results in unpleasant consequences.

We are in a dilemma. Since, we have difficulty remembering all the details of our past, it is difficult to know what it is we need to learn. How can we correct a problem if we do not know where we have gone "wrong"? How then, can we rectify the past so that we may grow in a more positive direction?

We seem to be in "school", learning lessons from life. For some, this lesson occurs repeatedly. For example, a woman who chooses the same type of abusive man for marriage repeatedly does not recognize what she is doing.

Until she acknowledges and learns, she will suffer repeatedly. It is not enough to decide to change. She needs to find the first root cause of choosing the initial abuser, learn from it and send healing to the person she once was. Then, she would feel inclined to choose a kind, loving man for a mate instead of an abuser. The lesson would be finished.

The first root cause of her being in abusive relationships still exists in her memory. What if she could return to this first root cause of making harmful choices in marriage? What if she could change her memory by initially seeing the error of her choice, unconsciously if not consciously and deciding to make a new decision, a new choice?

Many therapies abound which attempt to reawaken memories. Re-birthing, past life therapy, flashback encouragement and psychological counseling are but a few. The memory emerges, but the pain can be horrendous. Consequences of false memory syndrome have ruined many families. Learning that is necessary to correct this life is often not there. The Learning Path Integrated Technique is a therapy which allows one to find the first root cause, learn from it and send healing to the person one once was. The process is objective, inclusive with instant results.

We can easily contact our dramatic memories, but not the hidden ones. The conscious mind has an inner protection (an unconscious barrier) that does not allow us consciously to experience painful or shameful memories. A physical language (the movement of body parts) seems to bypass the conscious mind and thus access that which is not obvious. The Learning Path Integrated Technique uses a diagram to find the hidden first root causes of any intended problem or desire for enhancement.

This diagram, drawn by physical hand motions, is the basis of the accessing of the hidden first root cause. Hand sensing, (dowsing) is the tool that we use to identify the first root cause on the existence line.

In Canadian society, shaking one's head sideways means "no" in body language. When one nods up and down, one means "yes." Have you ever noticed actors on television shaking their heads sideways when saying, "I love you?" Watch people when they say "yes". See if their heads move sideways or up and down. Consciously, the person may mean "yes." However, deep inside there is an aspect that is saying "no" through the sideways movement of the head.

If we cannot find the hidden pain in our beings through conscious remembering, perhaps we can bypass the conscious by using hand motions to communicate with our unconscious. The following diagram is the body language with which we talk with the unconscious aspects of ourselves.

Not only does the body express itself by body motions, it also expresses itself by creating sensations in the palms of our hands. We intend to find the first root cause. As we move the hand through the existence line, the unconscious creates a sensation, a temperature change or just an impulse to stop at the first root cause.

Thus, we use the hand motions and hand sensing of the diagram to guide us through the learning and the healing of our memories.

Concise Explanation of the Diagrams

Draw the diagrams with the right hand. Find the first root cause with the left hand.

1. **“The Dividing Line”** is the line that divides time from “no time” (below the quantum.) Draw a horizontal line from left to right with the right hand.
2. **“The Existence Line”** is the history of the individual through all lives before time, during time and after time. (Draw a “U” shape line starting at the top left with the right hand.) (The assumption that we first entered existence before we entered time.)
3. **“Now”** Intend the person in front of your right hand in the NOW
4. (With the right hand, intend the person to move up to the request in “no time.”)
5. **“Request”** Using a specific request, offer the person the opportunity to find the first root cause of the intended situation, problem, state, emotion the person is experiencing now (if the person chooses.) Then you, the practitioner, will use hand sensing to find the first root cause on the existence line with your left hand. (The right hand then moves the person over to the learning position in “no time.”)
6. In doing the **“Learning”** process, the person hovers over the first root cause. The learning floats up. The person has a choice of accepting the learning or not. (Leaving the person above the first root cause, bring the right hand down to the first root cause and then intend the learning to float up to the person with the right hand.) (Then, move the person over to God with the right hand.)
7. **“God”** God is everywhere. However, to feel a direct connection with God, we move the person outside his or her own complexity.

The person prays to send healing to the person he or she once was. The person remains in God. God's loving energy flows toward the first root cause position on the diagram.

8. **“Love, healing and Forgiveness”** occurs at the first root cause (both hands are touching). From here on, the memory no longer contains the contaminating first root cause. The first root cause no longer affects this person's life.
9. **“Reconstructing or rearranging”** The right hand wiggles the fingers right around the existence line right up to the end of existence showing the change in consciousness.
10. **“Going Home”** Bring the right hand to the person you left in God. Move the person back over to the request position and then down to the 'now'.

First Root Cause

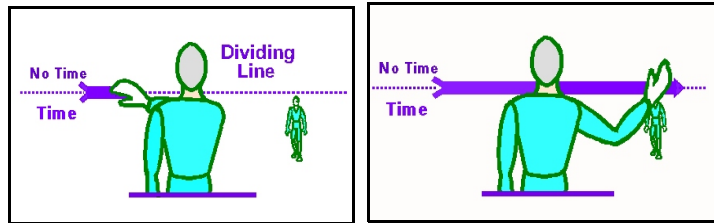
Originally the “Line of Time” took a verbal approach. The Learning Path Technique carried the verbal approach into more complexities. Every tiny detail had a verbal label. Not only did we use detailed labels for many first root causes, but also detailed labels for the minds, which received the learning. Preliminary lists on a new subject plus lists for other lists made the process arduous. When you use specifics, always do the negative root cause first and then, the positive. The first root cause is uncreated first. Then we create or re-create the positive first root cause.

This process was valuable, especially to those who wanted to know what the problem was consciously. Therapists could use it with their other processes and still can.

The New Approach of LPIT evolved from the need to have a short, overall effective technique that could help in the restoration of health, comfort, joy, happiness, gratitude etc.

