

SEEing THE PROBLEM

Let me begin this book with a special message that will be presented to you in a clinical, scientific approach. It is about understanding your natural design of subtle energies involving gene and emotional expression, and how it works to create your reality. Understanding this and paying attention to your ability to create subtle energies can impact your heaven or hell in life. My desire is to show you that Science and live testimonials starkly validate this is so. This, my hope is, will undermine any belief that you are not a special immortal being able to create your own reality. When the human brain is faced with stark evidence of healing and reality miracle examples that validate how expression really works, it opens subconscious to a new possibility of life that you may have been diverted from. The focus here is to help get you back on your path of health and abundance by presenting the evidence and the processes accepted by those who have learned to become a new mind and create a new reality. The greatest diversions from your path may have been a fall from grace of religion and the lack of understanding of how stress impacts your natural biochemical and energetic design. I hope to present the reasons for this statement and how to take control of correcting it.

This book is dedicated to finding and sharing answers to why a life is as it is. If you ever wonder, why your life seems to be lacking and is just ordinary you may wish to explore how the proactive management of your natural design of subtle energies may be the culprit. Our Conscious Reality as a holographic part of the Greater Conscious Reality operates under the laws of its Natural Design including those of numbers and sacred geometry created by an omnipotent Creator. Under these rules all humans are a holographic fractal of the Creator Consciousness equally gifted with mental and emotional abilities to experience a long life of abundance in a place called Heaven on Earth. If you are living in anything but this, in some form of dysfunction, you have not paid attention to your Creator ability of **Subtle Energy Entrainment and Expression**. This is most often an effect of free will choosing emotional toxicity:

1. Your emotional toxicity inhibits genes from expressing themselves properly to access your built-in natural pharmacy as designed by DNA;
2. Your immortal enzymes Telomerase that controls cell age are dysfunctional and not being able to replicate cells as designed;
3. Your energy centers, their mini-brains and their connections are clogged and plugged with emotional toxicity directly affecting mental, physical and physiological functionality;
4. Your subtle and invisible circuitry of meridians are under stress, blocked, plugged with emotional toxicity and not functioning as designed;
5. You are choosing to express your mental and emotional gifts the wrong way, choosing to limit your physical and mental evolution to rise beyond a savage animal;
6. The reality you create by way of thoughts, visions, words (brain) and emotional charge (heart) is biased to dysfunction by lack of heart-brain energy entrainment.

What you have chosen to do is commit some of the 12 Deadly Sins and are an average Earthlings who more often than not engages in 12 "normal" average ways:

1. Not understanding their subtle energy rules of engagement in life purpose.
2. Using free will to choose negative perceptions of experience and expression.
3. Not knowing they are the Creator of their personal material world.

4. Creating toxic emotions to down-regulate gene expression from normal expression.
5. Allowing toxic emotions and stress to build in their reality to create dis-ease and disease.
6. Supporting subconscious programming focused on being in a survival mode of life.
7. Not understanding their genetic makeup to evolve beyond the savage Anatomically Modern Human.
8. Accepting religious doctrine of sin and vengeance as their truth of expression.
9. Ignoring being a fractal part of the Unified Quantum Field.
10. Forgetting their purpose of being here to create Heaven on Earth and improve the greater consciousness.
11. Preventing their DNA from opening to its higher purpose.
12. Not aligning with heart-brain rules of their subtle energy Natural Design

If you are guilty of being an average as a consequence, an average Earthling will die at an average of 70-75 years with a demise of the common life killers of coronary, heart, cancer, pulmonary, respiratory, nerve or diabetes disease. In the end like 60% of Earthlings and you will be the proud owner of less than \$10,000 in wealth; and like the vast majority believe in some religion to guide your life. If you wish to SEE better and rise to an above average Earthling, try the proven programs offered in this book.

