



The ZPoint Process

for Instant Emotional Healing

A Transformational Process

by

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An Important Note: The techniques, processes, ideas and suggestions in this book are not intended as a substitute for the medical recommendations of physicians or other health-care providers. Any application of the techniques, processes, ideas and suggestions in this book is at the reader's sole discretion and risk.

This manual is dedicated to the many who will use and benefit from this process in the coming years. This manual and the process itself owe much to the many who helped develop this work with no thought for personal gain. Each of you played a part and added your gifts to the mix.

My thanks and my profound appreciation go out to each one of you.

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Preface

This book will introduce you to The ZPoint Process – a simple, proven technique to free yourself from the strong negative emotions and harmful life patterns that tie you to the past and limit your current health, wealth and happiness. ZPoint is about making peace with all the ways that you are unhappy. It’s about becoming non-reactive and peaceful. It’s about rediscovering your joy for life.

The purpose of my writing this book is to teach the basics of ZPoint to individuals who wish to transform themselves and through their example, to everyone they may come into contact with. Peace cannot be legislated, it must be experienced, one heart at a time.

You will learn:

- how to use and teach The ZPoint Process to help you and those you teach feel relaxed and centred under almost any circumstances;
- how to permanently release yourself from past failures, painful relationships, traumatic memories, emotionally based physical issues and more;
- how to easily shift your focus away from those things you *don't* want to those things that you *do*;
- how to use this incredibly simple technique to clear away *all* the ways you won't allow yourself to enjoy the incredible abundance of love, wealth and well-being that constantly surrounds us.

But It's Too Simple to Work...

The very first thing people say when told about ZPoint is, “This is way too simple to actually work.” We’ve all been taught by our parents and society in general that to be of any value, a thing must be difficult. It must take time. You must suffer first. You must pay your dues. Life is hard and so on and so on. These are all just beliefs, and simply are *not* true. They may have been true before you picked up this book, but you are about to learn something that will toss these beliefs aside like a well worn T-shirt.

Life is not meant to be hard. We are not meant to suffer, although most of us do. It does not need to take years of traditional talk therapy to resolve seemingly insurmountable problems or issues. What if it really is as simple as reading a short healing program, directing your attention to an area of concern and then repeating a cue word until you feel peaceful and relaxed?

If you are looking for complicated, you won't find it here. If you expect something that will disappoint you in the end, sorry, hate to disappoint you, but you won't find it here. If you want to prove, if only to yourself, that “this energy stuff” doesn't work, sorry, you won't find that here either.

What you *will* find is that ZPoint works. It *is* simple. You *will* feel great when you use it. It's so easy that you can't make a mistake. And, most importantly, your life will begin to change for the better almost immediately. You will actually begin to take more pleasure from your relationships, from your job, from every part of your life. Just keep reading and start repeating your cue word. Soon you'll be wondering why you didn't start doing this years ago. Really!

Introduction

It is my belief that everything in life is a process. For me, the process that culminated with the creation of The ZPoint Process began in the spring of 1999.

At that time I was working in the computer department of Sir Sandford Fleming College in my home town of Peterborough, Ontario, Canada. At that time I was a very unhappy person and was never satisfied by anything. I think I'd been that way all of my life. I was filled with anger, resentment, a deep disappointment with my life and a bottomless longing for something more that I couldn't define. I can recall either being up or down or swinging somewhere between those two extremes. I can recall only a few times in my life to that point where I can honestly say that I was happy.

One day I came across a reference to a book about a fellow who claimed to have achieved 'Enlightenment' while serving a term in a Florida jail for selling drugs. The idea that this could happen under such conditions and circumstances intrigued me, so I immediately ordered the book. It was called *From Onions to Pearls*, by Satyam Nadeen.

There was something in that book that laid waste to every idea, belief and cherished notion that I had ever had. That book was a hand grenade thrown into a room filled with furniture, and the furniture was everything I believed and held to be true. For some reason, the ideas in that book completely cleared away all of my old ways of being and left me bereft and adrift. I didn't know what to believe, what was right, what was wrong, what was up or what was down. I was a completely empty vessel.

For several months I wandered around completely oblivious to everything. I can recall spending many hours sitting on my couch at home just staring off into space. Just being. Gradually, I started rebuilding the furniture of my mind and my life began to make sense again. However, nothing was the same after that. I was different. I had changed.

Some months later I 'chanced' upon a website advertising an opportunity to become a Certified Hypnotherapist. I immediately remembered when I was a teenager, and the dreams I had for myself. There were three things I wanted more than anything: to write a book, to become "enlightened" and to learn hypnosis. I read everything I could about the latter two and trusted that one day I would write that book. This is the book.

I can recall buying a simple how-to book on hypnosis when I was fourteen and setting out to hypnotize my friends, sometimes with hilarious results. In late 1999, I fulfilled the dream of becoming a Hypnotherapist, when I became Certified by the National Guild of Hypnotists. My wife, the handy person in our family, converted our dining room into an office and I began seeing clients on a part-time basis.

My life continued to change, often in ways I could not have imagined. It became increasingly difficult for me to keep my mind focused on my job. It just didn't seem to fit me anymore. More and more, my thoughts became centred on becoming a full-time Hypnotherapist. I started talking about leaving my job and devoting myself full time to my practice. Unfortunately, Peterborough is a relatively small place, and I wasn't earning enough to pay my way. My overwhelming desire for change led to a crisis within my marriage.

Quite often in our relationships we have unspoken contracts, shared goals, dreams and ways of being. When these ways of being change, as mine did so dramatically, seemingly stable relationships can reveal difficulties that lay buried beneath the surface. One person wishes everything to remain the same while the other is moved inexorably along a different path, in a different direction entirely. This is what happened to me. Sometimes love is not enough.

In the summer of 2003, I was sharing an apartment in a suburb of Toronto, earning a bare subsistence living as a full time Hypnotherapist, incorporating Emotional Freedom Techniques™¹(EFT™) and Tapas Accupressure Technique² (TAT) into my practice. Although financially things were difficult, emotionally and spiritually I was thriving. The ups and downs were gone. Having said this, there were still deep issues I needed to resolve, and I was looking for a means to do this. I felt that I had gone as far as I could with EFT and TAT alone.

Around that time, I read *The Power of Now*, by Eckhart Tolle. That book had a huge impact on me. I practiced being in the "Now" constantly and, after a while, could enter into the Now state at will. I vividly recall how magical it was to simply walk down the street and watch the flowers and trees and suddenly my awareness would shift. Everything took on a life and a brilliance I'd never noticed before. I'd walk to the Scarborough bluffs and spend hours sitting on a certain park bench overlooking Lake Ontario, just watching the clouds, the birds and the trees and drinking in the incredible beauty I saw spread before me. It was, as I've said, a magical time.

Right at this time, two things happened that changed my life. First, my flat-mate purchased Larry Nims' Be Set Free Fast³ (BSFF) manual, and second, I read *Power vs. Force*, by David R. Hawkins. I read Larry's manual and tried using BSFF, but somehow it didn't feel right to me. It is a brilliant piece of work, but it just didn't resonate with how I thought and especially how I felt. I'm very intuitive and approach everything from a feeling perspective. So I set it aside.

Then I read *Power vs. Force*. In it, Hawkins speaks about "Attractor Fields" or "M-fields." As I understood it, these are simply energetic patterns containing all of the possibilities inherent within an event, a circumstance or a condition. My life, for example, can be viewed in these terms. It is a large attractor field with my name on it. Within that field are all of the smaller patterns that go to make up my thoughts, feelings and circumstances. Imagine an energetic bubble, within a bubble within a bubble. And, taken in ever broader terms, the world itself and the universe and everything that exists, or has the potential of existing, does so within its own attractor field, one within the other. A wheel within a wheel within a wheel.

I was sitting in the washroom one night, where I often do my best thinking, and I suddenly put everything together. Attractor fields, how to adapt the cue word and healing program from BSFF

¹ Developed by Gary Craig. For more information, go to www.emofree.com.

² Developed by Tapas Fleming. For more information, go to www.tat-intl.com.

³ Developed by Dr. Larry Nims. For more information, please go to www.besetfreefast.com

and Eckhart Tolle's "pain-body" (which I will talk more about in Chapter 1). I saw how everything fit together so perfectly and so simply. Whole and complete. I saw it all in that one instant.

I was overwhelmed, and immediately set to work translating what I had seen into a usable process. I spent hours and hours trying this and trying that. I read a post on the BSFF e-mail list about the agreements we make with ourselves, and added this to the process. I read about the importance of forgiveness, and this too was added. Friends would have an idea and we would try it out immediately. These were very exciting times. I spent many hours sitting on that park bench filled with the possibilities for the concept. The result was the original ZPoint Process (as I was calling it then) that you can read about in Appendix B, of this book.

As I said when I began this story, everything is a process. Almost exactly a year later, after having used the original ZPoint Process on many people and having written the original manual, I had another idea. I was walking through High Park in Toronto, just enjoying my walk and decided to clear something that had been bothering me. I started going through the process, which at this time was twelve or thirteen steps, when I found myself saying, "I clear *all the ways* I..."

I paused and backtracked in my mind to what I had said to myself. I was astounded. Again I saw the concept clearly – how to simplify the process and make it more effective at the same time. I didn't have paper and a pen with me, so I walked all the way home repeating "I clear all the ways" over and over so I wouldn't forget it before I got home. And that is how the statement version was born.

On October 8, 2004, I felt compelled to create a Yahoo group, which I called sharingzeropoint, in order to share what I had found with as many people as possible. Membership has now reached almost 800 from more than 25 countries around the world, and is still growing.

Almost a year later, I had the idea for the latest version, called *Erase the Tape* (ETT). You'll read about both versions in the pages that follow.

I am very grateful to be the bearer of this process. I promise to always do my best to bring forth that which is given to me in trust for all of you.

Chapter One: It's All About Energy

“ZPoint is really about surrendering to the greater, wiser part of ourselves that knows what baggage we carry and programming ourselves to replace the ‘little me’ ego patterns that have been ingrained into our subconscious minds with a broader, more free, expansive idea of ourselves, that helps us sync up to our true potential. I love Pierre Teilhard de Chardin's oft-used quote that we are not humans having a spiritual experience but spirit having a human experience... and so I suddenly saw how profoundly spiritual ZPoint is, particularly ETT, in getting little me out of the way of one's higher power. Thank you thank you thank you.” – Sue from California

We are, at our core, beings of light, and self-aware energy. At any given time, we vibrate at a particular overall frequency⁴, and that frequency is determined by the predominant frequency of the thoughts and emotions we are experiencing at any given time. This has been called our “emotional set point.” It is the main vibration we send out to the universe. And, as has been so ably explained by many teachers, what we put out into the world is exactly what we receive back in the form of thoughts, circumstances and life experiences.

When we feel good, when we experience feelings of wellbeing and connectedness, we are vibrating at a high frequency and thereby experience our connectedness to the source of all things. When we focus our attention on feelings of anger, resentment, mistrust, blame, shame or unforgiveness, our connection with the source of our being is interrupted. We pinch off the flow of well-being, just like pinching off water running through a garden hose – and we do it to ourselves. No one does this to us.

We are no longer in the flow, and all the good things that we have waiting in the wings are held up or delayed. Again, we do this to ourselves. No one stops or prevents the flow of good into our lives except us. We say no to our good whenever we attach feelings of anger, resentment, jealousy or fear to whatever we desire for our lives. These emotions stop or reduce the flow of good in direct proportion to how intensely we feel them when we think about what we truly want.

When we feel good, we are connected to the source of our being and offer no resistance to the flow of good into our lives. When we feel bad, we offer a vibration of resistance, and thereby call into our lives thoughts, events and circumstances that have exactly the same vibration as those very things we consciously seek to avoid.

This is a book about changing aspects of your life that seem to be unchangeable. While it presents a blueprint for releasing yourself from everyday issues such as emotional pain, poverty, physical discomfort and many vexing problems, it also offers some very simple ways to actually

⁴ Everything that exists vibrates at a specific frequency. This includes thoughts, emotions, beliefs and intentions. For a greater understanding of this subject, read *Power vs. Force* or the Abraham-Hicks series, written by Jerry and Esther Hicks.

begin to bring you the very things that give your life meaning and pleasure. In this book, we will deal with several aspects of the process of personal transformation.

First, you will learn the simple process to initiate the change itself – the ZPoint Process.

Then you will discover ways you can use the ZPoint Process to bring yourself into a state of feeling balanced, centred, relaxed and peaceful by balancing the energy system that runs throughout your body.

Next, you will learn how to release painful issues. All you need do is follow simple, step-by-step instructions that will bring about a profound transformation of your life and alter your relationship to everyone and everything you come into contact with, including yourself. You will begin to experience a deep inner peace that you may have thought was impossible.

Finally, and perhaps most importantly, you will learn ways to take the freedom from emotional upset and pain and begin the process of mindfully and consciously creating exactly the life you want for yourself.

Releasing ourselves from Bondage

ZPoint and other powerful examples of the new energy modalities can help to release you from the bondage of the shared delusion that life must be difficult and filled with pain, disease, want and strife. Using ZPoint can free you to know, at the deepest level, that while you may be living in this world, you are not of this world and have a choice as to whether or not you wish to participate in its madness.

Each time you use ZPoint, you will continue the process of freeing yourself from the need to respond with anger or upset to life's most difficult situations. ZPoint frees you of the need to do or say things unless those are the things you really want to do or to say. It brings you into the present moment, where all good life-affirming decisions are made and where life can be truly enjoyed rather than simply endured.

All too often we respond to life's difficult situations out of a place of fear and upset. The funny thing is, most of the time we don't even know why we respond in the ways we do. We only know that we keep making the same "mistakes" over and over again and that life keeps kicking us in the butt for no reason whatsoever.

There is an old observation that constantly repeating the same thing while expecting a different result each time may be the true definition of insanity. Generally, this is exactly what most of us do each and every day. When we change the way we look at things and release unconscious patterns and needs from the past, we open up a whole new world and an infinite new set of possibilities for the positive expression of our lives.

An Intention Focusing Device

Our intention is a very powerful thing indeed. When we set an intention to do something, we are making a contract with ourselves at the deepest levels. When we set a clear intention to accomplish anything, we are saying to the creative forces of the universe that *this* is what I want. We are clear and unequivocal. And, in accordance with the Law of Attraction⁵, when we want something and are *very* clear in our wanting and don't block ourselves from receiving it, Universal Intelligence has no option but to give us what we ask for.

In essence, ZPoint is a very simple mechanism for focusing intention. And, just as a magnifying glass focuses the rays of the sun to burn a hole through a piece of paper, ZPoint focuses our *intention* to enable us to release feelings, beliefs and ways of being that no longer serve us or that have grown harmful to us. In a way that is profoundly simple and elegant, ZPoint brings us to a place of peace and acceptance about whatever area of life we choose to focus upon.

Releasing Patterns (The Pain-Body)

In *The Power of Now*, Eckhart Tolle writes about what he calls the “pain-body.” As I understand it, the pain-body is the accumulated experience of an individual, feelings and all, stored like a recording within the subconscious mind. There is also a collective pain-body representing the whole of humanity. Carl Jung called this the “collective unconscious.”

Everything we've ever seen, heard, thought, felt or imagined is stored within the subconscious, both personally and collectively. Portions of this recording are triggered to play back whenever we experience or think we are experiencing circumstances similar to the one stored in the recording. When this happens, we seem to get lost somehow and completely identify ourselves with that pattern or recording. In effect, we become the pattern. The pattern takes over and we just go along for the ride. All too often, this happens with disastrous results.

Many years ago I spent a weekend in Canada's capital, Ottawa, and opted to eat dinner one evening at McDonald's (this was before I knew anything about nutrition!). It was late and the place was filled mostly with teenagers. Suddenly, one young man stood up and sent chairs and tables flying, throwing anything he could find to the floor. I stood against the wall and watched as this young man trashed the place. I felt drawn to watch his eyes and the expressions on his face. It struck me that that young man really wasn't there. The lights were on but clearly, there was no one at home. In other words, he was playing out some of his patterns, but was not truly present in the moment as he acted.

The patterns we delete are simply pre-recorded, choreographed responses we have to certain situations. Self-destructive behavior is a pattern, as are fears, phobias, body-image problems, financial difficulties, relationship problems and so on. And, like a recording, these patterns play back when activated by some interior or exterior event. When this happens, just like the young man in McDonald's, “you” are no longer present within your body as the witnessing consciousness; you are literally taken over by the recording. The result is that “you” – the real you – is no longer making the decisions; the pattern is.

⁵ The Law of Attraction, simply put, states that like attracts like. Read more about the Law of Attraction by visiting the Abraham-Hicks website at www.abraham-hicks.com.

“You” are not the pattern and never have been. You’ve just given over your power to the pattern. ZPoint is simply a means of taking back what already belongs to you. You are taking back your right to choose for yourself! In effect, you are waking yourself up from a long, long sleep.

It is a simple matter, using ZPoint, to delete these patterns along with associated memories⁶ and emotions. After they have been deleted, “you” – the real you – are back in charge. Once you begin to clear these patterns, you will no longer be driven to overeat, procrastinate, sabotage your own success or do whatever it is that your particular pattern drives you to do. You will be free to make your own choices, to make your own decisions. You will be wide awake to the possibilities of the present moment.

The purpose of this book is to give you enough information to be able to use this process on your own and begin the task of freeing yourself from the bondage of these unconscious patterns. And once you begin deleting patterns, you will find it easier and easier to be focused in the present moment and to make choices based on what you want, what serves you and what feels good, rather than following the “needs” of the pattern and mindlessly repeating past anger, pain, disappointment, shame and blame over and over again. You will be free.

⁶ While we don’t actually delete memories, we do delete the importance of painful memories in the scheme of our lives. We all have millions of memories, but only a limited number are significant in our lives. The birth of a child would be a significant memory. What makes it significant is the emotions we have associated with the memory.

Chapter Notes

Chapter Two: The ZPoint Process

"We can throw stones, complain about them, stumble on them, climb over them, or build with them." – William Arthur Ward

The ZPoint Process itself is quite simple. In fact, you need concern yourself with only three aspects:

1. The first is to install the healing or clearing program, which is a simple one-time process.
2. The second is to choose a cue word to “activate” the healing program.
3. The third is to focus your awareness on an issue, feeling or memory and clear it.

The healing program is simplicity itself. In essence, it is a very powerful intention you set into your subconscious mind simply by reading or listening to a short paragraph of instructions. After you have completed this one-time installation program, you then go through three easy steps each time you use the ZPoint Process.

The Healing Program

You need only read the following healing program once. After that, you will never need to refer to it again. You will only need to remember your cue word, and even that can be changed whenever you wish, simply by saying “I change my cue word to _____.”

To activate the program, first choose a *cue word*. Cue words are like a flashlight’s on switch. You point your flashlight in the direction you wish to shine some light. This act of pointing or directing is the clearing statement (step 1 of the ZPoint Process). When you switch on your flashlight – say your cue word – the beam illuminates your target and the healing program does the rest.

Any word will do as your cue word, but try to avoid using words that have a strong emotional content attached to them, such as “money” or “sex.” Some of the cue words people commonly choose are “peace,” “free” and “shazam.”

If you are unsure of which cue word to use, please use mine with my compliments. Just repeat the word “Shazam”. You can always change it later simply by saying something like, “I change my cue word to _____”

Again, if you are looking for complicated, you won't find it here!

Now read the following instructions to yourself:

I hereby set a powerful intention within you, my subconscious mind, to effect the best of all possible outcomes by this clearing, and that each time I notice a pattern or patterns I wish to eliminate, as I say or think my cue word, you will eliminate all such patterns and components of patterns completely and safely, and each time I repeat my cue word in sequence, you will access deeper and deeper layers and all parts and all aspects of my being. And, each and every time I draw a Circle and place within that Circle whatever thoughts, memories, beliefs, attitudes, emotions, assumptions, conclusions and associated energy patterns I intend to release, you will release all of these and bring me to a place of peace and balance.

Basic ZPoint - A Three-Step Process

Now you are ready to put ZPoint to use. Just focus on an area where you are having difficulty and say the following three statements aloud or to yourself. At the end of each statement, repeat your cue word – aloud or silently – as if it were a mantra, until you experience a shift. A “shift” feels like a sense of release or relaxing of the body. This usually occurs within ten to fifteen seconds.

Step 1. I clear all the ways that [I feel depressed, angry, resentful, jealous, etc.]. <repeat your cue word >

Step 2. I clear all the patterns connected to all of these ways. <cue>

Step 3. I clear all the emotions⁷ connected to all of these patterns. <cue>

Step 1. I clear all the ways... Here you are clearing or releasing all the ways that you feel a specific emotion or group of emotions. We often feel uncomfortable in a specific situation. Using this statement, you release and clear all of the possible ways you feel that emotion. Remember that we work from the general to the specific so that the results generalize to as many areas as possible. It is often enough just to place your awareness on this area of discomfort and release it using this statement.

Note: For the sake of convenience, throughout the rest of this book we will usually replace the words “I clear all the ways” with “ICATW.” Whenever you see these letters, simply substitute “I clear all the ways.”