The crystalline thought form is all inclusive. The particle that causes a cascade, deals with our reactions to outside influences. Through the hand transfer technique, we can transfer to the person's state of being at this moment. A complexity of feelings, emotions and physical experience are always a part of the state we are in at this moment. This holistic approach includes both the profound and the mundane.

Finding the Emotion or State of Being in this Moment



Intend a *person* in front of the right hand. Intend the *emotion or feeling* the person has at this moment in front of the left

hand. Do the hand transfer technique. The emotion or feeling has been transferred to the front of the palm of your right hand.

Now that you have the feeling in front of the right hand, do the diagram with the feeling as the subject. Using the crystalline thought forms and the particles that cause a cascade as your labels for finding first root causes.

Definitions:

Crystalline Thought Form: Frozen positives and negatives caused by the lack of acceptance of the learning in the past.

Particle that Causes a Cascade: Any interference that is not caused by an individual such as an earthquake or a war.

These two ideas are used on everything that you work with.

To work with the genes additional detail is necessary.

BEGIN: “Say the statements in quotations with each movement”.

Identify the person with whom you are working. Intend this person in front of your right hand.

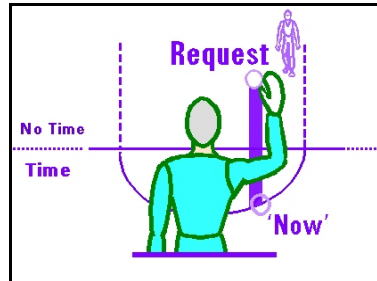
If you are working with yourself, be objective and say your name.

Dividing Line

Draw a line that separates time from no time from left to right.

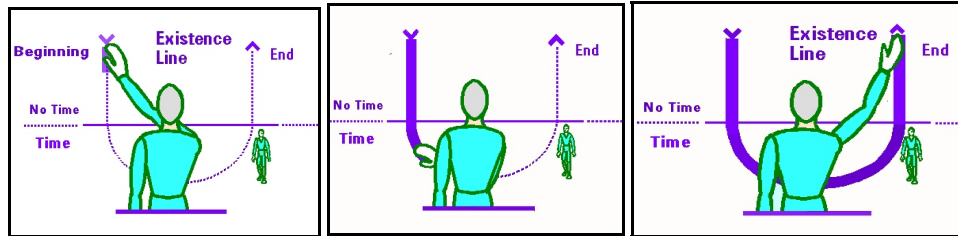
Existence Line

From left to right, draw a cup shape with your right-hand going down below the Dividing Line into time and out. This signifies our history, past, present and future, inside “time” and out. What occurs outside time, we do not know. However, most of first root causes are not in time.

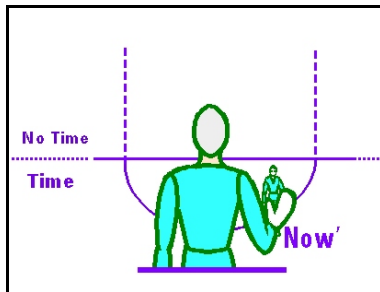


Now

Hold your right hand over the NOW. Intend the subject to be on the “NOW”



position in front of your right hand.



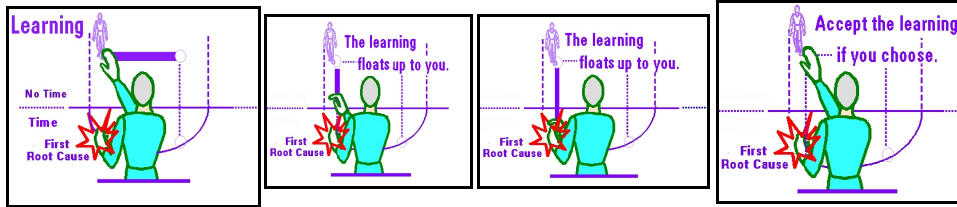
Request

“I now request that you enter the realm where time does not exist.”

With these words, you move the subject into ‘no time’ above the ‘now’.

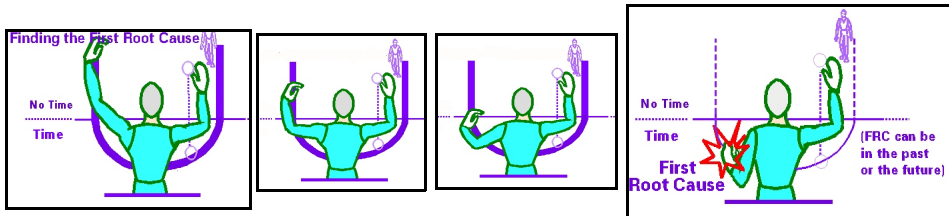
First Root Cause

“I request (the unconscious or all aspects) to lead you to the first root cause ofon the Existence Line.”



Place the left hand, palm facing down, at the top of the U-shaped existence line. Intend this line to be like a piece of string going through the centre of your hand.

You will feel a tingle on your hand or the impulse just to stop as the hand touches the first root cause.



Once we have established the first root cause, the left hand stays comfortably on the existence line throughout the rest of the procedure.

The right hand moves the person from the Request to over the First Root Cause position.

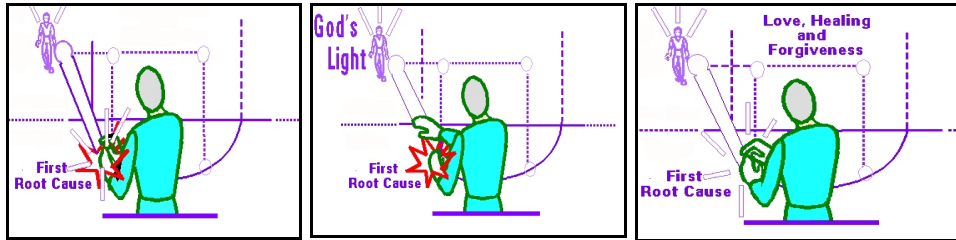
(The first root cause can be any place on the existence line.)