In order to take action to correct these dysfunctions, and misconception, I am providing a simple process called **SEE for Subtle Energy Entrainment**. It is a combined set of simple techniques used by the most successful miracle makers on the planet. These will allow you to launch a 28-day plan focused on a holistic vibrational program that makes coherent the energies of heart-brain, subtle energy centers, and circuitry in such a way as to allow your Natural Design to function the way it was designed to. SEE will install a new mindset, attention and intention using love and light so as to correct, revitalize and reestablish your true self for what you are and what your purpose is. This process, substantiated by many miracle cases, allows you to shift belief to controlling your health and wealth reality.

This book is not for the meek minded because it centers on many startling discoveries about human physical, energetic and biochemical designs, as well as some revolutionary discussions about human purpose and animal to spiritual evolution. For this reason, to give you a "heads up" consider the following statements that are expanded and justified in the book:

You have free will to determine your perception of experience and expression. Medicine and science are discovering the nature of subtle energies and the importance of energy coherence in the brain and heart as the gateway to reprogramming the subconscious to affect biology and attract a new reality. More and more medical practitioners are confirming the power of the mind to heal and shift reality by attention to and choice of managing positive emotional expression within the Unified Quantum Field of infinite possibilities.

You are the Creator of your material world reality. The Universe is a domain of waves and frequencies (i.e., the Quantum Unified Field) decoded by your mid-brain internal and sensory design to perceive and present via Fourier transforms the holographic illusion of the seemingly material reality. Through the process of interaction, you become the Observer to cause the wave functions to collapse to their particulate state forming an interactive holographic reality. The nature of this reality is governed by a fractal unit of your reality as part of the whole and created by your individual expressions of mental and emotional energies. It is a perceived reality totally under our control being created from inside out

refreshed every Planck unit of time. Your reality is thereby being created by way of specific rules of perception and engagement in it.

You control the expression of genes. Genes are designed as basic physical and functional units of heredity made up of DNA. They include genes that act as instructions to make molecules called proteins in response to environmental stimuli. They are a set of instructions that determine what the organism is like, its appearance, how it survives, and how it behaves in response to its environment. Your emotional and mental environments and their consequence of subtle energies turn on or turn off the instructions. Whether real or perceived or imagined when these energies are created (expressed) they cause gene expression to up regulate (on) or down regulate (off) depending on whether the emotion is positive or negative.

Your emotions and stress or joy level have individual powers. On a lognormal scale of 0 to 1000 emotions such as hate, anger, fear, shame, guilt, grief and apathy are below 200 and down regulate gene expression, while gratitude, joy, love, on peace, reason and enlightenment are above 200 and up regulate genes. All thoughts images, words that are expressed can carry these emotional signatures to affect your reality. As such, the choice to express negative emotions and embrace stress has compiled negative effects on longevity, health and form to your life that run automatically in your subconscious.

Your subconscious is a survival machine. Under your natural design; your brain (mental) and heart (emotion) are designed to assist you in evolving from a survival mode to a higher spiritual mode above the level of a savage animal. Like a tape recorder, using an emotional record button, the heart-brain subtle energy systems evaluate, store and playback those programs required to respond to internal and external environments automatically. As stress and emotion press record and playback an accumulation of negative programs develops over time.

You are driven instinctually to seek God. The discovery of the God gene called vesicular monoamine transporter 2 (VMAT2), predisposes humans towards spiritual or mystic experiences. The quest for God (or to "return Home", find Heaven) as so evidenced by the vast majority (92% of Americans) of humans is a fundamental instinct and behavior towards religion and spirituality as influenced by heredity. The quest for God has resulted in 4300 religions and 2800 supernatural beings over thousands of years. This instinct to return Home is because all Souls have a mission to evolve selves as part of the whole and to expand and grow on behalf of the Creator. Unfortunately, this insatiable quest has brought negative expression to manifest violence and chaos.

You are driven instinctually to the sweet taste of vengeance. The discovery of the Vengeance gene creates a behavior and desire for altruistic punishment, retribution and punishment against rule breakers. The deep-seated, biological drive to punish others for wrongdoing activates the same pleasure center of the brain (Dorsal striatum) involved in recreational drug use and falling in love. The sweet taste of vengeance drives people to judgment, anger, retribution, and conflict to "*put things right*". Without exception, this particular behavior to judge a wrongdoing and seek out "justice" is an overwhelming drive in humans that has inhibited the spiritual growth by embracing negative energies.