Step 2. I clear all the patterns... Patterns, as we explained earlier, are pre-recorded, choreographed responses we have to certain situations. We may have uncounted numbers of these stored within our subconscious mind and many more stored within the collective unconscious of humanity itself that we connect to.

Step 3. I clear all the emotions... Our emotions appear to be the engine that drives or powers our patterns. When you clear the emotions from any memory or pattern, it no longer has the power to control you. As we will explain shortly, emotions become stuck or attached to patterns

⁷ “...all the emotions” include any anger, judgment, criticism, blame, shame, guilt, resentment, sadness, fear and unforgiveness toward yourself and others, including God (or the universe, or whatever word fits, according to your belief system). Now that you have read this, it will be remembered by your subconscious.

and create blockages in the energy system. The meanings you assign to the memories work in a similar way. Clearing these blockages releases tremendous amounts of energy that can then be used by you in other more enjoyable areas of life. Once cleared, you literally begin to bloom as you attract into your life those things that increasingly bring you tremendous joy and fulfillment.

You can also link “ways” statements. Linking is simply clearing a number of related emotions, one after another (Step 1), and then following with steps 2 and 3. For example, let’s assume that you hate being stuck in traffic, and find yourself getting upset every time it happens. You could say:

- I clear **all the ways** I’m stressed. <cue>
- ICATW driving in traffic causes me to be stressed. <cue>
- ICATW I’m impatient. <cue>
- ICATW I hate being stuck in traffic. <cue>
- ICATW all of these issues have been held in my body. <cue>
- ICATW all of these issues have been held in my energy field. <cue>

Add any other statements that fit your particular situation, and clear them as well.

Now finish this set with steps 2 and 3:

- I clear **all the patterns** connected to all these ways. <cue>
- I clear **all the emotions** connected to all of these patterns. <cue>

Take a deep breath, let it out, and then take a drink of water.⁸

Fill in the Blanks

The Fill in the Blanks Technique grew out of my desire to make ZPoint more effective when working with groups. One of the difficulties with groups is creating statements that are both general enough to clear a swath through the energetic patterns within the subconscious and specific enough to address the individual issues that each person brings to the table. My experience is that the Fill in the Blanks Technique fulfills both requirements.

This technique takes advantage of a characteristic of the subconscious where it freely associates words, concepts and feelings with other words, concepts and feelings already stored within it. The original way of saying statements would be:

- I clear all the ways I feel angry whenever my boss yells at me. <cue>

The healing program, when activated by the cue word, would instantly associate subconscious patterns where you become angry when your boss yells at you and this is perfectly adequate.

⁸ Keeping well hydrated by drinking plenty of water is one simple yet very important way to ensure that the work you do will be effective, and that any clearings will continue to hold. Experience has shown that lack of hydration can dramatically affect the outcome of any energy work.

However, a much more efficient way would be to clear *every* pattern where you become angry no matter what the cause. You could do this with the following Fill in the Blanks statements:

- I clear all the ways I feel angry whenever... <cue>
- ICATW I feel angry because... <cue>
- ICATW I feel angry if... <cue>

Your subconscious mind will literally search through all the *ways* you become angry whenever something specific triggers that particular response. There could be many individual triggers for this particular reaction or a particular set of circumstances.

Using the “because” variable, your subconscious will find and delete the many possible reasons you feel it appropriate to become angry under given circumstances. It also clears all the possible ways you have become programmed to respond to a certain stimulus by unconsciously acting out certain specific behaviors. An example of this is self-sabotaging behaviors.

Many years ago, when I was about ten or eleven, I entered my hometown’s Labor Day Bicycle Race. I had a brand new ten-speed bicycle, and I could ride like the wind. I started off very quickly and soon was leading the half mile race. For some unknown reason as I neared the finish line I slowed down and stopped pedaling. I wanted to win and yet something told me that I’d already crossed the finish line when actually I hadn’t. In the next instant a dozen riders flashed passed me and I finished dead last.

What was it that told me to stop pedaling? I believe it was my internal programming that couldn’t see me as a winner and so I distracted myself into losing the race. If someone were to ask me to help them with a similar issue today, I might give them the following statements:

- I clear all the ways I sabotage my own best efforts. < cue>
- ICATW I sabotage myself by... < cue>
- ICATW I sabotage my efforts whenever... < cue>
- ICATW I sabotage myself because... < cue>
- ICATW I get something out of sabotaging myself because... < cue>
- ICATW parts of me sabotage my efforts because... <cue>
- ICATW parts of me sabotage myself whenever... <cue>

We always finish a clearing session by saying statements 2 and 3:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. < cue>

Exercise - Releasing Anger

Anger is an emotion that most of us carry within us most of the time, although it is often not recognized as such. We have been programmed to repress our anger, whether justified or not, simply because we have been taught that expressing anger is not a socially acceptable behavior.

So, I'd like you to think for a moment about a situation or person that causes you to become angry. Whether this is a memory of being treated unfairly or a situation that is not to your liking, simply think about it for a moment. Allow yourself to get in touch with your anger as deeply as you can.

When you can access your anger, estimate just how angry you actually are right now as you think about it. On a scale of 0 to 10, with 10 being intense anger and 0 being no anger whatsoever, I'll ask you to estimate for yourself just how deeply you feel your anger in this moment. Remember, this is simply a guesstimate and need not be completely accurate.

The technical term for this estimation is called a *Subjective Unit of Discomfort* or S.U.D.s. This will tell you how deeply you feel the anger 'in this moment'. Once you've completed the following exercise, I'll ask you to check your S.U.D.s again to see if you've released every aspect of it. If not, simply go through the exercise again.

Now, please repeat the following statements to yourself and following each statement, repeat your cue word silently to yourself for 10 to 15 seconds:

- *I clear all the ways I feel this anger.* <cue>

As you repeat your cue following the above statement, check in with your body to see if you have any physical manifestations of this anger somewhere within your body. This could be anything from a burning sensation in your stomach to unexplained pains in seemingly unrelated parts of the body.

Please note that emotion is in reality **energy in motion**. Energy is meant to flow through the body and ideally we would become aware of it and simply allow it to continue to flow through us until it is gone. You can think of our emotions as a river that flows through us. Sometimes that river of feelings may threaten to overflow its banks causing great destruction while at other times it flows placidly and peacefully. However you view it, it is still just energy in motion. E-Motion.

Because we have been taught that it is not a good thing to acknowledge strong emotions such as anger or fear, we try to stop them or repress them instead of simply acknowledging them and just allowing them to flow through us. When we repress our feelings, when we push them away because we don't like how they feel, that energy is stored in our body. A very good case can be made that all illness is simply emotion that is stored in the body like food left too long in a cupboard. At some point that food will spoil and begin to make its presence known in ways that are often unpleasant. Such is the case with anger.

For now, simply focus on such areas and continue with the statements.

- ICATW this anger is expressing itself through my (part of body). <cue>
- ICATW I feel this anger whenever... <cue>
- ICATW I feel this anger because... <cue>
- ICATW this anger is connected to patterns of energy stored in my body. <cue>
- ICATW this anger may be connected to other strong feelings within me. <cue>

Now, to finish we always complete a series of statements by saying statements 2 and 3 like this:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

At this point it would be good to check in just to see where that anger is now. Estimate your S.U.D.s to see if the anger has been completely released. If it has, you simply won't feel it either as an emotion within you, or as a pain being manifested in your body. If your S.U.D.s is at 0 you are finished. If not, repeat the statements above like this:

- ICATW I feel this *remaining* anger. <cue>
- ICATW this *remaining* anger is expressing itself through my (part of body). <cue>
- ICATW I feel this *remaining* anger whenever... <cue>
- ICATW I feel this *remaining* anger because... <cue>
- ICATW this *remaining* anger is connected to patterns of energy stored in my body. <cue>
- ICATW this *remaining* anger may be connected to other strong feelings within me. <cue>

Again, to finish we always complete a series of statements by saying statements 2 and 3 like this:

- I clear all the *remaining* patterns connected to all of these ways. <cue>
- I clear all the *remaining* emotions connected to all of these patterns. <cue>

At this point it is likely that your anger will be completely released. You will feel peaceful, centred and relaxed. If you try to access your anger you will find in its place an empty feeling or a feeling of neutrality. Your anger will be gone. Permanently.

Chapter Notes

Chapter Three: Erase the Tape (ETT)

“I will publicly say that your session with me was so empowering. I felt a great shift as we ETT-ed a deep issue for me. Things kept coming up and we would circle that too and ETT again. Last evening came a test... and guess what? The shift remained in spite of a trauma. In fact, I can’t even feel any of the old energy, it is all new. And the fact that it affected someone else through me is amazing. This has happened so many times to me when using ETT, so there is a key here for me to use to release myself, so whatever I am connecting to that is connecting them, is transformed. I am in awe every single time! - Jolene

My dear friend Star Alexander⁹, Close-up Magician Extraordinaire, tells a story about how many years ago he was performing his close-up magic for a little boy and his friends at a birthday party. The little boy accidentally struck his head on a door. Badly shaken, and crying out in alarm, he noticed a large red bump begin to appear on his forehead. The little boy’s mother and his guests were understandably very upset.

Star volunteered to help the little boy and turned to the mother for her permission. She replied, “Okay, let’s let the magician do his magic.” Star, acting on impulse, put his hand on the little boy’s forehead and asked him to remember the event. However, instead of remembering it as it had happened, he asked the little boy to remember the event backward in his mind from the end to the beginning.

Star was amazed to feel the bump get smaller and smaller, until it finally just disappeared. In fact, when he took his hand away, there was no redness, no swelling and not a single mark on the little boy’s forehead.

About a month before Star told me this story, I woke up about two in the morning and couldn’t get back to sleep. A sentence was replaying over and over in my mind and just wouldn’t go away until I got up and wrote it down. That sentence was “Use ZPoint to change memories of past events.” At the time, I didn’t know how I could do such a thing, although I thought it was a good idea. So I just left it.

Then, two weeks later, I had the conversation with Star. As he told the story, I started getting goosebumps on my arms and immediately remembered my dream: “Use ZPoint to change memories of past events.”

And that is essentially what ETT does. It changes memories of past events by releasing all of the thoughts, memories, beliefs, attitudes, emotions, assumptions and conclusions surrounding a current condition or feeling in one’s life. In a very magical way, it releases everything of any emotional consequence that causes us to get locked into patterns of behavior that are self-limiting. It changes memories of past events by changing our perception of those events and, by changing our perceptions, it changes the events themselves.

⁹ Star Alexander, creator of the wonderful “I Am Magic”™ program for school age children, can be reached at <http://www.magicbystar.com>.

ETT Steps

The Erase the Tape Method relies heavily on the power of intention to effect positive change within the subconscious mind. With the ETT Method, we specifically use intention in a very direct way. We intend to release every *thought, memory, belief, attitude, emotion, assumption and conclusion* that does not serve our highest good *as it relates to the area we are focusing on*.

To do this, we simply count backwards from ten to zero, with ten representing this moment in time and zero representing the moment of our conception. We erase the tape of everything in between as it relates to the area we are focusing on.

This ZPoint ETT method is simple yet incredibly effective. We are clearing “all the thoughts, memories, beliefs, attitudes, emotions, assumptions and conclusions” about a condition in our lives that seems to have us stuck. Here’s how it works:

Focus your Awareness on an Area of Concern

Begin by focusing your awareness on an area of concern. This could be a relationship, a health condition, a negative belief system, an addiction – anything you want to work on. Truthfully, there are *no* limitations on areas to work on. Open your mind and allow yourself the widest possible latitude. You can use ETT on *everything*.

Before we begin, you may find it useful to take a piece of paper and draw a large circle upon it.

Draw a circle

Take a piece of paper and draw a large circle. Traditionally, circles represent wholeness or completion and as we all know, our subconscious mind is powerfully affected by symbols such as this.

The idea is to write within your circle every limiting thought, memory, belief, attitude, emotion, assumption and conclusion that comes to mind about that topic. Be creative and allow your mind to bring up everything you believe would have an impact on your situation. *Everything* you wish to release goes into the circle.

You now have a “bundle” of information, which helps to clarify many the negative patterns your subconscious mind may be running about the topic. Your circle represents your connection to the infinite within you. When you place items into the circle for clearing, you are making a contract with yourself to release everything even remotely associated with it.

Set your intention to release everything

Here's the really beautiful thing about this process: you don't need to know exactly how to do whatever it is you want to do. You are not in charge! Your subconscious mind is. If you want to pick up a glass of water from a table, you only need to have the thought that you'd like to take a drink. Your mind and your muscles are very aware of what steps need to be taken to accomplish this. Your hand will reach out, grasp the glass and raise it to your lips to take a drink. It all happens quite automatically and seems independent of your conscious awareness.

In a similar way, you need only set your intention to clear whatever you've written or imagined within your circle. In other words, just setting your intention to release whatever you write or place within the circle sets off a series of events within your subconscious mind that results in your releasing whatever you've placed within the circle. The ETT process itself takes over and completes the task for you. You need only trust that it will be so, just like you trust your hand and arm to bring that glass of water to your lips.

Count it down

Now, having set your intention to clear *everything* you've placed in your circle, you will simply count down from *ten* to *zero*, repeating your cue word for a comfortable period of time after each number. Remember that ten represents this moment in time and zero represents the moment of your conception, and that in a very real way you are Erasing the Tape on every experience, memory, emotion, and intention in between.

Again, the trick here is to *allow*¹⁰ the process to work. All you need do is simply count down and repeat your cue. Everything else is automatic. If you become aware of uncomfortable or painful thoughts, feelings or memories, just allow yourself to be aware of them and do nothing other than continue repeating your cue and counting down. Experience has shown that the process will manage itself quite nicely and will release anything that needs to be released.

Checking in

Do you feel completely peaceful? If not, count down again, this time mentally placing everything from your first circle into a new one, and setting the intention that anything remaining will be released. Pay attention to any memories, feelings, body sensations or anything else that enters your mind during the countdown. Many people report remembering events from childhood in vivid detail. Some also report past life memories or feelings. Again, don't try to change anything. Just allow the process to release and balance whatever needs to be released.

¹⁰ ZPoint takes full advantage of *allowing*. If you refer to the initial healing program, you'll see the words "I hereby set a powerful intention ... to effect the best of all possible outcomes by this clearing." What you are doing is simply allowing Universal Intelligence to manage the process for you. You consciously offer up your pain, your relationships and your dreams and allow the source of all things to create an outcome that works best for everyone involved. Trust in the process.

You may need to Erase the Tape several times before you have released all of the layers of the issue or topic you are working on, and that's okay. Just keep doing this until you feel that all layers have cleared. If new information comes to you, create a new "bundle" and place it into

your circle for clearing. If you want, you can imagine tying the bundle with a ribbon; then give it a name and write that in the circle.

Go through the process for present life, pre-life, past lives, generational patterns¹¹, future lives, parallel lives. Go backward, forward, sideways. To do this, you simply set the intention to release everything in your circle in your pre-life, past lives, future lives, parallel lives and through generational patterns as they relate to the area being cleared. Simply count down again while repeating your cue.

Final Steps

The goal of clearing away aspects of the pain-body that keep us prisoner to our past can be likened to the act of taking our trash out to the curb and simply dropping it off. To do this we need to release whatever emotions, memories or patterns that we are holding in our bodies, our minds or our energy fields or anywhere else.

- I clear all the ways I hold any of this in my body, my mind, my mind or anywhere else. <cue>
- I clear all the patterns connected to all these ways. <cue>
- I clear all the emotions connected to all these patterns. <cue>

An Exercise Using ETT

Here is an exercise you can try, using ETT to clear any unconscious ways that you may sabotage yourself or your best efforts.

First, become aware of memories of occasions when you actually sabotaged yourself, as in my bicycle racing example. Think about what happened because of what you did to yourself. Did it cost you a relationship or a job? How did your self-sabotage make you feel? How did it make those around you feel? Has this happened more than once?

Take a piece of paper and draw a large circle in the centre. Now, either mentally or by actually writing down answers to the above questions, fill your circle with all the ways, memories, feelings, emotions, assumptions, conclusions, imaginings and decisions you made concerning sabotaging yourself. Some people will find it easy to imagine their circle while others may need

¹¹ Generational patterns include to any behavior, genetic disorder, family predisposition, etc., that is passed down through either side of your family from previous generations. An example of this would be where you may take on certain characteristics of family members. A predisposition to cancer or certain genetic disorders would also be generational patterns. Beliefs may also be passed down through the generations, such as the belief that "we'll never amount to anything." So-called "bad luck" can be viewed in this way as well.

to actually see the circle drawn before them. Either way, you are simply impressing your subconscious mind with what you intend to release.

Now, here comes the easy part. Having set your intention to release everything within the circle, simply trust and have faith that the process will release everything within the circle as you count it down and repeat your cue word. Begin your countdown with ten and slowly repeat your cue four or five times. Continue until you reach zero, being aware of any thoughts, feelings or memories that come to mind as you do this.

Typically, most people have thoughts, feelings and memories come up while they are counting down. Many people often remember things that happened to them when they were infants or very small children. It also happens that while repeating their cue, memories of past lives are experienced. The important thing here is simply to be an observer. Just allow yourself to experience and be aware of whatever comes up without attempting to change it in any way. Your cue word and healing program will continue to work in the background quite automatically and will resolve any issues that come up.

Summing Up Erase The Tape

Let's review the steps:

Step 1 – Focus on an issue or feeling you wish to release.

Step 2 – Draw a circle on a sheet of paper and list all of your thoughts, beliefs, attitudes, situations, fears, imaginings, negative thoughts, relationships, decisions, upsets, dreams, affirmations, desires, personal goals, professional goals and so on concerning the issue. Put down anything you can think of, both positive and negative, that touches on the issue.

Step 3 – Set your intention to release everything.

Step 4 – Count down from ten and to zero, repeating your cue word between the numbers.

Step 5 – Finish by repeating statements 2 and 3.

Check in – Do you feel completely peaceful? If not, repeat the process and don't forget to finish your clearing session by drinking a drink of water.

Chapter Notes

Chapter Four: The Opening Technique

In early September of 2006 I created a new statement that is proving to be very effective in a number of important ways. This deceptively simple statement is “Whenever I think about <blank>, I feel ... This is followed by a 10 to 15 second repetition of the cue word.

For example, “whenever I think about my father, I feel ...”, or “whenever I think about my job, I feel...”, or “whenever I think about my mother's death, I feel ...”. Quite literally you can plug anything you wish into the statement and your subconscious mind will dutifully respond by allowing you to access your true feelings concerning whatever it is you wish to focus on.

One fellow wrote to me recently that when he said the statement “whenever I think about my mum, I feel ..., he actually heard the word 'angry' spoken aloud in his mind. Those who may be somewhat disconnected from their feelings will tend to hear words such as this, so please do not be dismayed if something like this happens to you. Or, you may actually feel anger or sadness or a host of other feelings. You may even feel body sensations or remember long forgotten events from your past. We are all individuals so your particular response may be quite unique.

The way I originally envisioned using this latest Technique was as a simple means of opening the subconscious to access any and all feelings that may be connected to specific thoughts, memories, beliefs, attitudes or whatever else you may choose to place your focus upon. These feelings could then be easily and gently released using simple ZPoint statements or the Erase the Tape Method. And, as it turns out, the very act of saying the statement and repeating your cue word also has the effect of releasing these feelings and anything else that may be associated to them.

Connecting to Your Personal Power

In the following example, we will use the Opening Technique to better connect you to your own sense of personal power. You'll note that I use a new approach where you can literally plug in your own particular areas of concern and create your own Opening Statements.

We'll begin by repeating the Opening Statement and follow up by saying very general releasing statements that will have the effect of clearing any feelings that the Opening Statement stirs up within you. Please note how general the clearing statements are. While each Opening Statement will change to reflect the focus of the clearing, the additional clearing statements can be identical for every clearing. This simplifies the Process enormously and adds to its overall effectiveness.

So, let's begin...

When I think about how I allow others to take away my power, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how I shy away from expressing my true feelings, I feel... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how I can't say what I really want to say, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Now we'll use the word "imagine" to add power to the statement...

Whenever I imagine myself speaking up for myself, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself doing the things I really want to do, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about trusting my own thoughts and feelings, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about expressing my wants and needs to others, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about beating myself up over my own mistakes, I feel ...

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about being a perfectionist, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself acting in ways that make me look good to others, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Now take a breath...and we'll continue.

Whenever I think about how much I really don't like myself, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how I am affected by the opinions of others, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Now, we'll finish as we always do by saying statements 2 and 3...

I clear all the patterns connected to all of these ways. <cue>

I clear all the emotions and feelings connected to all of these patterns. <cue>

Chapter Notes

Chapter Five: Our Lives as Energy

Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals and values are in balance.

- Brian Tracy

More than twenty-five years ago, a psychologist in the United States made a discovery that would change the way we in the west would look at resolving emotional issues. His name was Dr. Roger Callaghan.

Dr. Callaghan was working with a client one day, attempting to release her fear of swimming. The previous day, he had been reading a book on acupuncture, the Chinese meridian-based energy system for healing. On impulse, he asked his patient to simply tap two fingers above her eyebrow while relating how fearful she was of actually getting into the water. Suddenly she looked up at the doctor and, with a surprised look on her face, cried, "It's gone! My fear is gone!" When she later reported to Dr. Callaghan that she had gone for a swim in her local pool with no fear whatsoever, he knew he was on to something.