Learning

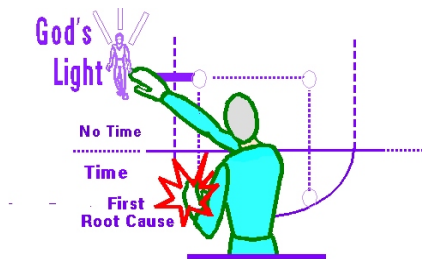
“The learning from the first root cause of ----- rises up to that part of you where this kind of learning is recorded.”

Leaving the subject in no time, the right hand goes down to the first root cause and picks up the learning to take back to the subject in no time. At this point, the subject chooses to accept the learning or not. This choice is not conscious.

God's Love and Light



The subject is moved farther to the left beyond the diagram with the right hand. Here, the subject may or may not ask for God's healing to be sent to the first root cause on the existence line. Again, this choice is not conscious. The subject is left in no time.



Love Healing and Forgiveness

“God's love and light fill you and pour forth to the person you once were at the very first root cause.”

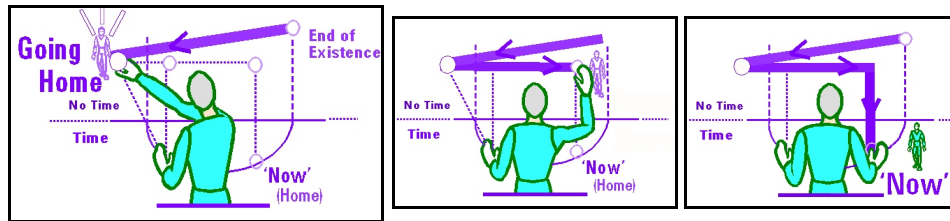
“The person you once were is now filled with love, healing and forgiveness”

The right hand follows God's energy moving down to the First Root Cause. Love, healing and forgiveness are the result. Even now, the subject may refuse or accept the healing if he or she chooses.

Rearranging (readjusting)

“All of the events of your lives are now rearranging themselves in accordance with this new learning, right up to the end of existence.”

With the learning and with the love, healing and forgiveness, the effects of the first root cause no longer exist. In fact, the effects have been un-created. Many changes occur in the subjects reactions to circumstances as a result. The right hand, with wiggling fingers to show the energy changes, moves from the first root cause to the upper right top of the existence line. The

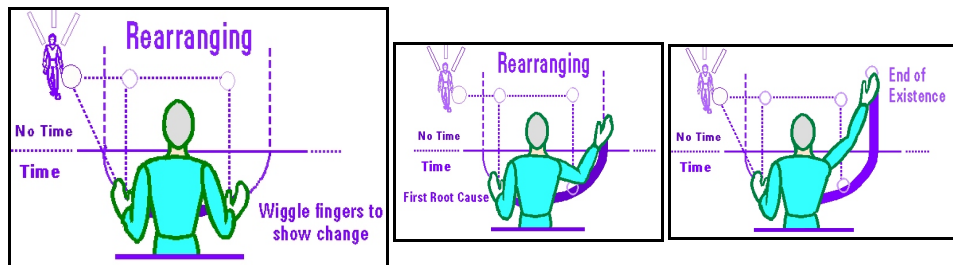


wiggling of the fingers signifies the changing energy that occurs during the normalizing of the existence line.

Going Home

“All of the events of your lives are now rearranging themselves in accordance with this new learning, right up to the end of existence.”

The subject is still in “No Time”. The right hand moves to the subject in God. The hand brings him home by moving horizontally over the Dividing Line to above the ‘now’ and then down into



the “Now”.

At that point, you can move the subject up again into No Time without making a new diagram and start over for a new first root cause.

I suggest you take the gif diagrams and match these concepts with the diagrams. The titles will be clear.

**LIST OF STATEMENTS THAT GO WITH EACH PART OF THE
DIAGRAM OF THE LEARNING PATH INTEGRATED TECHNIQUE**

Now

I now request that you enter the realm where time does not exist.

Request

I now request all your aspects to lead you above your existence line to the first root cause of ----on your existence line.

Learning

The learning from the first root cause of ----- - - rises up to that part of you where this kind of learning is recorded.

God's love and light

God's love and light fill you and pour forth to the person you once were at the very first root cause

Love, healing and forgiveness

The person you once were is now filled with love, healing and forgiveness.

Rearranging

All of the events of your lives are now rearranging themselves in accordance with this new learning, right up to the end of existence.

Going home

Chapter Ten

LEARNING PATH INTEGRATED TECHNIQUE New Approach Procedures

VERIFICATION

It is wise to use a method of verification in order to feel that you are not wasting your time.

Be aware of what you are feeling ‘in the moment’. Rate the intensity from zero to four. Record some indication that describes the feeling.

Then do the process.

After the process is finished, then review your feeling by looking at the description that you wrote down. Rate the feeling again from zero to four. If it is the same, then do the “clearing process” described earlier in this manual.

At the end of the manual, you will find a verification form that will be very useful to you.

CLOSING PROCEDURE

Integration

Understand that a huge number of first root causes have been learned from and healed. Now, integration needs to take place. All aspects need to merge into one, all integrated into a whole person.

Accepting the Learning Plus

At the end of each session, you need to make sure that your unconscious has not changed its mind in terms of accepting the learning. In fact, the unconscious may have crystalline thought forms in relation to learning as well as particles that cause a cascade.

To prevent the pain from returning you would do the following:

Hand transfer to “Retaining the Learning Statement”

“First root cause of *accepting, comprehending, understanding, thinking through consciously acknowledging and gratefully applying the learning for the highest and best good for all concerned* (negative and positive) “

This last statement can be considered as a whole, a picture. After you have read it daily for over a month, you will need only to give it the title “acceptance plus”. Therefore, you would hand transfer to the whole statement with the title “acceptance plus”. Your unconscious and cell memory will retain the whole statement under that title.