You are infected and effected by the level of truth in religious doctrine. On a logarithmic scale of 0 to 1000, the level of truth originally expounded by Jesus Christ calibrates at 1,000, the highest attainable on this plane. By the second century though, the level of truth of the practice of his teachings had dropped to 930, and by the sixth century,

had dropped to 540. By the time of the crusades, at the beginning of the eleventh century, it had fallen to its current level of 498. A major decline in the year 325 A.D. is due to the spread of misinterpretations of the teachings originating from the Council of Nicaea. The truth about God is also a fall from truth. The truth is therefore compromised and to follow beliefs blindly may impact your negative expression. The most prevalent expression of the untruth of being a sinner and supporting anger and fear through vengeance do not serve your genetic expression well.

You are a fractal part of the Creator and the Unified Quantum Field. Everything that exists is part of the Greater Consciousness as love and light which is the infinite whole of Creation. It exists to evolve, experience and improve the whole. There is no separation between Creator and Creation. The Creator (Great Omnipotent Designer or **GOD**) is Consciousness that follows a greater intelligent design where everything that exists is thought and emotion made manifest has a purpose of evolving. As humans are a thought within the Creator Consciousness, they themselves are Creators thinking the thought. Manifestation of personal reality is part of your natural design through love and light, or attention and intention to infinite possibilities within the field by way of thinking and feeling.

You are here to create Heaven on Earth and improve the greater consciousness. As a spark (spirit) of the Creator (immortal soul) taking a lower vibrational form as a mortal material human, all humans are gifted with a Natural Design to represent the Creator in growing and evolving spiritually of the whole for the greater benefit of the one whole. Under free will, the modalities of light being dielectricity and magnetism of love to be chosen as attention through observation that generates and maintains a field within the greater consciousness. While light is the intention that generates and maintains the vibratory frequencies of quantum within the field. This is the self-referral process of the Creator creating creation, which in turn becomes the self-referral process of creation creating the Creator. The way we choose to express ourselves in life governs the life as to whether it becomes a physical and mental hell or heaven on earth.

You being an AMH (Anatomically Modern Human) have rendered your DNA ineffective. The AMH first appeared in the fossil record approximately 200,000 years ago as a separate species, not through the Darwinism evolution tree. They mark the beginning of the subspecies. These Homo sapiens and their DNA has not changed through this period, being the same today. On an evolutionary scale of the Map of Consciousness 0 to 1000, the AMH sits at 204, barley above the state of an intellectual savage animal retaining the survival mode of existence. The purpose of each immortal soul is to engage in mortality to evolve spiritually beyond the lower state of animal to state of a Creator creating a heaven. This power to control reality of life on earth resides in each and all by way of mental and emotional expression as programmed in DNA. At a level of 204 the AMH has barely evolved beyond the status of an intellectual savage animal totally wasting the spiritual wisdom and programs for a higher human evolution.

Your beliefs control and define your reality. If you can get through these statements, you will begin to understand you are an assistant creator already creating your life reality unconsciously believing you are the victim. When you understand how this happens, and how subtle energies are designed to work, you will become mindful of what you are and how to change your reality.

What this book *is* about is EXPRESSION - yours! It is about how you express your emotions and mental abilities to elevate your life above the level of a savage animal instead of holding toxic beliefs and emotional memories that are destroying your biology. It is about

simplifying your quest for perfection to attain a fruitful life that allows you to peruse that heaven on earth. It is about understanding and harmonizing with the natural laws of your design; using the most recent successful techniques to take control of your health and wealth reality. It is about a self realization of managing your internal environment of subtle energies. It is about the science of subtle energies and how you may have come to mismanage them to your disadvantage.