Subsequent work by Dr. Callaghan confirmed that there appeared to be a connection between certain so-called meridian points on the body and the complete alleviation of emotional distress. Energy psychology was born.

The Energy System

It has been known for thousands of years that the universe and everything in it, whether seen or unseen, is composed of energy. And because we are part of this universe and all that exists within it, we are composed of energy as well.

The Energy Model

Energy is just energy. It was designed to flow. It is neither good nor bad. This energy underlies and supports all that is. It is alive and creates all that we see, or do or imagine from itself.

According to Gary Craig, "The cause of any discomfort, disease or pain is a disruption in the energy system." When your energy system is out of alignment or a blockage occurs, such a disruption takes place. The belief is that our thoughts and beliefs themselves and the subsequent build-up of emotions surrounding them are the prime cause of this disruption of the energy

system. If we either clear the emotion surrounding the belief or transform the belief itself, we free the trapped energy to flow as it was designed to do.

You can visualize this process by imagining a logjam in a river. Clearing the right log will release all of the logs and allow them to flow freely again down to the mill, where they are turned into useful items that you desire.

Our Energy Centres

It is widely believed that there are seven main energy centres or transducers¹² in the human body. In Sanskrit, these are called “chakras.” These energy centres transform spiritual energy into matter-based energy for our use to create our lives and the physical environment in which we express ourselves.

The chakra system appears to be the connecting link or main distribution panel to allow energy from the unseen source of our being to be used by our physical selves. That energy is split into the general frequencies that correspond to seven main areas of our lives. The energy is then further subdivided by frequency along the many energy pathways that run throughout our bodies. We will speak about this distribution grid further in the next chapter.

While an in-depth explanation of these centres is beyond the scope of this book, I have named each chakra here, along with its activating color or frequency and a general description of the areas of our lives within which each overall frequency manifests as a thought, belief, emotion or circumstance.

Our focus on the energy system and bringing it into a state of balance has but one intent: to bring us into a state of allowing, where resistance to “being in the flow” is reduced or eliminated for the time necessary to make some deep adjustments to our overall state of being.

Imagine swimming in a wonderfully warm and supportive river. You look up and see that on the far bank is something that you’ve desired for a long, long time. So you set out to swim across the river to reach it.

Swimming hard, you struggle against the current only to find yourself moving farther and farther away from your goal. Sudden understanding dawns and you realize your plight. So, you relax and give up the struggle, and notice that the more you relax, the more you find yourself moving effortlessly toward your heart’s desire. In fact, the more you relax, the faster you move. It seems that the river itself is carrying you swiftly toward your most cherished dream. With this realization, you relax completely and allow the river and the wonderfully supportive current to take you to where you wish to be.

Balancing and clearing energetic blocks in our energy system has much the same effect. The very act of using ZPoint to place ourselves in a state of balance allows us to “give up the struggle” and just relax into the flow of life. In relaxing, we are borne ever closer to our true heart’s desire.

¹² A transducer is a physical device that transforms one form of energy into another.

A Look at the Chakras

Each of the seven chakras is described here, to give you an idea of their location and their role within your energy system. In particular, pay attention to the issues outlined when that energy is blocked or overbalanced.

Root chakra

Keyword(s): Physical survival.

Color: Red.

Location: The base of the spine.

Overall Issue: All matters pertaining to physical survival in our physical bodies.

Areas of Life Affected: Relationship with money, home, jobs and, by expressing the will to live in this physical existence, the body and overall health. Also affects vigor, heredity, security, passion, feet, legs and trust in the processes of life.

When Expression of Energy is Balanced: Grounded, centred, belonging, pride, fully alive, able to trust, independent, determined, trusts in self and others, secure, patient, constant, ambitious, passion, commitment, survival.

When Expression of Energy is Excessive: Greedy, egotistical, domineering, bossy, addicted to wealth or security, highly strung, hyperactive, and addicted to self, violent, dishonest and cunning.

When Expression of Energy is Deficient: Can't reach goals toward basic security, lack of confidence, feel unloved, not grounded, lacks confidence, could be suicidal, weak-willed, sexually inadequate, fearful, frustrated, alienated, separate.

Sacral chakra

Keyword: Sensation.

Color: Orange.

Location: Just beneath the navel.

Overall Issue: Sexual identity and how external events related to this are perceived and framed.

Areas of Life Affected: Sexuality, procreation, creativity, emotions, anger, fear, instinct to nurture, perceptions concerning food or sex. Also, issues concerning creative energy, women's power, creative ability, sexual health.

When Expression of Energy is Balanced: Concern for others, friendly, creative, intuitive, good-humored, balanced, desire for pleasure, vitality, sexual satisfaction, discrimination and prosperity.

When Expression of Energy is Excessive: Explosive, aggressive, manipulative, self-serving. Selfish, arrogant, lustful, overly proud or conceited, highly strung emotionally, constant power seeking.

When Expression of Energy is Deficient: Shy, timid, hides emotions, overly sensitive, emotionally hurt, feelings of guilt. Mistrustful of others, introverted, unable to express emotions, worrying over what others think, anti-social, sexually frigid.

Solar plexus chakra

Keyword(s): Expressions of power.

Color: Yellow.

Location: The solar plexus, between the sternum bone and the belly.

Overall Issue: How personal power is projected outward into the world.

Areas of Life Affected: The ways personal power, accomplishments, will, ego projections, vital energies, sense of control, judgments, intellectual understanding and freedom to be yourself are used, misused or not used. Seat of self-esteem, power, directed will.

When Expression of Energy is Balanced: Outgoing, generous, respectful of self and others, skillful and spontaneous.

When Expression of Energy is Excessive: Excessively demanding of self and others, a workaholic and highly judgmental.

When Expression of Energy is Deficient: Depressed, lack of self, blame others. Timidity and fear in general, anger and rage, isolation, judgmental and dogmatic behavior. Feeling deprived of recognition, aloofness.

Heart chakra

Keyword(s): Love and compassion.

Color: Green.

Location: The heart, centre of the chest.

Overall Issue: Love, compassion and acceptance of self and others.

Areas of Life Affected: Relationships, love, compassion, healing, and sense of time, healing energy, innermost desires and dreams.

When Expression of Energy is Balanced: Compassionate, humanitarian, can see the good in others, balanced, desire to nurture others, in touch with own feelings and others, empathy, healing, individual, adaptable, generous, pure, gentle and innocent.

When Expression of Energy is Excessive: Overly critical, overconfident, demanding, possessive and/or manic-depressive. Could be deep anger or rage, jealousy, blaming others for own failings, a miserly or stingy attitude toward giving while at the same time allowing oneself to be taken advantage of.

When Expression of Energy is Deficient: Pity self, afraid of letting go and getting hurt, self-pitying paranoia, indecisive, needing reassurance, needing constant confirmation of self worth, uncertain, unable to enforce will, possessive, self doubting, feeling unloved. Imbalance can cause attitude of coldness, being devoid of compassion and morality, financial and emotional insecurities, jealousy and possessiveness, mistrustfulness of life, self-doubt, blaming others for own shortcomings.

Throat chakra

Keyword(s): Self-expression and communication.

Color: Blue.

Location: Base of the throat.

Overall Issue: Recognizing and communicating likes, dislikes and desires to oneself and others.

Areas of Life Affected: Creativity and communication of the things desired of life to find happiness.

When Expression of Energy is Balanced: Contented, centred, a fluent speaker, artistically inspired, comfortable in the present moment, meditative, have a good understanding of spiritual concepts, are sincere, truthful, independent.

When Expression of Energy is Excessive: Arrogant, self righteous, talk too much, dogmatic, may love to gossip. Could be domineering, dogmatic, fanatical, overreacting, speak negatively or harshly, cling to tradition, be hyperactive.

When Expression of Energy is Deficient: Scared, timid, quiet, weak, unreliable, and devious. May find it difficult to express thoughts, be inconsistent and dependent on others. Could be a tendency to suppress or swallow feelings. May surrender easily to others, resist change, be melancholy and be slow to respond and stubborn in dealings with others.

Third eye chakra

Key Word(s): Intuition, inner sight.

Color: Indigo.

Location: Between the eyebrows (pineal gland).

Overall Issue: Accepting inspiration and guidance from within.

Areas of Life Affected: Thought and vision, particularly psychic vision. Also said to be the chakra of spiritual love and connection.

When Expression of Energy is Balanced: Charismatic, have access to an inner source of knowledge and guidance and be highly intuitive. Could experience cosmic consciousness, telepathy and an awareness of past lives. This is the chakra through which flow the frequencies of intuition, knowingness, wisdom and healing.

When Expression of Energy is Excessive: An egomaniac, overly proud, manipulative, dogmatic, authoritarian, cold, mean, ungracious and bitter. Could feel quite alone in the world.

When Expression of Energy is Deficient: Non-assertive, undisciplined and over-sensitive. Could be an excessive worrier, be fearful, impatient, “spaced out” and need to belittle others to feel good.

Crown chakra

Key Word(s): Spiritual connection.

Color: Purple.

Location: Top or crown of head.

Overall Issue: Conscious acceptance and connection to the source of our being.

Areas of Life Affected: Appears to be the connection to cosmic consciousness, messages from higher self, spiritual wisdom and aspirations. Channel for the knowledge of truth and divine awareness. Long thought to be associated with wisdom and integration of our eternal selves with our present physical selves.

When Expression of Energy is Balanced: Easily and constantly accesses the wisdom and insights of the Higher Self. Allows the full expression of the inner nature.

When Expression of Energy is Excessive: Personality can be destructive or filled with unrealized power with no means of expression.

When Expression of Energy is Deficient: Could be indecisive, vacillating. Depressed personality, no direction, lost.

Balancing the Chakras

Go through the following clearing exercise to bring yourself into a state of energetic balance. Just read the following statements, repeating your cue word for ten to fifteen seconds after each one.

- I clear all the ways my root chakra may be congested. <cue>
- ICATW my sacral chakra may be congested. <cue>
- ICATW my solar plexus chakra may be congested. <cue>
- ICATW my heart chakra may be congested. <cue>
- ICATW my throat chakra may be congested. <cue>
- ICATW my brow chakra may be congested. <cue>
- ICATW my crown chakra may be congested. <cue>

- ICATW my chakras may become congested whenever... <cue>
- ICATW my chakras may become congested because... <cue>

You will note that the following two statements are somewhat different than clearing statements. These are allowing statements and are very similar to affirmations. Repeating an allowing statement followed by your cue word, effectively plants that affirmation at the deepest level of your subconscious mind.

- I allow my chakra system to move into balance. <cue>
- I allow my chakra system to move into alignment whenever... <cue>

Then, finish up with:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Now, take a deep breath, let it out ... and relax. Please take a drink of water.

Notice how you feel. Are you more relaxed? Do you feel peaceful? This is a very powerful exercise to do when feeling besieged by life's little problems. To deepen those feelings of bliss and contentedness, continue repeating your cue word for another minute or two. Just let your thoughts wander and go where they will. Relax.

Chapter Notes

Chapter Six: The First Steps to Freedom

*“I felt tingly and light for a long time and went to sleep, slept wonderfully and had great dreams. Need to bottle that! Grant, could you give me the chakra clearing and balancing you did at the beginning so that I can add that to the beginning of all my ZPoint clearings?” –
Giovanna*

Exercises to Balance the Energy System

The exercises that follow will serve to place you in a state of deep relaxation and allowing. It’s a wonderful feeling. You will also be a more centred and clear conduit for the well-being that flows freely to make your life journey far more enjoyable.

These exercises, as well as several others that follow, are based on the work of Donna Eden and were suggested by Carol Ann Rowland, MSW, RSW¹³, who co-wrote *The ZPoint Process – A Transformational Guide* with me.

Clearing the Grid

The Grid refers to the interconnected pathways or energy conduits that branch out from the chakras in much the same way that the interstate highway system connects major urban centres in the United States. In traditional Chinese medicine, the grid system is called the meridian energy system; it carries the flow of chi.

It has been observed that sometimes, after people clear away issues or emotions that cause them upset, the clearing lasts for just a short time, only to return. Experience has shown that clearing the Grid allows any clearing work done to become more permanent. It should be pointed out that before clearing the Grid, you should balance the chakras to ensure that the entire system is functioning perfectly. (See the previous chapter for directions on how to balance the chakras.)

To clear the Grid, just say each of the following statements, followed by repeating your cue word like a mantra for ten or fifteen seconds:

- I clear all the ways my energy Grid system is out of alignment. <cue>
- ICATW my Grid system is out of alignment because... <cue>
- ICATW my Grid system becomes misaligned whenever... <cue>
- ICATW any of my energy pathways become misaligned because... <cue>
- ICATW my energy pathways become misaligned whenever... <cue>

¹³ Carol Ann’s website is www.energywork.ca.

- I clear any energetic imbalance between my right side and left side. <cue>
- I clear any energetic imbalance between my top half and my bottom half. <cue>
- I clear any energetic imbalance between my front and back. <cue>
- I clear any energetic imbalance between my inside and my outside. <cue>
- I clear any energetic imbalance between my physical, mental and emotional selves. <cue>
- I allow my grid system to be perfectly aligned. <cue>
- I allow my grids to be aligned to the grid lines of the earth. <cue>
- I allow my grids to restore themselves to perfect alignment, whenever... <cue>
- I allow my energy to move and flow freely without disruption. <cue>
- I allow my energy to flow freely when I am under stress. <cue>
- I allow my energy to flow freely under all circumstances and situations. <cue>
- I clear all the ways any disruption of my energy system is connected to patterns stored in my body. <cue>

Now, just finish up by saying statements 2 and 3:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Take a deep breath, let it out and take a drink of water.

Clearing Unbalanced Energy within the Body

You can do the following exercise anywhere, anytime, and it will immediately allow you to shift from a state of upset to one of being calm and centred.

If you are upset about anything, it means that the energy flowing in your body is not balanced. When you are in energetic balance, the energy in your body flows up and crosses over somewhere in the middle of your body, then continues to the top of your head. When, through habit or influence, you allow yourself to think thoughts that don't make you feel good when you think them, this balanced energy ceases to cross over in the middle of your body. You are no longer "centred," and you immediately begin to feel upset, emotional or unbalanced. You notice yourself becoming emotional.

To correct this and return to a peaceful balanced state, simply repeat the following statement:

- I clear all the ways that I am energetically unbalanced. <cue>

Or:

- I clear all the ways that I am feeling upset. <cue>

Repeating either of these statements is enough to shift you back to a peaceful and balanced state. Initially, however, you will need to make this correction whenever you notice yourself becoming upset for any reason. Remembering that it is negative thinking that shifts your energy into an unbalanced state, you may need to do this simple exercise one or more times daily until you have eliminated enough of those patterns that cause you to begin thinking negatively in the first place. Or, you can work with the following exercise.

Clearing Negative Thinking Patterns

A negative thought is any thought that makes you feel angry, sad, resentful, fearful or uneasy. Thinking such thoughts is simply a habit and, like any habit, it can be released by becoming aware of it and clearing the energetic patterns that hold it in place. ZPoint can facilitate this with the following statements. You may wish to repeat them until you remain peaceful and centred much of the time:

- I clear all the ways I become energetically unbalanced whenever... <cue>
- ICATW thinking negative thoughts cause me to become energetically unbalanced. <cue>
- ICATW thinking these negative thoughts has become a habit. <cue>
- ICATW I slip into thinking negative thoughts whenever... <cue>

- ICATW I am not aware when I begin thinking negatively. <cue>
- ICATW I am not aware when I start thinking negatively, whenever... <cue>
- ICATW I am not aware of my negative thinking because... <cue>
- ICATW I hold the effects of these negative thoughts in my body. <cue>
- ICATW these negative thoughts are connected to patterns held in my body. <cue>
- ICATW I speak these negative thoughts aloud. <cue>

- I release myself from the need to think negative thoughts. <cue>
- I allow myself to become aware of my habit of thinking negatively whenever... <cue>
- I allow myself to become aware of this habit every time I... <cue>
- I immediately replace a thought that feels bad by thinking a thought that feels good. <cue>
- I find it easy to replace unpleasant thoughts with pleasant thoughts, whenever... <cue>

Now, finish up by repeating steps 2 and 3:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Erasing the Tape on Negative thoughts

As an alternative to repeating the above statements, you can use the Erase the Tape Method to release patterns of negativity easily and without effort. To do this, set an intention to place all of the foregoing statements into your circle. You may either write the statements or simply imagine yourself doing so. You may also wish to add the following on negative thought patterns as well. Then set your intention on Erasing every thought, belief, attitude, memory, etc, that has any connection whatsoever to the trigger or triggers that cause you to shift from a balanced state to an unbalanced one.

Note that you can effortlessly mix clearing statements with states of being or feelings that you wish to experience all in the same circle at the same time. Remember, your intention is a powerful thing when used with this Process.

- I clear all the ways I become energetically unbalanced. <cue>
- ICATW thinking negative thoughts cause me to become energetically unbalanced. <cue>
- ICATW thinking these negative thoughts has become a habit. <cue>
- ICATW I slip into thinking negative thoughts. <cue>
- ICATW I am not aware when I begin to think negatively. <cue>

- ICATW I hold the effects of these negative thoughts in my body. <cue>
- ICATW these negative thoughts are connected to patterns held in my body. <cue>
- ICATW I speak these negative thoughts aloud. <cue>
- I release myself from the need to think negative thoughts. <cue>
- I allow myself to become aware of this habit of thinking negatively. <cue>
- I find it easy to replace unpleasant thoughts with pleasant ones. <cue>

Now place all of the above in your Circle and count it down. Repeat until you notice yourself remaining centred most of the time.

Clearing “Space Patterns”

Take a look around your home. It’s very likely that if you pull out a piece of furniture you will find a “dust bunny.” You know what I mean – those little pieces of fuzz that gather under furniture, in corners, under carpets, etc.

A similar thing happens when we set out to release an energetic pattern. When we clear it, there seems to be a residue left behind that carries the basic vibration of the pattern, memory or emotion we seek to release. You can also think of this as an energetic residue similar to the ring left behind when we forget to use a coaster on a coffee table. To release the energetic pattern completely, we must take this into account.

This concept of “space patterns” was introduced to me by Jolene Goens, a Certified ZPoint Practitioner. Jolene recounts her thoughts on this

There was a scientific study done (I believe by NASA) and they had a beaker that they introduced random light into. Next they introduced DNA into the beaker. The random

light aligned with the DNA. Since this wasn't anything they were studying, they removed the DNA and when they did, the light remained in the same shape as the DNA. Next they removed those molecules and introduced more random light.

They immediately formed to the same DNA pattern that had been in the beaker previously. It seems a so called "space pattern" remains when something has come into alignment, connection or agreement with something else, is removed. So when we have an issue that we thought we "cleared" doesn't transform or release as quickly as it should, the space pattern may be holding a residual alignment with what we sought to release.

While I cannot confirm details of the experiment Jolene refers to, I *can* confirm that when we take these space patterns into account, our clearing becomes deeper – often significantly so.

To apply this information, simply make an intention to clear all space patterns or dust bunnies from every clearing you've ever done or will ever do. Then, place that intention into your circle and count it down. From this point forward it should cease to be a concern and will be part of future clearings without you taking additional action. See how wonderful our intention is?

What to do if it doesn't seem to be working

There are different aspects or parts of ourselves that should be considered when we seek to clear a habit or behavioral pattern. You've heard people say things like "I'd really like to get rich, but a part of me is afraid to..." These are simply different parts of us that may have a somewhat different agenda or game plan than our conscious selves. These 'Parts' may act in ways that are contrary to what we think will bring us the kind of life we are seeking for ourselves. In effect, we are in conflict with ourselves, or parts of ourselves.

If we don't take these parts into consideration we may find that we resist making the changes necessary for a complete clearing of whatever it is that we are seeking to resolve or release. It must be understood that these parts are simply recordings or aspects of ourselves that have become stuck, just like a record that keeps playing the same part of a record over and over again.

These parts are NOT US. They are simply the energetic remains of old memories or painful experiences. They are a snapshot of our consciousness taken at a time of stress or trauma. This snapshot or recording as become become energetically connected to a specific thought or condition in much the same way that a so called ghost is tied to the physical location that it haunts. That ghost or energetic pattern is simply the recording or snapshot left behind by our Consciousness as it experience life in the moment. It is not who we are, it is a recording left behind by our consciousness. It is not consciousness itself. Only we are consciousness as experienced in the present moment.

In most cases, these energetic patterns are easily released using the Process. However, when a feeling or circumstance seems to be stuck, when it doesn't seem to want to be released, we may

be dealing with a old snapshot of ourselves that we identify with in some way. To release our connection to this recording and gain our freedom, we can say statements like the following:

I clear all the ways parts of me may not feel safe if I release these feelings. <cue>
ICATW parts of me may not feel safe for others if I release these feelings. <cue>
ICATW parts of me don't wish to release these feelings because ... <cue>
ICATW parts of me may benefit from holding on to these feelings. <cue>
ICATW parts of me may benefit from holding onto these feelings because ... <cue>

Simply saying the above statements can produce a 'window of opportunity' where anything we wish to be released will be released completely. Just remember what I have written here and use these statements should the issue you are working on not clear immediately.