AT THE END OF EACH SESSION

Integration

We learn from hundreds or more first root causes with each passage way through the diagram, involving many aspects of our being. Obviously, integration of the learning must take place in the whole being. It is best to do hand transfer and do crystalline thought forms and particles that cause a cascade on “integration”. Initially, you may just want to do the positive and negative on “integration”.

Conscious Awareness of the Learning

The total statement includes ‘consciously acknowledging’. But awareness includes the whole being and acknowledging is limited to the mind.

If you have accepted the learning, there may be a possibility of not retaining it. Therefore a concluding statement brings the attention to accepting the learning in **all aspects**.

Acceptance Plus

First root cause of *accepting, comprehending, understanding, thinking through, consciously acknowledging and gratefully applying the learning for the highest and best good for all concerned*

Remember: You do not need to memorize this statement, only to read it once a day for over a month. The picture will be implanted in permanent memory so that all you will do at the end is say. “Acceptance Plus”. When you say “Acceptance Plus”, your mind will automatically understand that the meaning is “**Acceptance Plus**: First root cause of *accepting,*

comprehending, understanding, thinking through, consciously acknowledging and gratefully applying the learning for the highest and best good for all concerned “

Positive and Negative

During the first month you will LPIT reading:

“ Acceptance Plus: First root cause of *NOT accepting, comprehending, understanding, thinking through, consciously acknowledging and gratefully applying the learning for the highest and best good for all concerned “*

Then you will read the positive,

Acceptance plus: First root cause of *accepting, comprehending, understanding, thinking through, consciously acknowledging and gratefully applying the learning for the highest and best good for all concerned “*

Acceptance Plus: (with crystalline thought forms and particles that cause a cascade)

At the end of the month, you will learn to speed up. When you do, you will find a more thorough first root cause technique by doing the following. All you will say is “Acceptance Plus.”

Now you will no longer have to read the statement.

Rather than doing the positive and negative, you will do all the crystalline thought forms you can find and all the particles that cause a cascade that you can find. Usually you will not find any, but if you do, possible resistance to retaining the learning will be gone.

This, you will do at the end of every session. If you do not have time, you may still do the “Acceptance Plus” the next day.

UNCONSCIOUS BARRIER BEHIND THE HEART AND BEHIND THE BRAIN

In rare cases of extreme trauma, the protective unconscious barrier may prevent the acceptance to take place.

Then go through the hand transfer technique,
 From the person to the heart,
 Then from the heart to the unconscious barrier in the heart, and LPIT it.
 Hand transfer from the barrier to ‘integration’ and LPIT it
 From “integration” to the “conscious awareness of the learning” and LPIT
 it
 Back to the brain and LPIT it.

“Acceptance plus” is the essential part of the procedure above.
 “Integration” is next in importance. “Conscious awareness of the learning”
 is not as essential. You can do it or not as you choose. You do not have to
 do this often, only once a day, or even once a week. All the previous
 possible learning will be taken into account. Remember, we are sealing in
 the learning, integration, and conscious awareness of the learning with
 these first root causes.

**The order is: integration, conscious awareness of the learning and
 acceptance plus.**

FOUR PATHWAYS TO PROCESS THE FIRST ROOT CAUSES

Remember to address “all aspects of the person’s being” to lead the person
 back to the first root cause of any problem. You may want to substitute
 the unconscious for all aspects. However, the conscious will not learn if
 you do so.

At the end of each session, as shown before, end with the following:

1. **Integration**
2. **(Conscious Awareness of Learning)**
3. **Acceptance plus:**
 First root cause of *accepting, comprehending, understanding,
 thinking through consciously acknowledging and gratefully
 applying the learning for the highest and best good for all
 concerned* (negative and positive) (at the end of each session)

PROCEDURE A (*concise for simple problems*)

1. Intend the person front of right hand and immediate feeling, pain, emotion or issue in front of the left-hand . Hand transfer.
2. Draw the diagram with the right hand.
3. Do the LPIT on all the *crystalline thought forms* (as many as there are catches on existence line.)
4. Do the LPIT on all *particles that cause a cascade* (ditto.)
5. Hand transfer to “*Integration.*” Do the crystalline thought forms as well as particles that cause a cascade. Then do first root cause of integrating all aspects.
6. (Hand transfer to “*Conscious Awareness*”.)
7. Hand transfer to “*acceptance plus*” with the crystalline thought forms and the particles that cause a cascade.

(You may wish to do the *first root cause of the first root cause* of either the crystalline thought forms or particle that causes a cascade if you have too many catches existence line. You may also want to transfer to the unconscious barrier and then to what is hidden.)

You also may want to do the “Unconscious barrier” (block) when the problem does not disappear.

PROCEDURE B (Focussed on inheritance and damaged **genes and DNA**)

1. Intend the person in front of the right hand and immediate feeling, pain, emotion or issue in front of the left-hand. Hand transfer.
2. Hand transfer “Stepladder” down to the genes (*person, body, cells, protein around the DNA, the DNA, the Genes, the damaged Gene.*) (You can use numbers to replace the labels after a while.)
3. When you reach the gene, then draw a diagram and do the process:
 - i. The first root cause of the gene being damaged
 - ii The first root cause of the gene not repairing itself according the perfect blueprint
 - iii. The first root cause of the gene repairing itself according to the perfect blueprint
 - iv. Hand transfer to back to the DNA
4. When you reach the DNA, draw the diagram and do the crystalline

thought forms and the particles that cause a cascade.

- i. Do the LPIT on all the crystalline thought forms (as many as there are catches on existence line)
 - ii Do the LPIT on all the particles that cause a cascade (ditto)
5. Hand transfer back the whole person. Draw the diagram.
 - i. Do the LPIT on all the crystalline thought forms (as many as there are catches on existence line)
 - ii Do the LPIT on all of the particles that cause a cascade. (ditto)
 6. Hand transfer to Integration. Create its own diagram.
 - i. Do the LPIT on all the crystalline thought forms (as many as there are catches on existence line)
 - ii Do the LPIT on all of the particles that cause a cascade. (ditto)
 7. Hand transfer to the Acceptance plus. (Hand exchange from person to the acceptance statement (list)
 - i. Do LPIT on all the crystalline thought forms (as many as there are catches on existence line)
 - ii Do the LPIT on all of the particles that cause a cascade.

Acceptance plus:

First root cause of *accepting, comprehending, understanding, thinking through consciously acknowledging and gratefully applying the learning for the highest and best good for all concerned* (negative and positive) (at the end of each session)

Elaboration of The Preceding Concise Outline Procedure

When you do the Learning Path Technique, the simple path is the best. However, sometimes the simple path is not enough.

If the improvement is not complete, we go to the next step.

Our ancestors have left an imprint on our lives fed through our genes. The genes have been invaded by viruses, damaged by chemicals and even modified by our traumas. The DNA also can be affected.

Hand transfer:***From person to pain.******From the pain to the part of the brain that is giving the sensation of pain.******From the brain to the hidden emotion or psychological problem that the unconscious is trying to hide.***

Dr. John Sarno puts forth the theory that the unconscious protects us by not allowing painful emotions or psychological patterns to come to our conscious awareness. Instead, the unconscious directs a section of the brain to manifest pain in part of our bodies to distract our attention from the emotion or the psychological problem. He has found that if people realize this, the pain often disappears. He sends them to psychologists to deal with an emotion or psychological pattern that is no longer hidden. (“Healing the Back”, “Mind Body Prescription”)

With the Learning Path Technique, we can add another dimension to the process. We can learn from the emotion or psychological problem on a deep level and in that way, deal with the problem. We can send healing to the person at the first root causes in our memories. Pain disappears. Attitudes change instantly and painlessly.

Hand Transfer:***From the person to the body.******From the body to the physical heart.******From the physical heart to the relationship with the mother (father, husband, children, boss, partner etc.) (or emotion behind the heart).***

Dr. Paul Pearsall is a doctor who has had experience with dealing with people who have had heart transplants. With many references, he has shown the importance of the physical heart in relation to thoughts, feelings, tastes, vocabulary as revealed in heart transplant patients. One’s negative relationship to one’s parents has been shown to possibly result in heart attacks.

This, we can deal with using the Learning Path Technique by doing the crystalline thought form on the relationships as well as the particle that causes a cascade. OR we can do the crystalline thought forms and the particle that causes a cascade, just on the heart.

We have many hidden hurt pockets in the heart. It is a good thing to find them and bring healing to them.

The diagram is the root of all sorts of experiments. These are mine, but you may wish to discover your own through experimentation.

PROCEDURE C

(Concentrates on the unconscious barrier that hides extremely painful emotions, where the brain caused a distraction by producing pain or illness in part of the body.)

1. Intend the person to be in front of the right hand and the feeling of the moment (state or aspect or pain,) in front of the left-hand palms facing away from you.
2. Hand transfer from the emotion or feeling (pain or other) in the right hand to the part of the brain that is being programmed to cause the experience of the pain or difficulty in the left hand..
3. Hand transfer from the part of brain to the emotion, psychological or whatever that is causing the brain to stimulate the pain.
 - i. Do the LPIT on all of the crystalline thought forms (as many as there are catches on existence line)
 - ii Do the LPIT on all of the particles that cause a cascade (ditto)
4. Hand transfer back to the part of the brain that was caused to stimulate the pain.
 - i. Do the LPIT on all of the crystalline thought forms
 - ii Do the LPIT on all particles that cause a cascade
5. Hand transfer back the whole person and then hand transfer to Integration
 - i. Do the LPIT on all the crystalline thought forms (as many as there are catches on the existence line)
 - ii Do the LPIT on all particles that cause a cascade (ditto)
6. Gene Hand transfer down the ladder: person : cells : protein around the DNA, DNA, Genes
 - i. The first root cause of being damaged
 - ii. The first root cause of not repairing itself according the perfect blueprint
 - ii The first root cause of repairing itself according to the perfect blueprint
 - iv. Hand transfer to DNA

Chapter Eleven

EXAMPLE AND TOOLS WITH WHICH TO “PLAY”

(Make sure that you advise the person to seek assistance from a medical health professional.)

Specifics: You may choose any specific to replace the sore stomach. The following is an actual successful example.

Example: Sore stomach.

Do the clearing process and get the inner permission by doing the v of light technique

A. Two ways of finding the stomach:

1. **Stepladder hand transfer:** . person, body, stomach *OR*
2. **Hand sensing**
 - i. Locate the stomach by visualizing the body in front of you
 - ii. Run your hands through the visualization of the body.
 - iii. Run hands through the esophagus, stomach, and duodenum in order to locate the stomach by hand sensing the pain.

B. Hand transfer technique. Transfer from person to pain and from pain to the cause of the pain.

C. Do the diagram for the ‘cause’ with the ‘cause’ as the learner . .

1. Do **Genes** repairing selves according to the perfect blueprint protocol.
2. **Do DNA**, using crystalline thought forms and particle that causes a cascade.
3. **Existence line:** Do crystalline thought form and particle that causes a cascade.
4. **Fill empty spaces** with positives as chosen by the client.
5. Do the **acceptance plus**.

Acceptance plus:

First root cause of *accepting, comprehending, understanding, thinking through, consciously acknowledging and gratefully applying the learning for the highest and best good for all concerned* (negative and positive) (at the end of each session)

- D.** Return to the stomach and **hand sense the next pain**. Continue with the above procedure.
Repeat and repeat until all the pain has gone.

SUMMARY

We have now looked at three procedures:

1. The short one directly with the person
2. The longer one involving the brain
3. The longer one involving the physical heart

We can hand transfer to the feeling, mood or pain of the moment and usually that is enough. However there may be explorations you might like to do. Here, concepts, major issues, and words may be useful.