Chapter Notes

Chapter Seven: Releasing Self Agreements

“In all things, seek to touch that greater self of which we are all a part.”- Grant Connolly

When we are confronted with a situation that causes great upset or pain, we often make an agreement with ourselves not to put ourselves in a position where we would be vulnerable to feeling this way again. These sacred contracts remain tucked away within our subconscious minds and act just like a filter on a camera, letting in only experiences that don't act against or break the contract.

These agreements are made and kept for our protection. However, a difficulty arises sooner or later when a personality reaches a certain level of awareness or growth. Emotionally, we are no longer in our spiritual infancy where we need to be protected from the consequences of our own thoughts. We finally reach a point where this protection stifles further growth and must be set aside. This is the point each of you is at today.

There is a second type of sacred agreement: these are the agreements made between ourselves and others. Contracts of this nature are essentially contracts with ourselves. We agree with ourselves to honor a contract made with someone else. So, for our purposes we will treat them the same.

On a soul level, balance is the most sought-after quality. And balance implies being at the “clear point,” where there are no attachments either way. If I, as an individual, feel that I owe you something, I will feel the pull of that obligation until it is fulfilled. This can also be viewed as a karmic debt. Using ZPoint to clear this debt automatically brings the issue into balance and releases the debt. I will speak more about this in the final chapter of this book.

Statements for Releasing Self Agreements

Use the following statements to clear sacred agreements with yourself, and between yourself and others:

- I clear all the ways I've agreed to be anything less than my full self. <cue>
- ICATW I've agreed to take on responsibilities that are not mine. <cue>
- ICATW I've agreed to take on roles that are not mine. <cue>
- ICATW I've agreed to pay any debts that are not mine to pay. <cue>
- ICATW I've agreed to be less powerful than I really am. <cue>

- ICATW I've agreed to be less powerful because... <cue>
- ICATW I agreed to be less powerful whenever... <cue>
- ICATW I brought forward certain contracts into this life from before. <cue>
- ICATW I feel obligated for any reason because... <cue>

- ICATW these contracts made me feel safe. <cue>
- ICATW they made me feel safe because... <cue>
- ICATW they made me feel safe whenever... <cue>
- ICATW they made me feel imprisoned because... <cue>
- ICATW they made me feel imprisoned whenever... <cue>

- ICATW these contracts made me feel protected because... <cue>
- ICATW I believe they protect the well-being of others. <cue>
- ICATW they protect the well-being of another because... <cue>
- ICATW I benefit from keeping these contracts. <cue>
- ICATW I benefit because... <cue>

- ICATW I receive a benefit whenever... <cue>
- I release myself from everyone and everything that no longer serves my highest good. <cue>
- I release everyone and everything that no longer serves my highest good. <cue>
- I affirm to myself that everyone and everything that no longer serves my highest good now releases me. <cue>
- I clear all the ways I hold any of these thoughts, feelings, beliefs, attitudes, memories or agreements in my mind, my body and my spirit. <cue>

Then say steps 2 and 3:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Now take a deep breath...and release it. As you breathe out, anything remaining of these contracts will be released. Take a nice drink of water.

If you wish, you can draw or imagine a circle and release these statements using the Erase the Tape Method.

Chapter Notes

Chapter Eight: Healing Painful Relationships

“This stuff is just so amazing nothing in my life has changed in the last three days I have been doing this ... yet I feel different ... peaceful and content ... and what seemed like big problems now don't ... it's like I have been able to separate from the problem .. take a step back ... get an overview instead of “being in it,” if that makes any sense. Things just don't seem so much of a big deal ... and today I noticed I kept smiling as I walked through the street... my life is the same for now but I am not. I love it.”- Sharon

Healing relationships with ZPoint is a very simple process that clears away the debris of past anger, resentment, disappointment, hatred and other negative emotions that are often expressed through our everyday relationships. In this chapter you will learn how to heal and release those difficult feelings permanently and with surprisingly little effort or upset. Then, amazingly, you will find yourself able to hold only love in your heart, allowing you to move forward to experience tremendous personal growth, love and self-expression. The result will be that you will become very peaceful about the relationship you were working on.

Most people who have used ZPoint to heal relationships report that what previously got them upset just wasn't all that important any more. They were no longer bothered by the deep anger, resentment or whatever it was that had previously caused them pain or upset whenever they thought about that particular individual.

Clearing a relationship with someone you love, such as a deceased parent, can bring perspective and loving acceptance while releasing any residual anger, guilt or upset. Clearing a relationship with someone you hate can bring peace, perspective and acceptance as well. Feeling strong emotions like rage and hatred toward another will imprison you in a vicious cycle of corrosive anger and self-judgment that can only attract unwelcome situations and circumstances.

Once released, you will find that the energy it took to maintain those strong feelings can be redirected in positive directions and allow your life to flower in countless ways. While you may never choose to be around that person in the future, he or she will cease to be important in your life and in your thoughts.

A Personal Story

I have a twin sister whom I love dearly. However, since we were children, if we were in the same room together for more than five minutes we'd be at each other's throats. We'd begin talking with the best of intentions, but somehow before long she would say something that

would trigger me, and I would find myself responding to her words or even the look on her face in an unpleasant way, and then we'd be into it.

I would get angry, which in turn would cause her to reach down into herself and become even more infuriating. It was a vicious pattern on both of our parts, and would replay itself without fail each time we were together. Neither one of us could find our way out of this nasty pattern to allow true communication.

Many years ago my father told a story of how he was driving somewhere with my sister and me in the back seat. I don't think we were any more than three or four years old at the time. As he recounted the story, both of us spontaneously began telling him about our lives together in Italy as a married couple. I'm fairly certain the marriage was not a happy one.

After creating the relationships protocol a few years ago I decided one day to run the protocol on the relationship between my sister and me. I cleared all the ways I carried any anger toward her, any judgments, being critical, and so on. It took me all of ten minutes to go through the entire list, and when I finished I felt much more peaceful toward her. I yawned and yawned as I went through each statement, especially the parts about being angry, critical and unforgiving.

The next day she called me and not once during the conversation, which lasted more than an hour, was I triggered by her in any way. I remained calm and very compassionate toward her. And, what was most surprising to me, she wasn't triggered by me in the least. The very fact that we actually spoke for so long was incredible. Before I ran the protocol, a conversation like that wouldn't have lasted for more than a few minutes before I'd find myself upset or worse.

Since that conversation, we've spoken many times and I can honestly say that I feel I have my sister back. Although I loved her before just because she was my sister, I took pains to avoid her if I could. Now I find myself actually enjoying our conversations together, and she's since told me many times how she enjoys our time together as well. That is a huge shift for both of us.

What happens when we heal a relationship

I'm sure you've heard it said many times that we are all connected. I believe this to be true, and not just in a metaphorical way. I believe there are energetic bonds between people, and these bonds can be ones that reflect the highest as well as the lowest attributes of the human spirit. We can be connected by love or we can be connected by anger, hatred and unforgiveness.

I believe that my sister and I came together in this lifetime to release those bonds that were energetically anything less than love. Where each emotion vibrates at a specific frequency, the emotions that tied us were decidedly of the lower order on the scale of such things. We were tied together by difficult feelings that may have originated in a past life and found ourselves connected by the ties of family in order to work them out and release them in this life.

Although I believe in reincarnation, I know that not everyone shares this view, and that's okay. However, assuming that reincarnation is real, can you imagine anything worse than being tied to

someone life after life, endlessly repeating patterns that reflect the strong negative feelings that my sister and I shared?

I believe that clearing the relationship with my sister means that we will no longer be tied together by bonds of anything less than love. And take note that using the process freed not just me from endlessly repeating these patterns. It also freed her, although she knew nothing about what I was doing. The process freed both of us to be more peaceful and loving and enjoy the time we have together in this life, and isn't that a wonderful thing in itself?

Making Your List and Checking It Twice

One of the truly wonderful things I did for myself was to make a list of everyone in my life, past or present, where I felt anything less than love when I thought of them. My initial list included every member of my family, all of my friends, everyone I worked with or had any dealings with on a day-to-day basis. I then expanded the list to include anyone in my past who I had any kind of a beef with, including old teachers, old co-workers, old bosses and especially old relationships.

I then systematically worked my way through the list and cleared all of the feelings surrounding them. Initially there were thirty-seven people on that list. It took me the better part of two days to complete the list, and when I finished I felt that I had let go of a part of my past that was holding me back from truly enjoying my present. In a very real sense, I believe what I was doing was making peace with my past and putting it where it truly belonged – in the past.

And after working my way through the list a very strange thing happened. I literally became a person who had made peace with his past. I realized that all of those relationships in which I harbored ill will or bad feelings were literally holding me prisoner to my past. Where before I would still become upset when I thought of certain people, now I had no need to think of them at all, and when I did, there was no emotional charge whatsoever. I can remember them if I choose, but mostly I choose not to. I am much more squarely focused in the present moment, and that is a much nicer place to be.

Jennifer's Story

In late 2004, well before I created ETT, I had four sessions with a lovely woman I'll call Jennifer. Jennifer was sixty years old and looking for fulfillment in her life.

I liked Jennifer as soon as I met her. During the first session, she confided that hers was a difficult marriage, where she felt ignored and abandoned. Her husband was very successful in his field and had little time and patience for her. In fact, she felt that most of the people she knew treated her this way, including her ninety-year-old mother-in-law, who, according to Jennifer, radiated a very strong disapproval of everything Jennifer did.

Her original reason for calling me was to get some help in her relationship with her husband, and for the first two sessions, we focused on clearing the primary relationships in her life. We

cleared her mother, father, children, mother-in-law (which took a fair amount of work) and, of course, her husband. We also worked on how these relationships made her feel about herself.

We cleared the whole gamut of feelings and patterns, including anger, resentment, fear, being judgmental and unforgiveness.

After the second session, Jennifer told me she saw a big improvement in the way her husband was treating her. According to her, he seemed more attentive and had more patience for her point of view. She was absolutely thrilled with the result to that point.

In the third session, we focused on relationships outside of Jennifer's family circle. We cleared everyone for whom she felt anything less than love. And last, we began working on clearing her relationship with herself. We finished this in the fourth and final session.

I followed up with Jennifer about a month after our last appointment. She told me that she was amazed at the changes in her life. She saw a major change in the way she felt about herself. Other than a brief time of upset, which we cleared with an impromptu session, she continued to feel peaceful, relaxed and loving. The relationship with her husband has continued to improve, and the changes she is experiencing are also being reflected in him. Jennifer says that her mother-in-law has remained the same, but Jennifer is no longer upset by her behavior in the slightest way.

One of the most amazing things I see, time after time, is that there appear to be invisible connections between people. These connections extend from one person to another and don't seem to be affected by time or distance. Jennifer told me that four of the people outside her family that we had cleared called her out of the blue just to talk to her, even though they had no idea what she was doing. Each of them spoke to her with kindness, respect and consideration. These are people who before the sessions wouldn't have had the time of day for her. She was astonished that clearing all of those feelings of less than love within her could affect each of those four individuals. But it did – and in a very powerful way. This is a big change, and is well beyond the realm of coincidence.

Working with the Process

If you identify with Jennifer and would like to create positive change in your life, I can think of no better way of doing it than by sitting down and preparing a list of everyone for whom you feel anything less than love. Use the process and work your way through that list. Then just sit back, relax and watch how your actions have affected everyone around you. You will be astounded!

Decide on the relationship you wish to heal.

Write down the name of the person you are working with. Make certain your subconscious knows exactly what you are clearing.

On a scale of zero to ten, where zero represents no upset at all and ten is the highest level of upset possible, how intense are your feelings associated with this relationship right now?¹⁴

Taking a moment to rate your initial level of unease toward the person you are focusing on will tell you later how well you are doing as you proceed with the process.

After setting your intention to heal the conflicts within the relationship, say the following three statements to yourself. Remember to stay tuned in to your body for signs of release:

- I clear all the ways I feel anything less than love for [name of person] whenever... <cue>
- ICATW I feel anything less than love for [name of person] because... <cue>
- ICATW I connect to these emotions and hold them in my body. <cue>

Then follow with steps 2 and 3:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Check in: If, after completing the three steps, you don't feel completely peaceful toward the person you are working on, use the following statements:

- ICATW I feel any anger toward [name of person] whenever... <cue>
- ICATW I feel any anger toward [name of person] because... <cue>
- ICATW I judge [name of person] because... <cue>
- ICATW I judge [name of person] whenever... <cue>
- ICATW I feel critical toward [name of person] whenever... <cue>

- ICATW I feel critical toward [name of person] because... <cue>
- ICATW I blame [name of person] because of... <cue>
- ICATW I feel ashamed when I think about [name of person] because of... <cue>
- ICATW I feel resentful toward [name of person] because of... <cue>
- ICATW I feel guilt when dealing with [name of person] because of... <cue>

- ICATW I feel guilt when thinking about [name of person] whenever... <cue>
- ICATW I am afraid of [name of person] because... <cue>
- ICATW I am afraid of [name of person] whenever... <cue>
- ICATW I feel sad when I think about [name of person]. <cue>
- ICATW I feel sad when I think about [name of person] because... <cue>

- ICATW I cannot forgive [name of person] because of... <cue>
- I clear all of the loss I feel in relation to [name of person]. <cue>
- ICATW I am afraid for [name of person] whenever... <cue>
- ICATW I worry about [name of person] whenever... <cue>

¹⁴ This measurement is known as a Subjective Unit of Discomfort, or SUDs. By monitoring your SUDs, you are able to determine your progress as you work through the process. Your goal is to reach a SUDs of zero. Whenever you work with ZPoint, it's a good idea to use the SUDs rating.

- ICATW I worry about [name of person] because of... <cue>
- I clear all the anxiety I feel when I think about [name of person]. <cue>

Remember to finish up with steps 2 and 3.

Here's what Jeanne, a member of the sharingzeropoint e-mail list on Yahoo.com, has to say about clearing relationships:

I was feeling bad about a difficult relationship I know I have to change and realizing a few things after talking to a friend about what was going on for me. Writing in my journal after the conversation, I was feeling even more distress and suddenly recalled an incident from childhood where a baby bird I tried to save died anyway. Somehow the two distressing events came together and I had enough presence of mind to cue on this while nearly doubled over in grief. It passed and indeed I then had a tremendous amount of energy - which I used to do a major clean up on my bathroom!

Healing Love/Hate Relationships

Here are some additional statements to help you work through conflicted relationships. These statements resolve conflicts at a deep subconscious level where we feel we "should" love someone or something, but we find ourselves both loving and hating at the same time.

These particular statements were provided by a member of the sharingzeropoint list. Use any that you feel are appropriate for your situation, as well as adding to the list or changing the person indicated in parentheses.

- I clear all the ways I both love and hate [a parent]. <cue>
- ICATW I both love and hate [relative/family member]. <cue>
- ICATW I both love and hate [a friend/ex-friend]. <cue>
- ICATW I both love and hate [a workmate/ex-workmate]. <cue>
- ICATW I both love and hate [my boss/ex-boss]. <cue>

- ICATW I both love and hate [a particular race]. <cue>
- I clear all the ways that I both love and hate [a particular religion]. <cue>
- ICATW I both love and hate [a political philosophy/party]. <cue>
- ICATW I both love and hate [a particular profession]. <cue>
- ICATW I both love and hate [a particular type of music]. <cue>

- ICATW I both love and hate [a recurring problem behavior]. <cue>
- ICATW I both love and hate the world. <cue>
- ICATW I both love and hate life itself. <cue>
- ICATW I both love and hate my life. <cue>
- ICATW I both love and hate being in love. <cue>
- ICATW I both love and hate relationships. <cue>

- ICATW I both love and hate myself. <cue>
- ICATW I both love and hate my body. <cue>

Then complete the ZPoint process by repeating steps 2 and 3.

Clearing the Relationship with Yourself

When you clear the relationship with yourself, it can have the most profound and lasting impact on your life. Your relationship with yourself affects virtually every aspect of your life, including your relationship with money and abundance. There is a direct correlation between how we feel about ourselves and how willing we are to allow ourselves joy, ease and financial security. The more we accept ourselves, the more good we will allow to flow into our lives. And it really is *all* about allowing ourselves to be in the flow of life.

As you play with this exercise, it is good idea to keep a pad of paper and a pen handy to jot down the feelings, impressions and memories that will inevitably arise. You can come back to them later and create statements that will take you even deeper into unconscious patterns and conflicts you may not have been aware of. This can be a true voyage of self-discovery that brings you to a place of love, acceptance and compassion for who you truly are inside.

Just clear the following:

- I clear all the ways I am angry with myself because... < cue>
- ICATW I judge myself harshly because... < cue>
- ICATW I judge myself harshly whenever... <cue>
- ICATW I am so critical of whatever I do because... < cue>
- ICATW I am critical of what I say because... < cue>
- ICATW I blame myself because of... < cue>
- ICATW I blame myself whenever I... <cue>
- ICATW I am ashamed of what I've done because... < cue>
- ICATW I feel guilty about... < cue>
- ICATW I don't trust myself whenever... < cue>
- ICATW I don't trust myself because... <cue>
- ICATW I refuse to love and accept myself completely. <cue>
- ICATW I can't love and accept myself because... <cue>

Finish as usual by repeating steps 2 and 3:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Using ETT on Your Relationships

As an alternative to repeating the above clearing statements for each relationship, you may find it easier (and more effective) to Erase the Tape on each person on your list. Using the examples previously shown, draw a circle and, one at a time, imagine placing each person you have issues with in the Circle and releasing all of the anger, judgment, criticism, blame, shame, guilt, resentment, fear and unforgiveness you hold within yourself for each one.¹⁵ If you have a photograph of the person you are working on, all the better. Place it in the Circle along with everything else.

You may wish to populate your circle with everyone on your list at the same time just to see if you can release everything at once. If, after counting everyone down at once, you discover any feelings other than love and acceptance for any person on your list, go back and count them down individually. It won't take long.

¹⁵ It is always a good idea to use a photograph if you can. Just look at the image of the person you are working on for a moment and then place it within the circle for clearing. The age of the photo is unimportant.

Chapter Notes

Chapter Nine: Set Yourself Free

“Life consists not in holding good cards but in playing those you hold well.” - Josh Billings

When you listen to the critical voice in your mind, or take on roles that meet the expectations of others, you aren't being true to yourself – the *authentic* you. ZPoint can help you move beyond these barriers and set yourself free.

Clearing Critical Voices Within

Below you will find statements to release the critical voice that most people have in their minds. You know this voice. It is the one that says, “You can't do this,” or “You can't do that.” It is that voice that prevents many of us from fully immersing ourselves in our lives and simply enjoying ourselves.

Remember, that voice is not you. It's just a recording, and it may even sound like a parent or other person who you have set up as an authority over you in some way. It is important to realize that either we make up our lives as we go along or someone else will do it for us.

I prefer to make up my own life for myself, and I'm sure you do too. Take a few minutes and go through the exercises below. You will be amazed at how quiet and peaceful your mind will be afterward.

- I clear all the ways I seek to limit myself or limit my feelings. < cue>
- ICATW I feel resentful toward anyone because of the choices I've had to make in my life. < cue>
- ICATW I fear my own power. <cue>
- ICATW I fear my own being because... <cue>
- ICATW I'm afraid of being who I really am deep inside. <cue>
- ICATW I'm afraid that people won't accept who I really am. <cue>
- ICATW I won't forgive myself. < cue>
- ICATW I feel responsible to others for anything. < cue>
- ICATW I can't nurture myself. < cue>
- ICATW I hear this critical voice whenever I want to do something on my own. <cue>
- ICATW this critical voice speaks up when I'm unsure of what to do. <cue>
- I love myself. < cue>
- I love who I am. < cue>
- I accept myself fully and completely. < cue>
- I accept myself just the way I am right now. < cue>
- I accept my life completely. < cue>

Releasing Assumed Roles

I have strong reasons to believe that more than 90% of who we think we are and how we identify ourselves are simply roles that we willingly, if unknowingly assume from the culture we live in, the jobs we work at and the people we deal with every day. We define ourselves according to what others think of us and what we think is expected of us.

Most families create roles for family members, and we often accept these roles unknowingly. For example, Mary is the smart one of the family. She is the one who is responsible and who works hard at everything she does. She is unselfish and uncomplaining about putting other family members' needs before her own.

Mary accepts this definition of herself willingly, because it gives her an identity and security within the family. She may also extend that role to her work and her relationships. She may have assumed the role so completely that she can't imagine herself not responding to life and everyone in it in this way. And this may work well for her – until she comes up against a situation that requires a different role. Then she may re-evaluate herself in relation to this role and decide that it is too limiting.

How often have you gone to a party and had someone asked you what you do for a living? When they say, "Hi; what do you do?" what they are really asking you is: What is your role in life? Are you a teacher, taking on the "teacher" role? Or are you a nurse, doctor or therapist, taking on the "healer" role? Perhaps you are a mother or a father and see yourself almost exclusively through the lens of this particular role. The more successful among us recognize these roles and allow themselves to assume more than one role at a time.

The only problem is that we are more than the roles that we've decided to adopt. We are human beings, and at our core we rebel against assuming such limited definitions for ourselves. When we allow others to define us, we limit how we see ourselves. No one does this to us. We do it to ourselves.