MORE TOOLS IF YOU CHOOSE

The following ideas and possibilities are only meant as an introduction of how broad the scope of the Learning Path Integrated Technique can reach. In fact the possibilities are limitless.

For the most part, though, they may not be necessary.

At first, simply doing the person's diagram and the first root causes of crystalline thought forms and particles that cause a cascade will provide major relief. However, there are hidden, repressed and suppressed aspects of ourselves that may need some encouragement to emerge comfortably and easily in order to learn from them and send healing to the person we once were.

Energy Released by the Learning: You may notice that there is an energy that needs to be uncreated in the room at the end of each session and then you may not. Intend the room in front of you and scan it with your right hand intending an energy ball. Then do the following as with other energy balls.

First root cause of being created
 First root cause of not being uncreated
 First root cause of being uncreated

Flashbacks: Sometimes we begin to relive a past experience with all the feelings and emotions. This is called a flashback. When we have a flashback, a complex problem needs our attention. We need to learn from it as a whole. You can either learn from the flash back with the crystalline thought forms and particles that cause a cascade OR you can do the following:

First root cause of being in a flashback
 First root cause of being in the NOW.

Core Personality: The intention is to reach that aspect of ourselves that is our root, physical, mental and emotional. Hand transfer from the person to the core personality. LPIT the core personality with crystalline thought forms and particles that cause a cascade.

HAND TRANSFERS

Do the hand transfer for each of the following and then do the preceding procedures on them:

Crystalline thought form related to

Ask the person to think of **a thought that brings up a negative feeling.** Hand transfer to that feeling. Create a new diagram and do the crystalline thought forms and particles that cause a cascade on this negative feeling.

Notice the change in feeling in the palm of your hand. Do another diagram for the new feeling. Repeat until you notice that you become aware of a blank space with no feeling. ***Then fill the empty spaces with the client's or your choice of positive qualities.***

Attracting positive energy or whatever: We live in an energy soup. Some energy patterns are for our Highest and Best Good and some are not. We need to set ourselves up to attract only the Highest and Best Good energies. Hand transfer from the client to attracting the Highest and Best good. Do the crystalline thought forms and particles that cause a cascade, integration and acceptance plus. Living in love and Light is normal for us. Having healthy energies in our bodies is normal. Attracting the necessary energy for our health and well being is normal. The energy soup has both

kinds of energy, harmonious and not harmonious. If we are so filled with harmony, there would be no room for the rough energies given off by others.

Part of anything:

- a) a human body such as an organ, system, cells, energy system, muscle
- b) a machine using the energy sensing system to find the problem
- c) part of a computer, automobile, household tool
- c) the planet, country, city

A quality such as loving kindness, delight, compassion, wisdom, any specific negative

A part of a business, e.g., Sales, economics, support, structure, public relations etc.

A department in a hospital, relating to efficiency, cleanliness, fear, kindness.

Space between the “person and his situation (or anything you can think of) and the “perfect blueprint,” palm facing palm.

Intend the person and his situation in front of right palm.

Intend the person’s perfect blueprint in front of the left palm.

Move the right palm toward the left. If there is a resistance, it means that the person is disconnected from the perfect blueprint.

Move your hands to the space between the person and the blueprint. Do the diagrams process of LPIT with crystalline thought forms. (You may have to do many.)

Then intend the perfect blueprint in front of the right palm and the person plus in front of the left palm. Repeat.

You will find the results quite remarkable.

Space between two people

Person and an idea, or emotion, attitude, success etc.

Relationship between:

Two Countries, two businesses,

Court (judge in one hand, and the defendant in the other.. Do the space between the two. Put the accuser and lawyers in the middle.)

Operation (Patient and surgeon, cleaners, nurses +)

May I remind you when using the hand transfer technique, we can get to all the subtle parts of which we are not aware. Also, that if the hands resist coming together, you do not have that problem.

Buttons: We develop areas of sensitivity that people can attack, causing us to react. The slang term, ‘pushing your buttons’ is what we say when someone knows us so well that they can find ways to hurt us. If we learn from them, we become stronger, more invulnerable. The buttons disappear.

Do hand transfer to the button and do the crystalline thought forms and particles that cause a cascade on them. I would do them one at a time. (Button # 1, Button #2 etc.) You really do not consciously have to recognize them.

Little Things: Often we only think of our major problems, but many ‘little things’ cause blocks and irritations that can be the cause of a serious situation later. Hand transfer to the “little thing” and do the crystalline thought forms and particles that cause a cascade on them.

First Root Cause of the First Root Cause

At this point, one may think that we have gone about as far as it is necessary to go. Understand that we are dealing with zillions of possible first root causes. This is a road map.

Remember the story of the little boy who lived in a cave in caveman times? This little boy made a decision or the choice to be afraid.

The next question comes to mind is: “Why did he make this choice?”.

Perhaps he was small for his age. The fact that he was small would have been included in the first root cause already dealt with.

However, this first root cause has many aspects to it. For example:

Why was he small?

- A. Was it because he did not receive love or sufficient food?
- B. Was it because he had a genetic disposition to be small?
- C. What caused the ancestor to have the genetic change that would have encouraged dwarfism?
- D. Was he teased because he was small?
- E. Was he bullied and physically hurt by children because he was

smaller than them?

This is only one pathway he could take. His mother could have trained him to be cowardly to protect him. Then we need to look at why she felt the need to protect him. It goes on and on.

Hand transfer from the person to his state of being small. Do the crystalline thought forms and the particles that cause a cascade on all aspects (instead of the unconscious mind). You might also like to do the DNA and the genes.

Doorways That Open Holes: We seem to allow energies from the energy soup around us to penetrate our beings, perhaps not of our own choice. Closing and un-creating the doors are necessary.

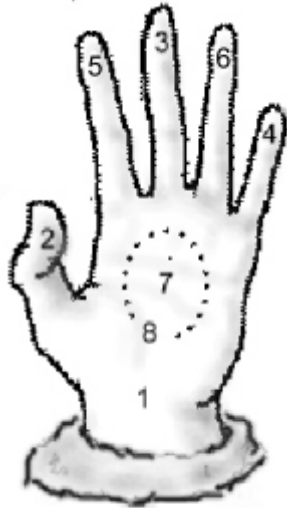
Hand transfer from the person to the open door.

First root cause of being open

First root cause of being closed

First root cause of being created

First root cause of being uncreated.



Energy chakras relating to sensations in the hands::

When we experience tingles in our hands, we will notice that the tingles are located in specific places. Yogic energy systems describe the locations of chakra energy centres in various parts of our hands. Just as we communicate with our bodies, our bodies communicate with us through hand sensations. The tingle signifies that the chakra is out of balance, too much or too

little energy.

The following are the energy chakra systems.

- | | |
|----------------------|------------------|
| 1. Physical vitality | 5. Communication |
| 2. Creative, sexual | 6. Intuition |

- | | |
|--------------------|-----------------|
| 3. Ego personality | 7. Crown chakra |
| 4. Love | 8. Spirit self |

The full part of the palm under the baby finger (percussion part of the palm) signifies the “grumps”.

If you hand transfer from the person to the part of the hand that tingles, you can do the crystalline thought forms plus the particles that cause a cascade, the tinge disappears and you will notice a positive change.

Continuing the Hand Transfer Possibilities

This process allows for free will. However, if “*I wantitis*” or “*do not wantitis*” and addictions get in the way, then the learning and healing may not be accepted. *The first root cause of the first root cause* of the specific “I wantitis.” First root cause of the first root cause of the first root cause of the specific “Iwantitis”. Keep adding another first root cause until there are no more catches. This sometimes gets rid of the strong desire.

Dreams: Hand transfer to the dreams and do the crystalline thought forms and particles that cause a cascade with these dreams. It is through our dreams that much of our hidden issues reveal themselves so that we may learn.

Fourteen Aspects: We can hand transfer to fourteen aspects in order to see where the problem may be located. (At the end of the month, intend list and use numbers) Then you LPIT the number.

1. **Unconscious** (All that is not conscious)
2. **Mastermind of the body**
Overall part that is in charge of our physical aspects
(*Left Hand Side of The Brain, Inner And Outer*)
3. **Inner left hand side of the brain:** Child hood decisions, hidden decisions
4. **Outer left hand side of the brain:** logical rational conscious decision making: Justification for negatives (should)
(*Right Hand Side of the Brain, Inner and Outer*)
5. **Inner right hand side of the brain:** intuitive, delusions, creation (invent) of the archetypal negatives (open doorway to either positive or negative intuition)

6. **Outer right hand side of the brain:** creative imagination (of which we are consciously aware)
7. **Cells** Cells have individual lives with their own agendas
8. **Systems** (Digestive system, Respiratory system etc.)
9. **Organs** (Liver, Heart etc.)
10. **Ego-personality** basically related to the physical - self protective
11. **Soul**
12. **Body** The aspect that thinks it is the person. Lacking in intelligence and not accepting the will of the Higher Self
13. **Conscious aspect** The aspect that has free will
14. **Knowing aspect** The aspect that has the intuitive knowing

We can “*create*,” and “*un-create*” thought forms and energy balls. Use hand sensing to find the discordant energy. Make its diagram and go through the following:

The first root cause of the thought form of being there
 The first root cause of the thought form not being un-created
 The first root cause of the thought for being un-created

Again, using hand sensing, see if the energy remains. If it does remain, consider the other options discussed in the section on “clearing” the energy.

We sometimes create *doors* in our energy systems that allow discordant energy to interfere with our energy systems. Use the hand transfer technique from the person to the doors. Un-create them using the above procedure.

There is a difference between *knowing and believing*. “Beliefs” can change. We can rationalize ourselves into believing. A deep inner sense of “knowing” is not changeable. If you wish to be sure that you are coming from a knowing base, simply do the following:

Draw the person his/her own diagram.

First root cause of not believing that is true
 First root cause of believing that is true

First root cause not of knowing that is true
 First root cause of knowing is true

Let us say that you have a ***relationship problem***. Intend you in front of your right hand and the other person, company, health or bank account in front of your left hand. Intend they stay there even if you move your hands away. Then, move your right-hand to the space between the intended people or situations and draw the diagram. Do the crystalline thought forms and the particles that cause a cascade.

Then switch you into the left hand and the other in the right. Do the process over again. You will notice remarkable effects.

Take any word, ***any concept at all that you might like to strengthen***, for example the word “compassion”. Hand transfer from the person to “compassion”; draw the diagram; do the crystalline thought forms and particles that cause a cascade.

Reminder : End with “integration” and the acceptance procedure (including crystalline thought forms and particles that cause a cascade if you are finishing for the day)

You will find many opportunities to explore your own being or that of others exploring ideas prompted by books, television, situations and self observation.

The possibilities are endless.

Gratitude

In particular, I would like to thank Dr. Tad James for bringing healing into my life when it was sorely needed. The “Secret of Creating the Future” series of tapes saved my life. His concept of going into the past, finding the first root cause, learning from it and sending healing to our memories through meditation saved my life. I am grateful. The process that we are doing here is different in that no meditation is involved. The Learning Path Integrated Technique uses the physical hand motions to bypass the conscious mind as well as other approaches. When I sent the manual to Dr. James, he said that I was doing it differently and good luck. Thank you again, Dr. James.

I am grateful to all those mentioned below for participating and helping in the testing of “The Line of Time” upon which the Learning Path Technique, mind body and soul was based.

John Marshall, Dianne Matthew, Tomas White, Ruth Burt, Martin Lumm, Barbara Hambleton and Leslie Krumins and many others also participated in the early experiments

I am also grateful to **Richard Brown and Leslie Krumins** for their involvement in the experimentation with the development of the long lists and labels as well cooperating in the creation of the first two manuals of the older approach.