Life is about choices. When we limit our choices by mindlessly accepting the roles that others assign to us, we limit our ability to choose ways that will move us toward our own happiness. If you live in a box, sooner or later you will run up against one or all of the walls of that box.

What if your happiness lies beyond the confines of that box?

Take this opportunity to use ZPoint to clear all the ways that you have assumed unconsciously limited roles from your mother, your father, your sisters and brothers, your uncle and aunts, your grandmothers and grandfathers. Clear all the ways that you are still connected to and expressing all of these roles in your life. When you do, you will begin to see your life in terms of who you are right now. Today. This moment. And from that perspective, seeing who you really are and recognizing what you really need to be happy will free you to be able to move boldly in that direction.

Being happy is not a selfish act. Anyone who would tell you that you are being selfish for choosing your own happiness first is asking you to assume a role that is not your own.

It may also be the case that you have assigned roles to others that are not in either of your best interests. For example, if you have assigned the role of caregiver to someone, this may create concerns for them while also preventing you from taking as much care of yourself as you otherwise might.

Make a list of everyone you may have assumed roles from or assigned roles to, plug in their names or your relationship with them and do the following statements:

- I clear all the ways I took on any roles that weren't mine from [name of person]. <cue>
- ICATW I unknowingly assigned any roles to [name of person] that were not hers/his. <cue>
- ICATW I unknowingly assumed gender roles from the culture I live in, or grew up in. <cue>
- ICATW I assumed these gender roles because... <cue>
- ICATW I am consciously unaware of the roles that I assumed. <cue>

Then complete with steps 2 and three:

- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Chapter Notes

Chapter Ten: Getting Past a Painful Childhood

“I have no idea where I went to towards the end of that call, but I definitely noticed a shift in SUDs after your countdown. I woke up this morning feeling quite separate from paranoia, my constant companion. Thank you very much, Grant.” – Kate

Everyone – and I mean everyone – has memories they wish they didn't have, whether they are memories of an abusive childhood, an abusive marriage or simply memories of being embarrassed by circumstances seemingly beyond their control.

In addition to working with private clients, recently I've been holding tele-classes on this subject, and I have had feedback from many of the participants. They have consistently said that the Erase the Tape Method has been particularly effective in completely releasing the difficult feelings each had around memories of abuse. While the process does not erase the memories themselves, it does erase the significance of those memories in the participants' lives. The memories are no longer bothersome or even especially important, and participants are finding that their attitudes have shifted for the better in both large and small ways.

Just for a moment, I'd like you to think about the lives of physical, sexual, emotional or mental violence that many of us on this planet are forced to endure. Every day we read about murders, rapes, sexual abuse, robberies, and personal violations of every sort. If that were not enough we also have memories of personal failures, lapses in judgment, financial failures, or relationship difficulties. Unfortunately, the list goes on and on.

For most of us, the best way to deal with this litany of pain is by ignoring what we've been through. By repressing painful memories or by ignoring the pain within us, we seek to live our lives as best we can and focus on the good things. But, beneath the surface, deep in our subconscious minds, these memories and feelings continue to fester, poisoning our relationships and our ability to truly rise above all of this grief and pain. Whether we consciously remember them or not, these memories, like decaying food left too long in a refrigerator, affect us on many levels.

In 1997, Child Protective Services documented almost one million proven cases of child abuse or neglect in the United States. I'm reasonably certain that, adjusted for the difference in population, the numbers would be comparable in Canada. I'm also reasonably sure that a majority of cases go unreported both in Canada and the United States.

People who have been abused in this way are far more likely to suffer from emotional problems such as depression and anxiety. They may also struggle with poor self-esteem, have difficulty sleeping (or sleeping too much) suffer from loss of appetite or weight gain, constant fatigue, hopelessness, restlessness, nightmares, difficulty concentrating or muscle tension and pain. Adult survivors are also more likely to abuse drugs and alcohol, as these can dull the pain of abusive memories and help escape current life situations.

ZPoint's Erase the Tape Method is a profoundly effective means of releasing these memories completely and safely. Just as you would never consider cleaning your home without cleaning up the dust and dirt that have accumulated under the furniture, why would you consider allowing these memories and the patterns and emotions connected to them to co-exist with the new life that you are seeking to create?

I am only now starting to appreciate the true power of this process to clear away the debris from the past. It's simple, elegant, fast and completely painless. Why pick away at bits and pieces or go through years of traditional talk therapy and be re-traumatized by the past when you can simply focus your awareness on the memories themselves and/or the feelings they engender, put them in your circle, count them down and drop them off at the curb.

Pick a Memory

All of us have different memories colored by our perceptions of the event. Memories of trauma in its many forms – humiliation, blame, shame, fear or unforgiveness – may still be fresh after many years. Many of us have seen men or women who cry bitter tears while reliving an incident from their past. While we cannot change the past and what's happened, we can change how we feel about it and how we feel about ourselves because of our remembrance of it. This is how you do it:

1. To begin, simply become aware of an uncomfortable memory you would rather be without and place it within the circle for clearing. It's a good idea to take a SUDs rating at this point, to determine how intense your feeling of upset is.
2. Set the intention to release all the thoughts, beliefs, attitudes, connected or associated memories, imaginations and decisions you have ever experienced concerning the memory. In addition, you may wish to include any conversation you have ever had that activates these memories, as well as anything you've seen on TV or things you've read. As your subconscious cycles through everything you've ever seen, felt, imagined or actually experienced, whether you consciously remember it or not, simply trust that everything will be cleared as you intend. And it will.
3. Now, count down slowly from ten to zero, while repeating your cue at least ten times after each number. Remember, you need do nothing other than say your cue and finish your count. Your subconscious will manage the process and take care of everything for you. Pay attention to your thoughts as you proceed. You may remember events from your childhood that you haven't thought of for years. Just watch them and allow them to be. Change nothing. Trust the healing program and your cue word to release everything that needs to be released or balanced.
4. End by saying, "I clear all the ways any of these memories or feelings are being held in my body, my mind or my spirit," followed by your cue word. Then finish, as usual, with steps 2 and 3.

5. Take a big breath and let it go. Check in with your feelings and your body. Are you peaceful? Relaxed? Believe it or not, many people clear so deeply they often forget why they were doing the clearing in the first place. That memory or whatever you were clearing can simply cease to be a concern. It no longer troubles you in the slightest. If it does, simply go through the process again, this time setting the intention to go even deeper into the memory or feeling. After all, it only takes a minute. Check your SUDs rating again; you want to get it down to zero.

You can add anything you wish to your circle as you count down. There are no limits and no rules as to what you can place within the circle. Remember, your results are limited only by your imagination and how skilled you become in noticing patterns that weave their way through your life and your relationships. All are open for clearing within the circle.

Cathy's Story

A short while ago I was introduced to Cathy Buckley, a biologist from California. Here is an e-mail she posted to the sharingzeropoint e-mail list on Yahoo.com. It's a wonderful example of what can be done using ETT on memories. Cathy writes:

I mentioned in a previous post that I have severe astigmatism and am extremely nearsighted, so this whole topic greatly intrigued me. I remembered that my vision got significantly worse almost overnight, but I had a hard time recalling exactly when that was. I do remember that my ophthalmologist commented on how unusual it was for someone's vision to get that much worse so quickly, particularly without any obvious medical reasons for it.

I decided to do some detective work and determine exactly when this happened and compare it to what had been going on in my life at the time. I got my records from my doctor and determined that it occurred sometime in the late spring of 1989. This was the major revelation for me. In the spring of that year, while I was in graduate school in Colorado, I was pulled over by what was apparently an unmarked police car, only to discover it was not the police, but someone masquerading as the police. I was beaten and violently raped by this man.

I was called in to a police line-up after a suspect was apprehended. Unfortunately, I was unable to pick someone out of the line-up, since it was nighttime when the incident occurred, and I did not get a good look at him at all. Everything happened so fast, and I was unconscious for a time afterwards. I felt so horrible that I could not make the ID and that this man might go free, all because I could not remember enough about what he looked like. Not long after that, my vision went from 20/200 to 20/600 and my astigmatism developed. AHA!

So... I used a lot of suggestions given in the sharingzeropoint list about clearing statements and ETT, and then just let my mind go wild. I honestly can't even remember most of the statements...they just flowed from me. I erased so much pain and guilt surrounding this incident and its likely correlation to my vision problems. I actually fell asleep while doing this and didn't wake up until the next morning.

My first thought was, “Darn it. I fell asleep with my contact lenses on!” but then I remembered I had removed them prior to starting my clearing statements. I could see and I wasn’t wearing them! Normally I would have to fumble around with my hands to find my glasses on the night stand since I can't even see that far to find them. I could see the clock clear across the room!

This is the most amazing and powerful thing that has ever happened to me. I saw my ophthalmologist yesterday afternoon and he was completely at a loss for words. I tried to tell him about ZPoint and what I had done, but this was met with a lot of eye rolling so I just kept the rest to myself. I know the truth!

Chapter Notes

Chapter Eleven: Releasing the Daily Grind

“There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.”

- Mahatma Gandhi

Just watch the news or read a newspaper and you will be connected to what’s happening in the world today. Everywhere there are wars and rumors of wars, rapes, murders, muggings, wife abuse, sexual abuse, theft – the list goes on and on. Seldom do you hear about the wonderful, kind things people do for each other. Seldom do you read about the positive, compassionate and heroic events that don’t make the papers or the twenty-four-hour news superstations. An old newspaper saying goes, “If it bleeds, it leads.”

There are more than six billion people on the planet, and most of those who live in the so-called “developing countries” exist in a state of poverty and lack. Often they must do without even the most rudimentary health care. Most have little or no access to education and suffer under despotic governments, indiscriminate wars and the daily threat of starvation and rampant disease.

Those in the “developed countries” fare little better, although their lacks may be different. Here it is stress that is the major killer, with most of us struggling to make ends meet, raise our families, meet the mortgage, rent or car payment or worrying about getting sick and not being able to afford proper health-care coverage. Here too the list of what we worry about goes on and on.

In the West, we worry about the “war on terror,” natural disasters, global warming, creeping socialism, child pornography or racial and religious intolerance. There’s always something to worry about, always something to watch out for, always something to be afraid of. It never ever ends.

Imagine for a moment what your life would be like if you disconnected from the news, from CNN, CNBC, newspapers, CNN.com. Imagine what your life would be like if you made a pact with the rest of the world and said, “Enoughs enough! That’s it. I quit,” and you stopped listening to the news. Stopped caring completely about what was happening in anything but the most immediate circle of your friends, your work and immediate environment. What do you think would happen to your life?

I’ll tell you what would happen – you would become much more peaceful, relaxed and centred. You would stop worrying about the price of things that you have no control over anyway. You would stop worrying about whether or not our country should support this war or that dictator. You would stop worrying about the weather, about the price of gasoline, about whether the Yankees will take the pennant. You would stop worrying about a host of things that you can’t do anything about anyway. If you can’t do anything about it, what is the point of worrying about it?

The Worrier's Protocol

However, many of us are habitual worriers. We think we can't stop worrying even if we tried. This is why I've created the following protocol especially for worriers:

- I clear all the ways I worry. <cue>
- ICATW I feel I need to worry. <cue>
- ICATW I need to worry about... <cue>
- ICATW I need to worry about ... because... <cue>
- ICATW I need to worry about ... whenever... <cue>

- ICATW I need to worry about ... if... <cue>
- ICATW my worry is just a habit. <cue>
- ICATW I get something out of keeping this habit of worrying about ... <cue>
- ICATW I get something out of worrying because ...<cue>
- ICATW I see myself as a worrier. <cue>

- ICATW I believe that worrying protects me. <cue>
- ICATW worrying protects me because... <cue>
- ICATW I believe that worrying protects me whenever... <cue>
- ICATW I feel safe if I worry because... <cue>
- ICATW I connect to the mass consciousness of worry. <cue>

- ICATW I connect to the mass consciousness of doubt. <cue>
- ICATW I connect to the mass consciousness of fear. <cue>
- ICATW I connect to these because... <cue>
- ICATW I connect to these whenever... <cue>
- ICATW I connect to these if... <cue>

Using ETT on Worry

Take all of the statements above and either mentally or physically put them into your circle. Set the intention within yourself that you will release all memories, self-agreements, decisions, imaginings or anything else that may be associated in any way with any of the above statements. Then simply count them down.

When you've finished, pay attention to how you are feeling in your body. If any tension remains, put everything back into your circle and count down again, this time clearing even deeper. Don't forget to place any possible dust bunnies that may be connected to this issue by consciously placing them into your circle as well. You can finish up with the following:

- ICATW I hold any worry in my body. <cue>
- I clear all the patterns connected to all of these ways. <cue>

- I clear all the emotions connected to all of these patterns.

Releasing Body Tension

If you were to do a quick scan of your body, you would almost certainly discover tension somewhere. Few of us can say there isn't some part of us that is tense. Most of us carry this tension in our backs and necks. Some carry tension in their jaw and shoulders. Wherever you carry your tension, it's quite likely that you are so accustomed to living with it that it has become your constant companion.

Do a scan of your body right now and determine exactly where you are carrying your stress. Do the following exercise for each area where you find it. You will be amazed to discover that you can release this stress quite easily and begin living a much more relaxed and peaceful life.

- I clear all the ways I carry this stress in my body. <cue>
- ICATW I carry this stress in my [part of body]. <cue>
- ICATW I carry this stress in my [part of body] because... <cue>
- ICATW I carry this stress in my [part of body] whenever... <cue>
- ICATW I carry this stress in my [part of body] if... <cue>
- I allow myself to release all stress stored in my body. <cue>
- ICATW this stress is connected to patterns stored in my body. <cue>
- ICATW these patterns are connected to emotions stored in my body. <cue>
- ICATW all of this may be stored in my... <cue>
- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Chapter Notes

Chapter Twelve: Creating your life on purpose

In this and the following chapters, we will look at some of the many ways you can use ZPoint to create the life you want – the life you've always dreamed of.

Deserving

All of us, without exception, deserve the very best that life has to offer. We all deserve to be happy, to be loved, to be fulfilled, and to have an abundance of material goods and food. If we lack in any way, it is only because at some deep level we don't really believe we deserve to have these things.

Here are some statements to begin the process of releasing accumulated layers of self-doubt and worthlessness.

- I clear all the ways I don't deserve to be happy because... <cue>
- ICATW I don't deserve to be fulfilled in my personal life because... <cue>
- ICATW I don't deserve to have work that I truly enjoy because... <cue>
- ICATW I don't deserve to get the things in life I really want because... <cue>
- ICATW I don't deserve to experience love in my life because... <cue>
- ICATW I don't deserve to feel appreciated for who I am because... <cue>
- ICATW I deserve to be unloved and unhappy. <cue>
- ICATW I deserve to suffer because... <cue>
- ICATW I deserve to be without the things others have so easily because... <cue>

Erasing the Tape on Deserving

Draw a circle on a sheet of paper and imagine placing all of the foregoing statements within it. Then count down from ten to zero, saying your cue word after each number. Pay attention to any thoughts or memories that come to mind as you complete your countdown. After completing the first countdown, set the intention to add these thoughts or memories to your existing circle, and count down again.

Remember to finish up by clearing any of the ways you've stored this non-deserving in your body, your mind and your spirit, followed by steps 2 and 3. Then take a deep breath and just let it go. Take a big drink of water.

Releasing Procrastination

Procrastination refers to a number of self-destructive or self-sabotaging behaviors that affect about twenty percent of the population. If you are constantly late for appointments, “forget” to pay your bills on time even though you have the means to do so, or put off important commitments until the pressure becomes unbearable, then you are a procrastinator.

Remembering that the key to a behavior is how that behavior makes you feel, procrastination is primarily about reinforcing “bad” or “less than” feelings about yourself.

To release procrastination in your life, use the following statements. As you proceed through the list, pay attention to your body for physical sensations and clear these as they arise. Also be alert for thoughts that pop up from the subconscious, indicating deeper aspects of the issue. Create statements about these and clear them as well.

- I clear all the ways parts of me need to keep this procrastination. <cue>
- ICATW parts of me need this procrastination because... <cue>
- ICATW parts of me need to procrastinate whenever... <cue>
- ICATW parts of me get something out of procrastinating because... <cue>
- ICATW parts of me benefit from procrastinating whenever... <cue>

- ICATW parts of me feel safe when I put things off because... <cue>
- ICATW I identify myself as a procrastinator. <cue>
- ICATW I put things off because... <cue>
- ICATW I put things off whenever... <cue>
- ICATW procrastination makes me feel when I delay doing important things. <cue>

- ICATW procrastination makes me feel this way because... <cue>
- ICATW I’m hard on myself when I put things off. <cue>
- ICATW I’m hard on myself because... <cue>
- ICATW I’m hard on myself whenever... <cue>
- ICATW I may see myself as a failure. <cue>

- ICATW I see myself as a failure because... <cue>
- ICATW I’m afraid of making mistakes. <cue>
- ICATW I’m afraid of making mistakes because... <cue>
- ICATW I’m afraid of making mistakes whenever... <cue>
- ICATW I feel disappointed in myself. <cue>

- ICATW I feel disappointed in myself when... <cue>
- ICATW I feel disappointed in myself because... <cue>
- ICATW I’m afraid of feeling this disappointment when... <cue>
- ICATW I’m afraid of feeling this disappointment if... <cue>
- ICATW I hold this disappointment in myself in my body. <cue>

- ICATW this disappointment has created emotional triggers within me. <cue>
- ICATW I hold these patterns within my body. <cue>
- ICATW these patterns are connected to emotions stored within me. <cue>
- I clear all the patterns connected to all of these ways. <cue>
- I clear all the emotions connected to all of these patterns. <cue>

Sometimes the reason we procrastinate is that deep down we really don't want to do the things we put off. We may be performing certain roles or tasks against our true desires because we wish to please someone else or because we simply don't believe we can have what we truly want. To address this, we need to be clear within ourselves as to what *we* truly want. When we are, the procrastinating behavior will often drop away.

Some possible statements to address this are as follows. Please note that these address many universal areas of concern. If you have specific issues that you feel are not addressed below, please take a few minutes and create your own statements.

- ICATW I don't know what I truly want to do. <cue>
- ICATW I won't allow myself to know what I truly want. <cue>
- ICATW I won't allow myself to be aware of what I truly want because... <cue>
- ICATW I am afraid of disappointing someone else by acknowledging what I truly want. <cue>
- ICATW I take on roles I really don't want to do so as not to disappoint someone else. <cue>
- ICATW I take on tasks I really don't want to do so as not to disappoint someone else. <cue>
- ICATW I seek to hide who I really am from myself and others. <cue>
- ICATW I seek to rebel against what others expect me to do. <cue>
- ICATW I have difficulty saying no when I really want to. <cue>
- ICATW I have difficulty making good decisions. <cue>
- ICATW I resist making decisions. <cue>
- ICATW I hate making decisions. <cue>
- ICATW I am afraid of making decisions because ... <cue>
- ICATW I need to rebel. <cue>
- ICATW I hide from myself. <cue>
- ICATW I avoid facing difficulties. <cue>
- ICATW I am afraid of succeeding. <cue>
- ICATW I am afraid of moving on with my life. <cue>
- ICATW parts of me get something out of not succeeding. <cue>
- ICATW parts of me stop myself from moving forward. <cue>
- ICATW I am afraid of failing because ... <cue>
- ICATW I sabotage myself although I don't really mean to. <cue>
- ICATW I sabotage myself unconsciously. <cue>
- ICATW I see myself as a failure because... <cue>

- ICATW I am afraid to step into my own power because... <cue>
- ICATW I need to be perfect. <cue>
- ICATW I'm afraid of making mistakes. <cue>
- ICATW I have unreasonable expectations about my performance. <cue>
- ICATW I seek to avoid making mistakes when... <cue>

- ICATW I carry this fear of making mistakes in my body. <cue>
- ICATW I carry this fear of making mistakes in my energy field. <cue>
- ICATW I'm afraid to set goals because... <cue>
- ICATW I avoid setting goals by... <cue>
- ICATW I don't really believe that I can reach my goals. <cue>

- ICATW I can't see myself achieving my goals. <cue>
- ICATW I choose not to set goals because ... <cue>
- ICATW I have difficulty achieving goals. <cue>
- ICATW I see myself as a failure. <cue>

- ICATW I really don't want to be in this life. <cue>
- ICATW I didn't want to come into this life. <cue>
- ICATW I disconnect from what's expected of me. <cue>
- ICATW I just want to be left alone. <cue>
- ICATW parts of me just want to run away. <cue>

When Eating Is a Problem

Because of the nature of the subconscious mind, we associate that feeling of being full with memories where we found emotional comfort in overeating.

If you were to place into the circle all of the memories and situations where you've associated eating with comfort, I believe you would clear the need to overeat completely. (This principle should also work with alcohol, tobacco and other "addictive" habits.) But that's only part of the solution.

Being overweight and unhealthy also has much to do with the image you see of yourself when you look in the mirror. Your physical body is an exact duplicate of how you view yourself inside. Your image is saying, "This is *really* how I feel about myself." How you look right now is simply your body faithfully representing or reproducing that inner image or feeling.

Now, here's the good news. When you change how you feel about yourself on the inside, your physical body as a manifestation of your thoughts and expectations will change to match that inner view. While this may sound impossible, my experience says it's true.

Think about what you're not happy with in your life at the moment. Are there issues you've been unhappy about for a long time? Make lists of all the things you are not happy about. Perhaps they include your marriage, or your children or money or your job. Whatever they are, make your lists, then put them into circles and count them down.

When you're finished, you will not be the same person who decided to begin. You will change, and you will let go of all those things that needed to be let go of. I'd like you to see this for the great opportunity that it actually is. There are always great gifts given when we decide to be more fully who we really are, deep down inside.

A Compulsive Overeater

I received the following e-mail from Janie, a Certified ZPoint Practitioner:

I worked with a client who is/was a compulsive overeater. She was told by her doctor that she needed to lose 50 pounds for health reasons. We worked on the issue once three days before Christmas because she was going away for a week for holiday festivities and was really concerned about overeating during Christmas and New Year and gaining more weight. I saw her a week after she returned from her holiday, and she had lost nine pounds - to date she has lost twenty pounds. She does not eat compulsively at all anymore and feels wonderful and not deprived. She said that the only thing that has worked and has made changes in her life is ZPoint! She continues to do it on her own for anything that comes up.

Some of the statements we used were:

- I clear all the ways there may be parts of me unwilling to give up overeating because... <cue>
- ICATW parts of me benefit from overeating. <cue>
- ICATW parts of me wouldn't feel safe releasing this issue because... <cue>
- ICATW I need to bond with food because... <cue>
- ICATW I need to eat compulsively because... <cue>

- ICATW I can't stop eating compulsively... <cue>
- ICATW I need more and more food. <cue>
- ICATW I use excess weight to set boundaries with others. <cue>
- ICATW I am safer at this weight because... <cue>
- ICATW I use excess weight to protect myself from... <cue>

- I clear all the origins and core issues why I have extra weight. <cue>
- ICATW I use food for anything other than nourishment for my body. <cue>
- ICATW circumstances trigger my unhealthy eating habits. <cue>
- ICATW I need to be protected by a layer of fat. <cue>

Eating for Self-Comfort

I recently received the following report from Sue, indicating how much ZPoint has changed her life. Sue writes:

I've found ZPoint to be a really tremendous tool in self-transformation. However, there is usually a comfort factor in how much change is comfortable at a time, what can be faced at once, what needs to wait, what needs to be dealt with slowly.

I have done many of the clearings in the manual, those suggested here [the SharingZeroPoint Yahoo list] and on the CD. There is much stuff for me yet to clear. If I suddenly cleared all the dreck in my subconscious from over 40 years on the planet in this lifetime alone, I think a number of parts of me would freak out and sabotage things because it would be overwhelming.

I use ZPoint daily. Sometimes I clear a little. Sometimes I clear a lot. I trust myself. I trust the process. Please be gentle with yourself is what I'm trying to say.... If sleeping and "other coping" gets you through the day and you're not tempted to leave this plane by doing so – then cope away.

My personal "coping mechanism" that I've been working on is overeating. I have used EFT and ZPoint on this but I am gentle with myself and work on self-forgiveness because I remind myself that this was a good way to cope at the time it developed. It was something that helped keep my feelings from overwhelming me and shutting me down.

Now I am able to handle my feelings better – but I still have lapses. And guess what? This week, sometimes I've been deliberately choosing "comfort food" without overeating – but deliberately using it to soothe. Why? My boyfriend's dad is in the hospital and we don't know which way things will go. We have a systems roll out at work. I'm very stressed. So I ZPoint to take it down a notch and then I deliberately soothe myself using food.

I'm not actually overeating in a binge frenzy – but I'm soothing myself. It works for me right now. Wherever you are is fine. You start where you are and move up. Please take baby steps and just do a little ZPoint every day at least. You'll be surprised how it helps.

Using ZPoint to Address a Poor Body Image

When you look into a mirror, are you happy with what you see? Our society is compulsively addicted to looking young and looking fit. At the same time, statistics show that a majority of us are overweight. Here are some Opening Statements to assist you in releasing this issue. Please note that each clearing follows exactly the same format. We bring the feelings up to conscious awareness with the Opening Statement and then release everything with the regular ZPoint Statements that follow. This format works exceptionally well. :-)

Whenever I look at myself in a mirror I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I compare my body to those I see on TV or in Magazines I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine how I must look to others I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I see myself through another's eyes I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how ashamed I am by how I look, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I try to imagine myself as being attractive, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

When I think about being deprived, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

When I am feeling deprived, I'm also feeling ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

When I am thinking about eating when I'm not hungry, I'm feeling ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

ZPoint for a Body's Acidity

Maryam Webster, Energy Therapist, Teacher and Director of the Certified Energy Coach Program, solved a physical problem using ZPoint. Read what she says:

Thanks for the reminder to use ZPoint on acidity! I am still a coffee lover, but every time I drink coffee, bad things happen. Ooh! I usually eat melon and alkalizing cucumber and lemon on those days but can't always do that. I just tried this morning and it worked better than Tums! I did it with ETT and installed healthy ways of my body maintaining alkaline balance in a number of different ways.

Know what I noticed? My eyesight got sharper. *Very* interesting and makes a lot of sense since the vitreous humor is very susceptible to pH changes through the day. I will continue to play with this.

Releasing Fears around an Operation

Some time ago, my ex-wife was facing surgery to repair her bladder after a hysterectomy operation and she was very worried about it. We spent about a half-hour on the phone and cleared all the ways she was afraid.

Some of the statements we used were:

- I clear all the ways I'm afraid of this upcoming operation. <cue>
- ICATW I'm afraid of being in pain. <cue>
- ICATW I'm afraid something will go wrong because... <cue>
- ICATW I'm afraid that because of my age I won't heal properly. <cue>
- ICATW I'm afraid because I've heard the operation may not be successful. <cue>

- ICATW my body seems to be letting me down. <cue>
- ICATW I'm afraid of being in the hospital. <cue>
- ICATW I am worried because... <cue>
- ICATW I hold these emotions in my body. <cue>

What I found really interesting is that from that point forward she had absolutely no fear about her upcoming operation, and was able to put it out of her mind. She had very little post-operative pain and no complications whatsoever. Her doctor was actually surprised at the outcome, because she healed much faster than a patient normally would after having that particular operation.

Releasing Other Fears

Here is what I would suggest if you have fears you want to release. Take a blank piece of paper and write down all of the things you can think of where you are afraid. Then, draw a circle around everything you've written and set the intention that you will clear everything within that circle.

As an alternative, place all of your thoughts, memories, beliefs, attitudes, emotions, assumptions, attitudes and conclusions in your mind concerning whatever it is that you fear within a circle, either by writing them down or by simply imagining that you are doing so. Then count down from ten to zero and, as you count, repeat your cue word.

Remember to repeat the countdown if any of the upset remains. If your belief system allows it, you may also clear on any past lives, between lives, parallel lives or future lives where this issue could be a problem. Erase the tape on everything.

Releasing fears around any situation can be a relatively simple task using ETT. You can clear the fear of giving the big presentation, or a fear of driving on the highway, or almost anything else. Be creative. Look for ways that you find yourself limited any way by your fears or imaginings. Simply write down what you are afraid of and release it. The hardest part is deciding to let it go.

Releasing Fears using Opening Statements

Here are a number of Opening Statements one can say to release some general fears that most of us face at one time or another. We say the Opening Statement and then repeat our cue word for an appropriate length of time. This has the effect of bringing up whatever feelings that need released which are then easily and permanently released using the clearing statements that follow.

Whenever I think about giving a presentation in front of an audience, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself standing on stage with hundreds of eyes watching my every move, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about holding spiders/mice/snakes in my hand, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine flying/taking off/landing in an airplane, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about starting/running/promoting my own business, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about getting on the phone and calling those sales leads/prospects, I feel ...
 <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about taking that exam, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about asking him/her out on a date, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about her/him to marry me, I feel ...<cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

There, I think you get the idea. Just plug in whatever your fear is and go through the rest of the statements. When you finish, your fear will be gone or diminished. If it's not completely gone, make up another Opening Statement and go through the statements again. Simple.

Chapter Notes

Chapter Thirteen: The Next Step

“What man really seeks is not perfection which is in the future, but fulfillment which is ever in the present.”- N. Sri Ram

"Focus your mind, your energy, your spirit, your feelings and emotions on the most joyful and fulfilling scenario you can imagine. Suddenly and profoundly, your reality begins to change"

~Ralph Marston~

We all create our lives from the thoughts we think every day and the choices we make based on those thoughts. We are creators. We create either by default, meaning that we remain unaware of our tremendous power to create our own personal versions of heaven or hell, or we recognize our true power and consciously set out to create exactly the life we want for ourselves. If we choose to remain unaware of our true power, we remain stuck in fear, doubt, suffering and lack.

We can create hell on earth for ourselves or we can create a life filled with an abundance of love, money and fulfillment. We can continue as we have always done and blame life itself or God or others for our failure to find happiness, or we can move into a different space where we trust life itself to provide all that we need for our happiness. That choice is ours and ours alone to make. Will you stay connected to the prevailing global feeling of lack, of not receiving what you really want, or will you choose to make the very best of your life and simply accept the good that is already there?

The following quote, used with permission from Abraham-Hicks¹⁶, outlines the possibilities here concerning focusing on what makes us feel good versus placing our attention on thoughts, memories and relationships that make us feel bad. If you've used the exercises in this book, then you are ready to take the next step, and become the person you want to be.

No one else is keeping you from anything that you want. There is not an agency, not a parent, not an influence, there is not another – nothing can prevent you from the fulfillment of your own desires – only you. And only you can do it through offering a vibration that is not in alignment with your desires. And, your emotions are telling you in every moment whether or not you are allowing or resisting, whether or not you are in alignment or misalignment with your own desires.

Understanding the Law of Attraction, and more importantly, understanding the way you feel, will give you creative abilities beyond your wildest dreams. There is nothing that you cannot be or do or have; there is nothing that you cannot reach for and achieve—and there is nothing that needs to take a long time to come to you.

¹⁶Abraham-Hicks – A very wise voice on spiritual matters. See www.abraham-hicks.com for more information.

Source Energy is very fast-moving Energy, and manifestation is much faster in these days than it has ever been before. And it is time for you to reclaim your power by paying attention to whatever you are doing that is causing you to divert your power or to resist your power.

Pay attention to the way you feel. And make your essential, determined stance be that you're going to make the best of things. That's really the mantra that will put you on course: I'm going to make the best of this. No matter where I am, I'm going to make the best of it! Hear what that means: No matter where I am, if I make the best of it, it's gotta get better. And then if I still make the best of it, it's gotta get better. And if I still make the best of it, it's gotta get even better. . . .

People are going to find you to be very nice to be with. Children may be a little shocked as they discover you are not riding herd on their behavior so much. They will be delighted as they discover you are giving them an up-close example of someone who is joyous. Other people will discover, through their exposure to you, their own joy—for you will teach through the clarity of your example.

A Personal Story

A while ago, I arranged to have dinner with some members of my family. When I arrived, I found everyone to be in a terribly bad mood. In fact, “bad mood” fails to fully describe the common state of mind, with everyone moaning and groaning about this and about that. In this mood, we set out to drive to the restaurant and discovered that one of our cars had a flat tire. Oh boy. Big disaster!

Me, I just wanted a pleasant evening with my family. Seeing that the occasion was fast heading for the dumper, I decided to set the intention that no matter what happened, no matter how upset they were and no matter how nasty they became, I would have a good time and enjoy myself. I placed the evening in my circle and counted myself down.

Because we no longer had the second car, everyone became even more upset. I was feeling calm and very serene after counting myself down, and imagined my bubble of calmness spreading to the others in the party. I then suggested we walk several blocks to a small family restaurant that has great food and is very inexpensive. So we set out amidst a pall of gloom and doom.

By the time we reached the restaurant and sat down, my family were starting to visibly relax. I talked to everyone, drawing each out in turn, and they relaxed even more. When we left the restaurant several hours later, everyone was laughing and having a great time. I spoke to several of them the next day and all remarked on what a wonderful time they had.

A year ago, I believe the outcome of our family dinner would have been far different. First, I would have been disappointed that I'd wasted an evening and would have been totally miserable along with everyone else. What was the difference? I decided to make the best of the situation and to make a space within myself where I would trust that the best of all possibilities would be manifested. And it was. I was completely awed by how wonderfully everything worked out.

The Best of All Possibilities

Making the best of things in the traditional sense means to “grit your teeth” and “put up with” life’s vicissitudes and its suffering. This is the old paradigm where you see yourself as a victim. This is not what I mean here.

Making the best of things actually means to stop resisting life and to truly allow for the best of all possible outcomes to *every* situation and circumstance. It means stepping aside and simply allowing your life to play itself out in the best possible way. It means giving up the need to be in control of what you think will make you happy and allowing the good that is already there to flow into your life. Remember, fulfillment doesn’t happen when you arrive at your destination, it happens as you take each step along the way.

If you think about this for a moment, you will realize that *you* are the author of your own life and the situations and circumstances that you find yourself confronted with. They truly are your own creations and to resist them or push them away only serves to guarantee they stay with you. What we resist persists. However, our saving grace lies in that fact that what we embrace, transforms.

If you are working your way through this book as intended, and doing all the clearings along the way, you will have noticed by now that you are becoming less reactive to the drama and emotional turmoil of others around you. Long-standing emotional triggers are being released, and it will become increasingly clear that most of the drama that occurs within your life really has no connection to you at all, unless you allow it.

All Is As It Should Be...

Abraham-Hicks writes:

Some things you're not letting happen right now because the timing isn't perfect for you. Some you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order. And, if you will relax and begin saying, “Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am and eager for more,” that is the perfect vibrational stance.¹⁷

What is being said here is that to become a vibrational match for what you want, you must first accept where you are right now. And we do get ourselves into some pretty pickles, don’t we? Again, remember that what we resist persists! What we accept transforms!

¹⁷ To read more about aligning where you are with where you wish to be, go to http://www.abraham-journal.com/index.php/weblog/more/make_peace_with_where_you_are/

Now, I can see many people shaking their heads and saying to themselves, “But if I accept my current situation, wouldn’t that be like giving up on my dream? How can I move forward if I don’t keep trying to move beyond where I am right now?”

The point is that vibrationally, you are out of alignment with your dreams and desires if when thinking about them, you focus on how far away you are from achieving them. Instead, the perfect vibrational stance is to completely accept where you are *right now*.

The ideal state of mind is where you anticipate the fulfillment of your desire as you would anticipate a wonderful meal. You know beyond a doubt that it will be served when ready, and you feel wild with anticipation. That is being in a place of vibrational alignment with your desire.

Creating Acceptance and Anticipation

There are four main areas in life where most people have difficulty:

- Career
- Love and relationships
- Money
- Health

You can use the following exercises to move yourself toward fulfillment in each or all of these areas.

Accepting the Unacceptable

The first step necessary to release any limiting circumstance or situation is to accept it fully. I can hear you thinking to yourself, “But I don’t want to accept this situation. I want to release it and move on.” This is not about accepting the situation; this is about accepting “what is” right now in this moment. To move forward we must first accept that we are in this situation or circumstance and that it’s perfectly okay to be here, for now.

You can do this by creating a circle and writing within it all of the things you don’t like about your current situation. If you have a boss you can’t stand, place his or her name within the circle. Write down all the things you don’t like about your boss. Perhaps you are doing work that doesn’t live up to your expectations. If so, place those expectations within your circle. Perhaps you don’t have enough money to meet your financial obligations. If so, place those obligations within the circle and the reasons you are obligated.

If it’s a relationship issue, first go back to the section on releasing painful relationships and release all of the painful emotions surrounding it.

Now, set the intention that you will release everything within the circle that prevents you from accepting what you cannot accept. This will bring you firmly into the present moment where your true power lies. Count it down and pay particular attention to any thoughts, memories or

feelings that arise during your countdown, as these will lead you deeper into the areas where you may feel resistance to full acceptance of “what is.” If you can, write them into your circle as you experience them.

Take stock of your feelings after completing the first round. Do you feel peaceful? Are there any tight areas in your body? Do you still yearn to run away from your current situation? These are good indicators that you have not reached full acceptance of this situation.

If so, create a new circle, placing everything from the first circle into the new one. You can do this mentally if you wish, but you may find it helpful to physically write remaining feelings or memories into the new circle. Then, simply count down again, making note of any new memories or feelings that pop into your awareness. Write or mentally add these to the circle as you proceed with the countdown.

Remember, the object here is to reach a state of full acceptance of the way things are right now in your current situation. When you accept it fully, you will no longer be offering a vibration that differs from what you desire for yourself. Your focus will no longer be on what you don’t have, but will naturally shift to what you really want. And, surprise surprise, somewhere along the way you’ll notice that you will actually begin to enjoy your present circumstances in a far deeper and more meaningful way. This will open you to new experiences, new horizons and new dreams.

Let’s summarize:

1. Make the decision to move on by accepting the unacceptable.
2. Write areas of concern or difficulty into the circle.
3. Set your intention to release *everything*.
4. Count down from ten to zero.
5. Check in on how you feel emotionally and in your body.
6. Repeat until you feel peaceful about everything in your circle.

What We Anticipate

Not long ago, I was speaking with a good friend concerning her relationship difficulties. She had been locked in a long and unfulfilling relationship for many years and only recently decided to do something about it. She felt unloved, unappreciated, unattractive and very much alone.

I took her through the following exercise, and within the week she noticed two very acceptable men vying for her attention. She was shocked by how well and how quickly this little exercise worked. It simply connects you to a feeling of anticipation for what you really want. Anticipation is the act of matching your vibration with the vibration of your heart’s desire.

The first step is to decide on what you want. If you know exactly what that will look like, place it in the circle. If it is a feeling of fulfillment you seek, write down what you believe that fulfillment will look or feel like. List the reasons why you want what you want. Place everything within your circle.

Now, it is important to understand that when you set an intention and count it down, it will *surely* come to pass. Once released within the circle, there is nothing – and I mean nothing – that will stop the boulder of your desire from being made manifest.

Imagine yourself standing at the top of a very large hill. In front of you is a large boulder that represents the best of all possible outcomes to the desire that you hold. Your boulder is perfectly balanced and needs only the smallest nudge to send it inexorably on its way. And, starting slowly, it will gain speed and momentum until it is virtually unstoppable. It must happen.

Before you begin, ask yourself if you really want what you are seeking. If the answer is an unqualified “yes,” then all that’s left to do is simply count it down and send your desire on its way. If you find yourself in conflict as to whether or not you really want what you want, I’d suggest you place all aspects of that particular conflict within the circle and count it down. Once you’ve reached a state of peace concerning exactly what you wish to bring into your life, you can proceed with releasing your boulder.

Most often you will feel a sense of anticipation that you will manifest whatever desire you’ve placed in the circle. If you don’t feel that anticipation, count down again, placing everything from the first circle into the new one. Do it again if necessary until you feel peaceful and *know* that sooner or later what you want will manifest in your life. Enjoy the feeling of excitement in your stomach¹⁸, knowing that your heart’s desire is on its way.

Review Steps to Release your Boulder of Desire

1. Decide what you want to bring into your life.
2. Draw a circle on a sheet of paper and write down *exactly what you want*.
3. Imagine yourself at the top of a hill with a large boulder balanced perfectly in front of you.
4. Release your boulder and count it down.
5. Enjoy the feeling of anticipation when you think about your desire.

Now sit back, relax and simply allow circumstances and situations to manifest that will carry the vibration of your desires. Practice watchful anticipation. Release any feelings of desperation or

¹⁸ It’s an odd thing, but many people have a difficult time distinguishing between a feeling of anxiety and one of genuine excitement. The reason for this is that we’ve been programmed to expect the worst in most situations, so when we actually expect the best, this can come as somewhat of a surprise. If you are not sure what you feel, say “I clear all the ways that I can’t distinguish between fear and excitement.” Then repeat your cue word until you *know* the difference.

worry using the tools in earlier chapters. Know that fulfillment of your desires is as certain as the sun rising tomorrow morning.

When I was a child, just the smell of my mother's cooking would often fill me with a sense of wonderful anticipation for the meal as yet uneaten. Just the thought of sitting down to eat her creation would cause my mouth to water and my taste buds to anticipate the pleasure of fulfilling my desire.

This is the state you seek. Once you reach it, it's only a matter of time before your true heart's desire is laid before you – just like my mother's meal.

Additional Allowing Statements

Here are some “allowing” statements that you can use to enhance the clearing process:

- I allow myself to have whatever I need to be happy and fulfilled. <cue>
- I allow myself to feel that I deserve to be the person that I am and to have the wonderful relationships that make my life worth living. <cue>
- I allow myself to experience fulfillment in every area of my life. <cue>
- I allow myself to experience completeness and joy. <cue>
- I allow myself to feel grateful for everything and everyone in my life. <cue>

- I allow myself to feel emotions that resonate with my having my heart's desire. <cue>
- I allow myself a gentle patience, knowing that having my heart's desire is absolutely inevitable. <cue>

Don't forget to say statements 2 and 3, like this:

I clear all the patterns connected to all of those ways. <cue>

I clear all of the emotions connected to all of those patterns. <cue>

Chapter Notes

Chapter Fourteen: Pulling it all Together

“Experience is not a matter of having actually swum the Hellespont, or danced with the dervishes, or slept in a doss-house. It is a matter of sensibility and intuition, of seeing and hearing the significant things, of paying attention at the right moments, of understanding and co-ordinating. Experience is not what happens to a man; it is what a man does with what happens to him.”