Regarding the “New Approach to the Learning Path Integrated Technique,” **Roy Green, Rosemary St. Luce, Dana Lumm, Lisa Lerner, Tomas White and Allan Singe** contributed enormous assistance to its development. Thank you, dear friends.

The studies of the following enabled me to comprehend and develop pathways to finding first root causes. I am grateful to:

Deepak Chopra’s “Quantum Healing” for helping me understand quantum and its effect on healing; Dr. John Sarno’s “**Mind Body Prescription**” for showing the pathway through the brain to the repressed emotion; **Dr. Paul Pearsall’s**, for opening the door to the heart through his book “**The Heart’s Code**”; **Seicho No Ie, Yogananda's** Self Realization Home Study; Transcendental Meditation (TM), **Geraldine Smith's** teachings in the seventies, **Reiki** (Olga is a Reiki Master); Therapeutic Touch; Silva Method, Spiritual healing; the Kabala, Christianity, and eastern mysticism, specifically Hinduism, Buddhism and Taoism and more recently, the Koran also contributed to the development of **The Learning Path Integrated Technique**

Gratitude for editing goes to **Irene Magill, Duke Duyck and my cousin, Alex Eftimoff**. Thank you so very much.

This manual takes the original diagram and finds an effective, unique, concise and inclusive approach to finding first root causes. The diagram takes care of the rest. Verbalization is at a minimum. Enjoy.

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.

Revised edition, July 2002

**IF YOU WISH TO LEARN ON YOUR OWN, USING THIS
MANUAL ...**

If you wish to learn on your own, I would suggest the following:

1. Read the book through first to gain an understanding. Then work with the hand sensing and V of Light to get inner permission
2. Then go to the three page diagrams where you can see the hand movements so you can see the movements and go over the movements at least five times.
3. Then go to the diagrams with the words attached. Go through the process by hand transferring from yourself to the state you are in now. Using this state, go through the diagrams, and words using the term “crystalline thought form” for the first root cause.
4. Notice to see if you have any change in feelings. Even while you are learning, you can still accomplish a change in your being.
5. Keep a history.
6. After spending an hour or so experimenting the first day, do at least ten minutes worth a day for a month. In this way, you will ingrain the diagram in your cell memory.
7. After you feel secure about the diagram, then work with the unconscious barrier. You will see many approaches and uses as you go through the book.
8. Do the V of Light to get your inner permission.

It is better to take the class (more than sixteen hours) where you will have others to work with. You will be able to verify the changes that are brought about in both yourself and others. You will go through a training process that will establish the diagram and pathways in your cell memory.

The manual is condensed. Therefore the presentation by the instructor will help to clarify and deepen concepts. One must attend a class in order to be able to do the open book exam and receive a practitioner’s certificate upon successful completion of the exam.

It is possible to learn the system using the manual. Self discipline is necessary and hopefully, you have the discipline to learn this. For some, classes are preferable.

Good luck and blessings

Olga

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For classes and sessions, contact:

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There are other teachers in training. If you contact one of the above, you may find a teacher near you.

LEARNING PATH TECHNIQUE, MIND, BODY AND SOUL

A New Approach

(Now called the Learning Path Integrated Technique)

Statements That Go with the Diagram

"Now"

I now request that you enter the realm where time does not exist.

"Request"

I now request all your aspects to lead you above your existence line to the first root cause of -----on your existence line.

"Learning"

The learning from the first root cause of -----rises up to that part of you where this kind of learning is recorded.

"God's love and light"

God's love and light fill you and pour forth to the person you once were at the very first root cause

"Love, healing and forgiveness"

The person you once were is now filled with love healing and forgiveness.

"Rearranging"

All of the events of your lives are now rearranging themselves in accordance with this new learning, right up to the end of existence.

Going home

Outline of procedure for LPIT

Palm facing palm, intend:

A: In front of the Left hand , Intend the Perfect blueprint....

B: In front of the right hand, intend one of the following:.

God, with the greatest respect, the person plus any problem (detail or general) AND Pain... (sometimes you have to do the unconscious barrier as well if the barrier does not go away. See below.)

- A. Situation,
- B. Tone of voice,
- C. Any physical, mental, emotional difference from the norm. .. body parts etc.
- D. Other people
- E. Actually anything you can think of, general or particular.
- F. Problem #1,.. LPIT.. Problem #2 etc.
- G. Memory #1 LPIT etc

Attempt to move your hands together.. IF learning is needed, you will feel a pressure between the hands.

Intend what is in front of the hands to stay suspended in the air in front of you. Go to the space between the hands and LPIT it. LPIT as fast as you can till it just becomes a gesture. Use numbers in any list to save time.

Then switch.. Perfect blueprint is in the right hand and the problem is in the left hand.

LPIT the space between again..

Go through the hand transfer system to see if any of the aspects still need learning. See list in the manual. I usually use numbers to represent them .. Saves time
See if it is in the mind or the heart (hand transfer if you can.) If you cannot hand

transfer, then it means that the mind or heart are not involved. A full explanation is in the text. Usually there is an unconscious barrier that has to be uncreated.

After you have done the above, then check to see if you have an unconscious barrier in any case.

Unconscious barrier.

FRC of being : created
uncreated
transmuted into God's
Holy love energy

sent to God to be healed
(usually pain goes away with this one.)

This can also be done for astral bodies.

Company

Dear one Prayer - aliens and spirits
Unconscious barrier technique-

1. Astral bodies.. But you may add positives to send them home if you wish.
2. Thought forms
3. Energy balls

Then do the integration, conscious awareness and accepting the learning. See manual .. Use numbers instead of words for speed purposes

Summary:

1. Always perfect blueprint <...> person plus LPIT space between.. Then switch hands and repeat.
2. See if there is an unconscious barrier and do. Will take away pain.
3. Do company.
- 4 Do the integration, conscious awareness and accepting at the end of each session. Use numbers.. See the list in front of you but use numbers at the beginning.
(Allow intuition to guide you by doing whatever pops into your head ... it works:)