- Aldous Huxley (1894–1963), British author.

I've been using ZPoint, on a daily basis since the summer of 2003. In that time, I've applied it to many different area's both for myself and for a growing number of personal clients and others. In the following two chapters I intend to pass along as much of my experience using the process as I can.

Time and time again I have seen personal transformations from using this simple process that leave me in a state of awe and wonder. I've seen people filled with anger who release that anger in a single session and literally become different people. This happened recently when a friend allowed me to lead him through a personal session. Before the session he was his usual angry, perennially hurt and distracted self.

After the session, which lasted no more than 50 minutes, he was calm, rational and filled with peace. I visited him about 2 weeks after our session and the anger had not returned. In fact he noticed that many area's of his life simply opened up, including a greater appreciation for more diverse kinds of music and other artistic endeavors. He even looked different.

Conventional Wisdom Says...

We have been led to believe that change takes time. This is just not so. My friend changed more in those 50 minutes we spent together than he had ever done before. In releasing his long held anger, he opened himself up to become a person that he simply could not have imagined prior to our session. In freeing himself from his abiding anger, he found that he no longer defined himself by that anger. He is finally free to experience life from a totally different perspective, and a much more peaceful one at that.

If you, like many, define yourself by the injustices in your life, by the anger or resentment or grief that you carry so deeply within, then you are reading the right book at the right time. Now is the time to use this simple process and release yourself from your burden and begin the business of enjoying your life to the fullest.

Start with Your Emotions

The longest journey begins with the first step, and in this case the first step would be to release any strong emotions that cause you upset right now. You can start the process toward a better

life for yourself by releasing all of that upset right now. It is actually a simple thing to release every bit of anger, fear, resentment or any other emotion that expresses itself through you. You need only do it using this simple Process.

I purposely waited until this point in the book to outline the following simple approach to self healing and self development. I did this because I wanted you to experience ZPoint for yourself in a more structured way by giving you statements and leading you through the process. However, this approach will take you only so far.

What follows is an outline for a more intuitive approach to self development that you can use anywhere, anytime, and it always starts with what you are feeling.

What are you feeling NOW?

At any moment in the day most people can check in with themselves and determine how they are feeling. If you do this right now you may find that you are feeling good, or sad, or mad or peaceful or whatever. Emotions change constantly and are like an ever flowing river within us. Emotions flow, they move and are not meant to be stuck within us or held in our bodies.

We've been taught to believe that if we don't like how a particular emotion feels, we can simply ignore it or repress it and it will go away. And it does seem to go away for a time, but only for a time. That emotion will, if left unexpressed or unreleased, begin to fill our lives like trash fills an empty room. And like trash everywhere, it will eventually start to smell. Like trash everywhere, it needs to be taken out to the curb and dropped off.

Many people fall into the trap of believing they need to understand why they feel a particular emotion before they can release it. Truthfully, for the purposes of ZPoint, such understanding is completely unnecessary. All we need to know is that we have some emotional trash that needs to be taken out to the curb. And that is exactly what unexpressed or unresolved emotions actually are; trash waiting to be taken out to the curb.

So, here is an outline of how to use this process in the moment. You can do this anywhere, anytime. You can do this in a crowded elevator, in your car, on a plane, while working. Anywhere, anytime.

The Next Time...

First, try this the very next time you notice an emotion that doesn't feel good when you feel it. It doesn't matter what it is. If it doesn't feel good, then it's simply trash that needs to be taken out to the curb and dropped off. You don't need to understand it or identify with it, you just need to release it.

Focus on the feeling and say to yourself:

I clear all the ways I feel this feeling. <repeat your cue>

Check in with your body. Has the feeling been released? If not, say the statement again until that feeling has completely dissipated.

Follow up by saying statements 2 and 3, like this:

I clear all the patterns connected to all of those ways. <cue>

I clear all the emotions connected to all of those patterns. <cue>

Saying these three simple statements will help you release most of the uncomfortable feelings that you feel. You can do this in the moment, anywhere, anytime. No one will know what you are doing. You won't embarrass yourself in any way. You are only taking your emotional trash out to the curb and quietly dropping it off.

Extending your Clearing

After you've become proficient with taking your trash to the curb in this way, you may wish to begin creating your own statements to use with the process. Creating statements is simple. Remember, you are just directing your consciousness to areas where emotional trash has accumulated. Your cue word and healing program do the actual 'removal' work.

As in our example above where we directed our subconscious to clear all the ways we feel this feeling, we can also be more specific and say "I clear all the ways I feel this feeling *whenever...*" This will direct the subconscious to clear all the ways you feel this feeling whenever a certain something *triggers* that feeling. In effect, you are removing the trigger that results in your feeling that feeling. See?

We can also say "I clear all the ways I feel this feeling *because...*" This will release all reasons why we believe we *must* react in such a manner by feeling the feeling we wish to release.

It's all about you and only you

Remember that most behavior is simply a prerecorded pattern that happens when triggered by an internal or external event or feeling. Releasing emotions connected to patterns of behavior will normally allow that behavior to simply disappear.

What if, for example, you are giving thought to getting into a new relationship, but you are having difficulty committing to your current partner in a meaningful way? What if you remember a string of bad relationships and a longer string of bad choices? How would you go about resolving that?

First, this is all about you and no one else but you. Perhaps this person disrespected you or that person took advantage of you, but at some level you allowed it. Whether you can admit it or not, you and only you are responsible for the life you've been given and the choices you've made. No one can make a fool of you without your consent. At some level you've given your consent. This also means that you can become aware that you've given your consent and consciously take it back.

It's just trash ready to be taken out to the curb. If you want to make space for something fresh and new in your life, if you want to stop reliving the same patterns and choices over and over again, then it's time to release the story that you use to explain to yourself and others why you've failed so far. It's time to make fresh choices.

If you're ready to take your trash to the curb, you'll need to release all the memories you have of bad relationships and bad choices. You'll need to release all the disappointment, all the doubt and the pain. Lump it all together as '*Your Experience*' and recognize that it is simply just another energetic pattern, albeit a very large and complex one. And that pattern and connected emotions can be released easily and completely using the process.

Remember that we always work from the very big pieces to the very small ones. Clearing 'Your Experience' is a big piece with many smaller issues and feelings energetically connected to it. So, why not clear it all?

How?

Take out your pencil and draw a circle. Then imagine yourself placing thought after thought and memory after memory in the circle. Fill your circle with memories of all the bad relationships and how those bad relationships affected you and those you love. Just use your imagination for a moment and allow your thoughts to fill your circle.

Then count it down, simply repeating your cue with each count.

Allow your mind to wander, don't give it another thought. Simply focus on saying your cue and counting down.

As you do so you may notice your mind begin to wander and that's OK. Every thought that passes through your mind while you are counting down will have some connection to the issue or feeling that you're working on. Just be the passive observer and watch your thoughts and pay attention to any feelings in your body. Simply be the observer. Some people find it helpful to make notes to themselves about what they see or feel. Often just the act of clearing brings clarity and fresh understanding to painful issues.

The Process itself is self regulating. I know from my experience and from the experience of many others that ETT works by throwing up onto the screen of our Consciousness fleeting images of past trauma, conversations, feelings, body sensations and more. Then, as you repeat your cue and continue counting down, your initial healing program does what it's designed to do and works completely in the background. The rest happens quite automatically.

Removing Anxiety around a Life Choice

To remove the fear or anxiety, simply allow yourself to focus on it for a moment. As you do so, estimate it's S.U.D.s and make a note for yourself as to how intense it is in this moment as it relates to the choice you want to make. Then repeat these statements:

I clear all the ways I feel limited in my choices. <cue>
 ICATW I feel limited in my choices because... <cue>
 ICATW I feel limited in my choices whenever ... <cue>
 ICATW parts of me have a different agenda than I do. <cue>
 ICATW parts of me may not feel safe by making this choice. <cue>
 ICATW parts of me are afraid to move forward with my life by making this choice. <cue>

After repeating the above statements make an estimate of your S.U.D.s after the first round. If your feeling of discomfort is at a 0, you may find yourself able to move forward and make the choice easily. If not, repeat the above statements again paying specific attention to any body feelings that accompany the main feeling. You can create statements to release these as in the following example.

I clear all the ways I feel “this feeling” in my body. <cue>

Remember to say statements 2 and 3 when you are finished just to be sure you've released everything around this issue. Like this:

I clear all the patterns connected to all of those ways. <cue>
 I clear all the emotions connected to all of those patters. <cue>

Again, the idea here is to completely release the emotion or emotions connected to the choice you wish to make. If after completing the above exercise you still experience an uncomfortable feeling, try repeating the following statements.

- I clear all the ways I have this fear. <cue>
- I clear all the ways this fear controls my life. <cue>
- I clear all the ways this fear has the best of me. <cue>
- I clear all the ways I allow the fear to be in charge of me. <cue>
- I clear all the ways I am ashamed of feeling this fear. <cue>

- I clear all the ways I am afraid because... <cue>
- I clear all the ways I am afraid whenever... <cue>
- I clear all the ways I hold this fear in my body. <cue>

Now say statements 2 and 3 like this:

I clear all the patterns connected to all of those ways. <cue>
 I clear all the emotions connected to all of those patterns. <cue>

Check your S.U.D.s again to see if your fear is gone. If so, you are done. If not, go through the exercise again until you feel free to make whatever choice YOU want without feeling fearful in the slightest.

Erasing the Tape on Your Bad Decisions

All of us have memories of making decisions that turned out badly. Some people are so weighted down with these kinds of memories that they are literally paralyzed with fear that they will continue to make bad decisions and find themselves in trouble, again.

To release the memory and the significance you've attached to these 'bad' decisions simply draw your circle and mentally place every decision that you've ever made within it. You don't even need to remember each one, simply decide to release the ones you do remember, and set your intention to release similar memories even if you can't consciously remember them. Your subconscious is a marvelous thing and will do as you ask it.

Then, set your intention to release all of the emotions surrounding these decisions, all of the ways that you've imagined yourself or others being hurt by your 'bad' decisions, and anything else you can think of that may have an impact on the decisions that you made.

Then count down from 10 to 0, repeating your cue between each count. If, after reaching 0 you don't feel completely relaxed and at ease with your past decisions, count down again until you do.

Simple isn't it?

Erase the Tape When You Can't Decide

Sometimes we just can't decide the best course of action in a given circumstance. You may be able to narrow your possibilities down to several choices, but you just can't seem to decide between them. Here's something that works well and will resolve the situation in your own mind. If you find yourself in a very confused place then this process will seem a godsend. It will release those competing voices that lock you in a state of upset.

So,

1. Draw a circle and write down everything you can about the pro's and con's associated with the choices available to you. Be sure to list how each choice makes you feel and any possible repercussions of choosing badly. You can also place within the circle all of the ways that you don't trust yourself to make a 'good' decision for yourself. Think about all the times you didn't trust what you were feeling.
2. Set your intention to release everything and anything associated or connected to these questions. You will find yourself releasing all of the bad feelings, recriminations, and any feelings that are similar in any way. You will also find yourself releasing all the less

than love feelings associated with any of the memories connected to this entire issue. And finally, you will find yourself clearing any feelings being held or stored in the body.

3. Count down from 10 to 0, repeating your cue as you do so.
4. Repeat until you feel comfortable with what it is that you really wish to do.

One of the things I've noticed about this process is that after clearing away uncomfortable feelings we are suddenly able to see possibilities and choices that we were unable to see prior to using the Process. It's like we are walking down a long hallway with only one door visible at the end of the hall. After releasing all of the uncomfortable feelings connected to an issue or a question, we are suddenly able to see doors or opportunities that were not there before.

In actuality, those choices were always available to us, but are sometimes hidden beneath the uncomfortable emotions attached to those choices. Releasing these so called 'stuck' emotions opens and creates an open space to become aware of the all the possible choices available and this my dear friend, is where our true freedom and power lies.

Chapter Notes

Chapter 15: Standing on Fresh Ground

It's never too late to become the person you've always wanted to be.

- unknown

For me, the above quote puts the use of this Process into perspective. I cannot imagine anything worse than lying on my deathbed, filled with regret that my life didn't turn out the way that I wished.

I must tell you very honestly that up until a few years ago I could never have imagined that I would be sitting here writing the last chapter of this book. Or, that I would create a Process such as you've already experienced. I could never have imagined any of this.

As I look back through the long years of unhappiness, it's very much like I'm remembering someone else's life. Although with effort I can recall specific images and memories, there seems to be no emotional content attached to those images. My past no longer hurts to remember it.

This is not to say that I've become this perfect being. Hardly. I have my challenges, but for the most part they are new challenges, not the same endless reliving of patterns of anguish, betrayal and loss that I'd suffered through for most of my life. I am living my life on fresh ground. And so can you.

Letting go of the Baloney

You've read this far and hopefully have tried the Process. Now I'd like to point out some simple ways to help send you on your journey to a better life. From my perspective, after releasing the emotions and patterns that are literally 'in your face', I'd like to suggest that you place your attention next on the relationships in your life. This presupposes that you are truly fed up with the drama and upset that currently characterizes much of your life and wish to transform it in a powerfully meaningful way.

Constantly reacting to the present through the lens of the past, is the surest way I know to remain unhappy and unfulfilled for all the days of your life. That's not a very pleasant thought is it? Not pleasant at all.

Are there parts of your life that fill you with anger, or regret or perhaps fear. Is your memory alive with secrets hiding in dark closets? Do you find yourself living a life that just doesn't seem right, but you feel completely powerless to change it?

I know I sure did.

One of the first things I realized after creating ZPoint was that I was living much of my life tied to feelings of failure, humiliation, self-doubt and loss. Most if not all of these feelings were tied to many of the relationships in my life, both past and present. So, armed with an effective way to release these feelings, I set out to do so.

Recalling my father to mind still brought up deep feelings of anger and resentment, whereas recalling my mother brought up feelings of love mixed with feelings that she had let me down in some unknown way.

Recalling other relationships both past and present with my ex-wife, old bosses, girlfriends, teachers and others led me to realize that I still carried a negative emotional charge concerning many of them. No wonder I felt tied to my past. These negative feelings were still alive within me and were holding my attention firmly in the past. Peace of mind exists in the present moment, not in the continual reliving of past injustice or trauma.

I would like to suggest that if you haven't already done so, you complete the exercises in Chapter 8, and resolve similar relationships in your own life. The difference it will make in your life will astound you as most of the difficulties we have in life revolve around the relationships we form. And it is in this area you will quickly see the biggest changes in yourself and your life.

How you will change is not for me to say, but I can say that others who have used the Process for this purpose, report feeling like a different person. They've put "PAID" to their pasts and find themselves reacting to situations and people in a far more balanced and nonreactive way. They find it much easier to be comfortable with themselves without being triggered by past issues with connected feelings of anger, resentment or fear.

I have been fortunate to hear many stories from ZPoint users who have used the Process to completely resolve deep seated relationship issues with brothers, sisters, mothers and fathers, husbands, bosses, employees etc. The possibilities are endless here, so if you haven't already done so, sit down and carefully write down any names that occur to you. If you're not sure about a name, then may I suggest there is a nugget there waiting for you. Each person who does this exercise is astounded at the outcome.

There is a dynamic that operates within a family or a group. A set of unspoken rules. When you clear your relationships within that family or group, you put 'paid' to many of these 'rules'. You free yourself to become aware that you have many more options than you thought you had. You've stepped onto 'fresh ground' where your authentic self¹⁹ can flourish.

Using the Relationship Protocol will allow you to move to 'Fresh Ground' where you can finally be free of the past and make choices based solely on what's happening in the present. And if you don't already know it, being in the present moment is where your true power lies.

¹⁹The authentic self - Much has been written about the authentic self over the years. They were describing a person who lives almost entirely within the moment. A person who is part of life, who lovingly embraces every aspect of it. A person who is no longer afraid.

Consciously Burning Karma

One of the more intriguing aspects of clearing relationships is the idea that use of the process may actually release personal Karma. The concept of personal Karma is an ancient one that I'm sure most of you are familiar with, but it's the eye for an eye and tooth for a tooth concept. It's the concept of spiritual balance and we keep coming back until we can balance all aspects of our lives. Energetically, balance is the state of being peaceful about an issue when there is no emotional pull either way. It is a state of acceptance and some would say Grace.

Burning Karma means we are resolving deeply held emotional blocks and differences between individuals and 'paying back' debts incurred during such sojourns. The universe thrives on balance and balance is achieved when the need to learn a lesson or repay a debt is finished. Any struggle concerning that issue is in the past and no longer has any significance in your present life.

Eckhart Tolle spoke to this when asked if he thought he was "Enlightened". He replied that he didn't know if he was Enlightened or not, but he did know that he no longer cared whether he was or not. I believe he is Enlightened in the traditional sense. His life experiences brought him to that state of balance I spoke about and it continues to reverberate through everything he does or says. In our work with ZPoint, we know we've reached this state of balance about a particular issue, person or feeling, because when we think of it again, if ever, we do so without being triggered in the slightest way.

What was I working on?

It may seem rather odd at first, but occasionally you may work on an upsetting issue and when finished, you will find that afterwards you have no conscious memory of actually releasing it.

When this happens, and it happens more often than you think, you'll find that the issue you were working on ceases to have any significance in your life whatsoever. You simply cannot remember even working on it. It feels like remembering a dream upon waking only to have the memory of that dream fade completely from your waking consciousness within a few seconds. It's erased somehow from your conscious awareness so completely that you simply cannot remember it.

This phenomenon happens quite regularly when using the process. In my experience, and that of many others, this 'forgetting' is nothing to be concerned about. In fact, this forgetting is an excellent indicator that the process is working as it should. When this happens it appears that the issue is released so completely that it ceases to be part of conscious awareness, and that is very powerful indeed.

Where are you challenged?

Any activity that you wish to pursue can be enhanced through the use of ZPoint. If you see a challenge that you wish to pursue, you can release all of the emotional impediments that may cause you to struggle with that challenge. In other words, you'll find it easier to get what you want from life.

I'm recalling a time a few years ago, just before I had the idea for ZPoint, when I was struggling financially. Pickings were slim in the Energy Medicine field. To pay my rent I took a job for a Real Estate Salesman calling expired listings. My job was to speak to these homeowners and convince them to try again with the firm I worked for.

My God did I have a problem with this job, but my back was against the wall. I couldn't quit. Making those phone calls was an absolute torture for me. The strange thing is that I made an appointment on my very first call. But, I would literally run to the rest room after every call because I was so emotionally distraught.

At this time I used EFT²⁰ and again it was a godsend. I'd get off the call, rush to the washroom and quickly do a round of tapping. Thank God for stalls because I'd get in there and tap like a crazy person until I'd start to relax and could face getting on that phone again.

It was very unpleasant, but within a week or so I found myself becoming much more comfortable getting on the phone and connecting with the people I spoke to. By the end of the first month I was booking an average of 2 qualified appointments per hour. In the Real Estate business, most doing what I did average 1 qualified appointment per hour.

I was amazed that I actually found myself enjoying speaking with those people. I used a script but somehow I could really connect with them and in response they made the appointments I needed to pay my rent.

However, no matter how hard I tapped, I never got over my feeling that I needed to leave that job just as quickly as I could financially. And I did, after working there about 3 months. The Real Estate man wanted me stay, but...

Had I known ZPoint at the time I believe the outcome would have been the same, but I wouldn't have needed to visit the restroom every time I was upset. Tapping on one's face in a roomful of people does not inspire their confidence. With ZPoint you can clear on anything, anywhere and at any time. No one would have the slightest idea what you were doing, they'd just notice you start to relax.

If you are challenged, use the Process.

If you are triggered by someone or something, use the Process.

Do it in the moment and on the run.

²⁰EFT – Emotional Freedom Technique, created by Gary Craig. For more info go to www.emofree.com

More than one person has told me that sometimes they wake up with their cue word repeating in their mind. And believe me when I say that your cue word becomes a welcome part of you, because it smooths away the rough edges of any situation. It brings you back to yourself by releasing those parts of you that are reacting to an unresolved issue or feeling.

And Where Will all This Get You?

You find your centre again and start really enjoying the life that you have. We do not need to suffer. There is another way.

When we live our lives through the pain of our past, to a large extent we are quite unconscious to the fact that we always have choices and that whatever happens, everything is going to be ok. That is the reality. When you live the majority of your life in the present moment, you are conscious of those choices and you KNOW that no matter what happens, you ARE going to be alright. It is an inner feeling of safety and security.

When you live primarily in the present moment you approach people and situations differently. You are nonreactive to the slings and arrows of outrageous fortune. You've removed all of the emotional triggers connected to those memories and feelings that may cause you to unconsciously interfere with the natural flow of whatever you are doing. It's called 'being in the flow', and being in the flow of life is exactly the place where you really want to be.

Have you ever had one of those days where everything just seemed to go right? Where one moment flowed into the next and it seemed like there was enough time to do and enjoy everything. That's what I'm talking about here about being in the flow. And practicing ZPoint on a daily basis will help take you there.

Chapter Notes

Appendix A: Different Ways to Do ZPoint

Visual ZPoint

A number of years ago, before I developed ZPoint, I used EFT²¹ almost exclusively and with wonderful results with most people. However, there are times when people have issues that seem to defy our ability to find ways to reach them, and one such case left me in a state of bafflement. I just couldn't seem to find a way to help this woman past her problem.

It's said that necessity is the mother of invention and so it proved in this instance. As I was pondering my next move, I started thinking about how the subconscious seemed to reveal itself in symbols.

For example, a friend told me a story about a dream she had where she and her birth sister (my friend is adopted) were driving to a dance. She looked over and saw that her birth sister was dressed in the uniform of a Nazi officer, complete with cap and insignia.

After meeting her birth sister for a coffee, she was debating whether to establish closer social ties. Something about her sister made her feel uncomfortable, but she couldn't pinpoint what it was.

I suspected that her dream was revealing her sister's true nature in symbolic language. Seeing someone dressed in that particular uniform was a powerful symbol as to her sister's true nature. She decided not to pursue the relationship.

Our subconscious mind communicates in symbols, and my guess was that maybe it would be possible to ask questions of the subconscious and have it reveal its contents and associations via those symbols. This proved to be the case, and I created an adaptation of EFT I called Visual EFT.

Using the technique of eliciting symbols for certain issues and emotions, I'd have my client tap on those symbols until the symbols changed or simply disappeared. The technique proved to be very effective.

A few years ago, I taught this technique to a Hypnotherapist friend of mine in Philadelphia, who has been using it successfully in her private practice. Although for some reason I've never actually written publicly about the method, I continue to use it in my own work as another tool in my toolbox. I've just adapted it for use with ZPoint.

The technique itself is really quite simple. If the client is having a problem with something I ask the client to allow their subconscious mind to create a symbol for the entire issue.

²¹EFT or Emotional Freedom Technique. A meridian based emotional release system created by Gary Craig. See www.emofree.com for more information on this highly effective yet relatively simple process.

I can recall one client who had a weight problem which I believed was caused by her need to protect herself emotionally from what was happening in her life. I asked her subconscious to allow an image that represented the entire issue. She immediately replied that the image of an orange popped into her mind's eye. Why an orange? I have no idea what associations her subconscious mind had with an orange and weight issues, but then I really didn't need to know to help her release the issue.

I asked her to focus on the orange and simply say her cue word. I instructed her not to try to change the image in any way or to force it to change, just allow it to be and continue to say her cue word. This is very important, because many people tend to try to manage or censor the image to suit their expectations. I'd check in with her every twenty or thirty seconds to see how she was doing.

Invariably, every time I checked in, the image would have changed. At first the orange grew smaller, but then it seemed to stabilize. The next time I checked in, the orange had begun to form segmented cracks around its circumference. Within about a minute, my client got a huge smile on her face and announced that the orange had begun to peel itself, revealing a soft inner core.

Finally, the core and peelings just seemed to fade away to nothing, and all of her difficult and uncomfortable feelings around the weight issue seemed to go with them.

Often I'll ask a client to create an image to represent an issue and nothing will happen. The person will just see darkness. This is subconscious resistance, and is usually easily overcome by asking the client to focus on this darkness and simply repeat his or her cue. Usually within a short time the darkness will fade and an image will appear. Then I'll ask the client again to create an image to represent the entire issue being dealt with, and we can continue with the process.

Mirror Gazing

A few years ago, a friend suggested I try a little exercise with a mirror. She asked me to simply look at my reflection for five to ten minutes each morning and get comfortable with what I saw there. I was astounded at how difficult I found that simple exercise.

It's amazing how staring at our reflection in a mirror brings up feelings we wish we didn't have. And, wherever we wish we didn't feel certain feelings, there are conflicts buried within the surface. However, they can easily be resolved. Try it: look in a mirror and then, as uncomfortable feelings come up, simply repeat your cue word as you watch your image.

This is not meant to be difficult or taxing in any way. It's just another way to use your cue word effectively.

ZPoint Walking

I love to walk, and I discovered not long ago, quite by accident, that saying my cue word while walking was an excellent way of bringing myself into balance emotionally and spiritually. And, of course, there is also the benefit of exercising at the same time.

Normally I will walk between three and five miles a day. I have found that saying my cue as I walk puts me into a deep meditative state, and resolves any of the daily concerns that I may have had before beginning the walk.

There are three ways of doing this, and all three or a combination of the three work equally well. The first is to start the walk with the intention of clearing a specific issue or difficulty. Repeat your cue word to yourself with every other step. You can focus on the three clearing steps as you go, linking all the ways statements together and finishing up with statements 2 and 3 at the end of the walk.

Another way is to set the intention that the issue you wish to work on will be completely resolved by the time you finish your walk. Then just start walking. Focus on your cue word and enjoy the sights, sounds, smells and physical feeling of being outside. Your subconscious will be working in the background with your cue word, resolving things as you walk.

The third way is to set out with absolutely no intention of clearing anything specific. Just repeat your cue as you walk and allow your mind to roam as it will. Your mind will naturally go to the thoughts and memories it wishes as you walk and your cue word will easily resolve any issues that come up in the moment.

Whichever way you do it, ZPoint Walking is an incredibly enjoyable way to spend some time outdoors. You will feel great physically, mentally and emotionally and carry that wonderfully centred and grounded feeling with you for the rest of the day.

Appendix B: The Original ZeroPoint Process

The ZPoint Process has been evolving rapidly from its birth, when it was known as the ZeroPoint Process and then as the ZPoint Process and just recently as the ZPoint Process, I continue to refine the process and tighten it up to make it even more powerful and effective.

The original version is longer and more complex than what we usually work with today. However, some people find that they still prefer to use that version occasionally – especially if they aren't getting the desired results with the streamlined ZPoint Process. For that reason, I am including it here.

Terms Used in the Process

Master pattern: The master pattern is the particular pattern you are working on. It sits atop an energy pyramid or container that includes similar patterns, connected patterns, roots, etc. For example, if you were clearing the pattern of abandonment, “abandonment” would be the master pattern.

Connected and/or like patterns: Remembering that our goal is to delete or clear anything that may anchor the master pattern in place, we clear any patterns that are connected in any way to both the master pattern and any like or similar patterns. Because we have no need to know precisely what these are, we can simply instruct the subconscious to clear these as required.

Self-agreements: These are agreements we make with ourselves during an emotionally charged period. For example, you are in a situation that causes intense emotional pain and make a vow that you'll “never do that again.” Agreements like this are quickly forgotten by the conscious mind but are still fully in force within our subconscious.

Unforgiveness toward others: To completely release the master pattern, we clear all of the anger, judgment, criticism, blame, shame, resentment and unforgiveness we hold toward anyone (including God) for any act or thought we believe may have harmed us, as it relates to the master pattern being cleared. This is a very important category to clear. Quite often people will hold resentment and unforgiveness toward others and need to release this before they will allow themselves to move on.

Unforgiveness toward ourselves: Next we clear any anger, judgment, criticism, blame, shame and unforgiveness we hold toward ourselves as it relates to the master pattern being cleared.

Patterns that are held or expressed through the body or the energy field: Quite often, patterns are held or expressed through the body or the energy field. Examples of this would include most physical illnesses that have their beginnings as habitual patterns of thought.

Clearing the back-up or failsafe mechanism: There appears to be a mechanism that re-establishes patterns if this particular vulnerability is not cleared. Similar to a back-up hard drive on a computer system, this failsafe must be cleared to prevent the original pattern from being re-installed or brought back.

The Clearing Process

The clearing process begins by defining the master pattern you wish to remove. Be as broad as possible when doing this.

Write it down. Make certain your subconscious knows exactly what you are clearing.

On a scale of zero to ten, how intense are the feelings associated with the pattern right now?

As you go through the following instructions to the subconscious, say each instruction aloud or in your mind and then just concentrate on your cue word(s), repeating it softly over and over to yourself. Remember to stay tuned in to your body for signs of release.

- I set my intent to completely clear the master pattern of ... at every level of my being. <cue>
- I clear all of the **self-agreements** holding the master pattern of ... in place and do so at every level of my being. <cue>
- I clear all of the **unfinished business** holding the master pattern of ... in place and do so at every level of my being. <cue>
- I clear any **unknown factors** holding the master pattern of ... in place and do so at every level of my being. <cue>
- I clear any and all **roots** holding the master pattern of ... in place and do so at every level of my being. <cue>
- I clear any and all **patterns connected to or similar in any way** to the master pattern of ... and do so at every level of my being <cue>
- I clear all of the **anger, judgment, criticism, blame, shame, resentment or unforgiveness directed toward anyone (including God)** holding the master pattern of ... in place and do so at every level of my being. <cue>
- I clear all of the **anger, judgment, criticism, blame, shame or unforgiveness directed toward myself** holding the master pattern of ... in place and do so at every level of my being. <cue>
- I clear this **master pattern and all of the patterns related to this master pattern being held in my body and/or energy field.** <cue>
- I clear **any mechanism or vulnerability within me** that would allow the master pattern of ... to return and do so at every level of my being. <cue>
- I clear **any mechanism or vulnerability within me** that would allow the master pattern of ... to return and do so at every level of my being. <cue>
- I **install the master pattern of ...** to overwrite and replace the pattern ... and install any self-agreements, unfinished business, unknown factors, roots and similar/connected patterns necessary to support the pattern being installed. <cue>

Check in: How peaceful are you feeling right now? If you aren't feeling completely peaceful, go through the process again if necessary, and/or apply the drill-down technique²² for residual feelings and/or check for related patterns you haven't addressed.

²² Focus on any remaining emotion or body sensation, then breathe deeply and imagine yourself drilling down into the feeling while you think your cue word. Continue doing this until you feel peaceful.

Appendix C: ZPoint on a Page

The Healing Program

The healing program itself need only be read once. After you've read it to yourself, you'll never need to refer to it again. You will need to remember your cue word however. ☺

For our purposes in setting out ZPoint on a single page, I'll assign a cue word to use with the process. That word is "Shazam". Please feel free to use your own word remembering to avoid words with strong emotional attachment such as "money" or "sex".

Now, having chosen a cue word or phrase, read the instructions below, aloud if possible?

I hereby set a powerful intention within you my subconscious mind, to effect the best of all possible outcomes by this clearing, and that each time I notice a pattern or patterns I wish to eliminate, as I say or think my cue word, you will eliminate all such patterns and components of patterns completely and safely. And, each time I repeat my cue word in sequence, you will access deeper and deeper layers and all parts and all aspects of my being.

The ZPoint Process

The process itself is very simple. Just focus on an area where you are having difficulty and say the following three statements to yourself, or have someone read them to you. At the end of each statement, *repeat your cue word for 10 to 15 seconds just as if you are saying a mantra*. Shazam...Shazam...Shazam.

1. I clear all the ways I (feel depressed, angry, resentful, jealous etc. <repeat cue>
2. I clear all the patterns connected to all of those ways. <repeat cue>
3. I clear all the emotions* connected to all of those patterns. <repeat cue>

*All emotions include but are not limited to any anger judgment, criticism, blame, shame, guilt, resentment, fear and Unforgiveness toward self, others and if appropriate, God. (this too need only be read once and will be remembered by your subconscious mind.

You can link "Ways" statements together and say statements 2 and 3 at the end:

I clear all the ways I am angry. <repeat cue>
 I clear all the ways I am sad. <repeat cue>
 I clear all the ways I become angry when I think about you. <cue>

You can link as many of these "ways" statements together as you wish. Then, you can finish up with:

I clear all the patterns connected to all of those ways. <cue>
 I clear all the emotions connected to all of those patterns. <cue>

Fill in the Blanks...

Your subconscious mind is a marvelous instrument for healing. Instead of thinking up all of the ways we do things or feel things or the circumstances that trigger us to act in certain ways, we can simply direct the subconscious to "Fill in the Blanks" for us, like this...

I clear all the ways I am angry, when ... <repeat cue> and your subconscious will literally cycle through all the circumstances where you become angry whenever "something" occurs.

Similarly, you can say:

I clear all the ways I become angry, because ... <repeat cue> and your subconscious will clear on *all* the reasons why you become angry. You can also use modifying words like "if" and "but" or "back then" or similar words. ZPoint can be used to improve relationships, increase self esteem, heal emotional trauma etc. Other resources are available by going to <http://www.ZPointprocess.com/>

Appendix D: Script for Creating Abundance

Find a comfortable place to relax and we'll begin...

What I'm going to do is to say an Opening Statement that will bring your true feelings about being financially secure to the surface. And most important, just relax and let observe whatever you feel or experience and just let the process and your subconscious mind do all the work for you.

Ready....

Whenever I think about working my way to financial security....I feel.... <repeat your cue please>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about allowing myself to manifest financial security, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself being free of money worries, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about what it will cost me to be financially secure, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about turning into a workaholic, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about my love ones going without, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about myself turning into someone I won't like, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself having everything I ever wanted, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about myself being a failure, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about myself being wildly successful, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

I clear all of the patterns connected to all of these ways. <cue>

I clear all of the emotions and feelings connected to all of these patterns. <cue>

Now, just take a breath and relax...

Now, let's continue...

Just imagine a large light filled circle in front of you, and in that circle we'll place all the ways you worry about money, all the ways you worry that you'll never have enough, all the ways you worry that you'll never get to that place where you'll be able to live comfortably and do the things with your life that you really want to do, all the worries that somehow you're not good enough or smart enough or attractive enough. We'll place all of these worries within the circle, along with all the associated thoughts, memories, attitudes, beliefs, feelings and emotions connected to these.

And now we'll count down from 10 to 0, releasing all that we've placed there, starting with...

- 10 - remember to just repeat your cue word as I count you down
- 9 -
- 8 - just allow and observe whatever thoughts or feelings come into your awareness
- 7 -
- 6 - we'll also place in the circle whatever parts of you that resist letting go
- 5 -
- 4 - just repeat your cue word and relax
- 3 -
- 2 - release everything stored in the muscles and tendons of your body
- 1 -
- 0 - that's good

Now, take a big breath and relax...

.....and we'll continue by imagining that we're taking a broom and sweeping whatever remains of our financial worries and concerns into our circle. In a moment we'll count down again from 10, starting with

- 10 - just repeat your cue word as I count you down
- 9 -
- 8 - remember to allow your thoughts and feelings

- 7 -
- 6 - just repeat your cue
- 5 -
- 4 - let everything go
- 3 -
- 2 - easily and without any effort whatsoever
- 1 -
- 0 - that's good, now just relax and take a big breath...and let it go.

In a moment we'll continue...

Whenever I think about being financially independent....I feel.... <repeat your cue please>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about having all of the money and success I may want...I feel... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how hard I'll need to work to earn more money...I feel... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about being rich...I feel... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about what I must do to become rich, I feel

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Now, take a nice deep breath....and let it out....and we'll continue.

Whenever I think about allowing myself to realize my deepest dreams and aspirations, I feel ...
 <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about sabotaging my own best efforts, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about whether I deserve to be financially abundant, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself accepting myself completely in every way, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself being kind and generous to myself, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine forgiving myself, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from holding onto these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

I clear all the patterns connected to all of these ways. <cue>
 I clear all the feelings and emotions and feelings connected to all of these patterns. <cue>

Now, take a breath and just relax...and ...

Whenever I imagine myself being financially abundant...I feel... <cue>

Whenever I imagine taking care of my loved ones, I feel ... <cue>

Whenever I think about how good that would make me feel, it makes me feel ... <cue>

Whenever I think about how grateful I am at this moment, I feel ... <cue>

Now, just imagine, in whatever way seems most appropriate, that you are financially secure.
 Remember to continue to repeat your cue word as I speak....

Imagine that money is attracted to you wherever you go and whatever you do. Imagine what you would do with that money. Imagine it clearly and continue to repeat your cue....

Imagine how grateful you are that life has blessed you so abundantly....

Imagine giving thanks for the blessings that continue to pour upon you....

Imagine how wonderful it feels

Imagine how good you feel right nowas you continue to repeat your cue word ...

Appendix F: Script for Creating Loving Relationships

Find a comfortable place to relax and we'll begin...

What I'm going to do is to say an Opening Statement that will bring your true feelings about various relationships in your life to the surface where they can be easily released. All you need do is just relax and observe whatever you feel or experience and let the process itself and your subconscious mind do all the work for you.

We'll start by having you think about a person that you are or were having difficulty with. You can easily repeat this track for each person you don't feel ok about. And, having that person firmly in your mind we'll begin...

Whenever I think about this person, I feel.... <repeat your cue please>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about what I'd like to say to them, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how this person has affected my life, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I remember the last time I allowed them to upset me, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how they make me feel about myself, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about just letting the whole thing go, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think similar issues I may have with other people, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from keeping these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine how I'd like our relationship to be, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>

I clear all the ways I feel these feelings because... <cue>

I clear all the ways I feel these feelings whenever ... <cue>

I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>

I clear all the ways parts of me may benefit from keeping these feelings. <cue>

I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>

I clear all the ways these parts wouldn't feel safe because ... <cue>

Now, take a big breath.... and let it out. That's good....and we'll continue.

Track III

Just imagine a large light filled circle in front of you, and in that circle we'll place all the ways you are upset by a particular relationship, all the ways you are angry, all the ways that you judge that person or how it makes you feel when they judge you, all the ways they make you feel when they blame you or the ways you blame yourself, all the ways you may resent them, all the ways that you just can't forgive them for what they've done, or said or haven't done or said. We'll place all of these ways in the circle, along with any and all associated thoughts, memories, attitudes, beliefs, feelings and any emotions that may be connected to these.

And now we'll count down from 10 to 0, releasing all that we've placed there, starting with...

- 10 - remember to just repeat your cue word as I count you down
- 9 -
- 8 - just allow and observe whatever thoughts or feelings come into your awareness
- 7 -
- 6 - we'll also place in the circle whatever parts of you that resist letting go
- 5 -
- 4 - just repeat your cue word and relax
- 3 -
- 2 - release everything stored in the muscles and tendons of your body
- 1 -
- 0 - that's good

Now, take a big breath and relax...

.....and we'll continue by imagining that we're taking a broom and sweeping whatever remains of our financial worries and concerns into our circle. In a moment we'll count down again from 10, starting with

- 10 - just repeat your cue word as I count you down
- 9 -
- 8 - remember to allow your thoughts and feelings
- 7 -
- 6 - just repeat your cue

- 5 -
- 4 - let everything go
- 3 -
- 2 - easily and without any effort whatsoever
- 1 -
- 0 - that's good, now just relax and take a big breath...and let it go.

In a moment we'll continue ..

Track IV

I'll ask you to think about the relationship you have with yourself as I lead you through the following statements. Just remember to repeat your cue word...

Whenever I think about myself, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about how I relate to other people, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about people I don't like for some reason, it makes me feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine accepting myself fully and completely for who and what I am, I feel ...
<cue>

I clear all the ways I feel these feelings. <cue>
I clear all the ways I feel these feelings because... <cue>
I clear all the ways I feel these feelings whenever ... <cue>
I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
I clear all the ways these parts of me may not want to release these feelings because ... <cue>
I clear all the ways parts of me may benefit from keeping these feelings. <cue>
I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about fully trusting my feelings and my judgment about people and things, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
I clear all the ways I feel these feelings because... <cue>
I clear all the ways I feel these feelings whenever ... <cue>
I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
I clear all the ways these parts of me may not want to release these feelings because ... <cue>
I clear all the ways parts of me may benefit from keeping these feelings. <cue>
I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself being the person I'd most like to be, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
I clear all the ways I feel these feelings because... <cue>
I clear all the ways I feel these feelings whenever ... <cue>
I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
I clear all the ways these parts of me may not want to release these feelings because ... <cue>
I clear all the ways parts of me may benefit from keeping these feelings. <cue>
I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself surrounded by people who love and care for me, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
I clear all the ways I feel these feelings because... <cue>
I clear all the ways I feel these feelings whenever ... <cue>
I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>

I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about the people I work with, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I think about my relatives, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Whenever I imagine myself responding to everyone I meet with love and calm acceptance, I feel ... <cue>

I clear all the ways I feel these feelings. <cue>
 I clear all the ways I feel these feelings because... <cue>
 I clear all the ways I feel these feelings whenever ... <cue>
 I clear all the ways I may feel these feelings if ... <cue>

I clear all the ways any parts of me may not want to let these and similar feelings go. <cue>
 I clear all the ways these parts of me may not want to release these feelings because ... <cue>
 I clear all the ways parts of me may benefit from keeping these feelings. <cue>
 I clear all the ways parts of me wouldn't feel safe by releasing these feelings now <cue>
 I clear all the ways these parts wouldn't feel safe because ... <cue>

Now, take a breath and just relax...and ...

Whenever I think about myself, I feel... <cue>

Whenever I think about those closest to me, I feel ... <cue>

Whenever I think about how grateful I am at this moment, I feel ... <cue>

Imagine how grateful you are that life has blessed you so abundantly with good friends and loving family and continue to repeat your cue.

Imagine giving thanks for the blessings that continue to pour upon you....

Imagine how wonderful it feels

Imagine how good you feel right nowas you continue to repeat your cue ...