What this book is about is your personal heaven and hell, here, now, created by you. It explains how the wrong religious group consciousness of prevailing beliefs has a direct effect on the quality of human expression that changes your long life and abundance. It is about how this particular belief system incorporates toxic expressions to create conflict, wars and destruction reinforcing the Earthling's quality of embracing the status of an intelligent savage animal that generates its own personal Hell. Most important it is about learning about your built in Natural Design, what science has discovered about it and what you need to know to correct the environment and conditions that are working against you.

You will learn that when you understand why and how to deploy your mental abilities to express higher emotions consistently over time, you begin to rewire and rewire your neural circuitry to experience reality of inspiring, supernatural healings. You will learn all about **SEE, Subtle Energy Entrainment**, and a combination of simple effective ways that thousands have used to stop the toxic environment of emotion that suppresses proper gene expression. You will learn how to cleanse the blocked subtle energies in your body that are expressing disease, dysfunction, and dis ease. You will learn how to create and maintain a new mind and environment to shift your reality.

This book is about your built-in Natural Design, how emotions are residual chemical records of the past and create residual effects in your body. Because emotions influence your thoughts, if you live by these same familiar emotions every day, and those emotions are driving your thoughts you can't think greater than how you feel. Then not only do you think in the past, but you create more of the past through the same chemistry, biology, behaviors, and actions. Worst of all, you are enforcing old programs of habits, chemistry and behaviour in your subconscious. This means you are forecasting your future through the unconscious anticipation of the past. Why? Because as humans, if you can predict feelings for every experience, you can remain safely in the known—even if that known is stagnant, suffocating, or unhealthy. But in order to deploy your brain the way it was meant to operate, this has to be a conscious choice of habits and expression to rewire beliefs.

When you learn to manage subtle energies by entraining key body centers and invisible connections of mental and emotional expression, you take the subtle energies out of the past and into the present. They are no longer anticipating the predictable future based on the past and things begin to change. What most people don't understand is what has been taught out in the open for thousands of years: that the sweet spot of the generous present moment is the unknown, not the known. When you are in that present moment, you are free from the past that holds you prisoner, you are able to use that liberated energy to create a new future. And when you learn to entrain the brain, heart, breath and emotions into a new environment of wellbeing by way of dedicated intent, you become a different quantum observer of abundance and longevity. You connect, in total nothingness of the unified Quantum Field of limitless possibilities and astonishing things simply begin to happen.

The biggest challenge, and breakthrough is the ability to overcome the emotions that keep you connected to memories of the past—as well as the memories that tie you to the

problems in your current lives. Like a vicious circle, types of lower negative emotions anchor us to everything we have known in the past. Through a process of managing you Subtle Energies like emotions into a process of harmony and entrainment you learn to lower the volume to those emotions to give your Natural Design a chance to work the way they were meant to. This is a process very similar to the old science of meditation, the first step in overcoming the self by zeroing out the old life patterns and opening to highest possible frequencies of emotional energy.

When this becomes a habit, the side effect of success in releasing yourself into the unknown field of limitless possibilities, away from emotional bonds typically results in healings because the body is actually moving out of the past and the brain is being rewired so as to release the internal pharmacy of the body's natural biochemicals through gene expression. Sometimes it may take a week or two for the body to switch on and begin the process of change. But when you heal your emotional state that is tied to, associated with, or built on the past, your personality literally begins to change into a new personality to express a new state of your reality.

Within each Earthling is a Soul, that guides you using free will. This "gut feel" it exudes is really a "heart feel" or "intuition" directing you to a discernment of what aligns you with your purpose and powers.

Under Natural Design all Earthlings are equally gifted with mental and emotional abilities to experience a long life of peace and abundance, in a place we call Heaven. The instruments of this natural design are the brain and heart, both tools of evolution and survival. These are what you are born into reality with, to live, love, and expand your soul. If you are living in a hell of disease, dis-ease and reality dysfunction instead, if your life is not right, it is because you are not allowing your Natural Design to function properly by how you express yourself mentally and emotionally. Simply, you are not understanding or paying attention to your invisible subtle energies and the way they work. Worst of all you are programming into your brain and subconscious a toxic set of neural programs that inhibit natural design functionality and create a loop of negative cause and effect. What the new science tells us is:

1. Your emotional toxicity inhibits genes from expressing themselves to access your built in Natural Pharmacy as designed by DNA;
2. Your immortal enzymes Telomerase that controls cell age are dysfunctional and not being able to replicate cells as designed;
3. Your energy centers, their mini-brains and their connections are clogged and plugged with emotional toxicity directly effecting mental, physical and physiological functionality;
4. Your subtle and invisible circuitry of meridians are under stress, blocked, plugged with emotional toxicity and not functioning as designed;
5. You are choosing to express your mental and emotional gifts the wrong way, choosing to limit your physical and mental evolution to rise beyond a savage animal;
6. The reality you create by way of thoughts, visions, words (brain) and emotional charge (heart) is biased to dysfunction by lack of heart-brain energy entrainment.

This book is about these issues of internal and external expression and how to correct them. You will learn what science has to say about them and what to do about changing them. If your life is crappy, and a living hell, then you already know what you need to change. You will clearly understand why this needs to change into a new model of belief; you will learn how to change your choice of expression to create a nontoxic internal and external environment for your brain to deal with and function differently. You will clearly understand

what science is reporting about this toxicity, and what thousands of people are using to STOP the wrong expression that creates the internal and external environment dictating how genes and DNA express themselves. Next, you will understand how you created, and how to CLEANSE the existing toxicity environment so subtle connections and energy systems function as designed. Then you will learn how to MAINTAIN the proper internal and external environments to prevent toxic energies from your life engagements and experience. You will learn to proactively control whether your life becomes a physical and mental hell or heaven on earth.

At the base of the issue is the reality you live in and the way your natural designed brain learns to adapt to your environment and store the resultant program of cognitive awareness. Fundamentally by natural design you are using your consciousness to sense your reality so the subconscious can determine what kind of behavioural program it needs to store. Your subconscious becomes a repository of programs that are the result of observing and reacting to the environment. The most intense programming occurs between ages 0 to 7 when the predominant brain wave pattern is in Theta. The subconscious can process 40 million bits (nerve impulses) per sec and it plays these programs back like a tape recorder when they are required.

The problems occur when your thoughts, normally in the aware beta wave pattern occupy the conscious mind in day to day activities and thoughts. By the time you mature, 95% of the cognitive activity comes from the subconscious to deal with day to day activities which are recorded on its tape. The conscious mind which is your identity and creative center is an optional device that you deploy, independent of the subconscious. It does not rely on tapes. Thinking, which can occupy 95% of your day, allows the subconscious mind to take over on autopilot because the conscious mind is busy. To understand this, it is like driving a car and thinking; while the conscious brain is occupied, the subconscious automatically takes care of the driving and all the background functions like knowing how to drive. Thus, most of the day, you deploy a consciousness processor 5% of the time and that processor can only operate at 40 bits per sec. It gets more and more difficult to get to the tape record button. In order to press the record button to write on the tape to create a new behavior, or to replace an old one, you require access to the subconscious - into theta, otherwise the record button does not function in the normal day to day beta mode. Being conscious of an issue does not change the tape, as simple awareness does not get access. It requires the ability to get into a non-busy brain activity, or more and more repetitive effort in the conscious brain to press a record button.

The focus here is to present the best of the best crossover pioneers who bridge science and metascience by clinical observations and documentation. They are the leaders in showing people how to access the tape and to press record. Their histories are filled with thousands of dramatic healing and life changing testimonials. Their files are filled with clinical tests and scientific observations of how things of mind, body and spirit really work. And best of all these pioneers have published their best sellers and teach you how to do it by yourself.

I have brought these different systems that all work, together so as to allow one to break old habits and form new by STOP old, CLEANSE, and MAINTAIN Subtle Energies.

Ed Rychkun

SEEing a SOLUTION

SUBTLE ENERGY ENTRAINMENT

So now we are ready to present the way in which you can best refire and rewire the brain and make the frontal lobe your ally in that you take it off autopilot and start implementing a proactive way to bend reality your way, to your passions, and to your dreams. You have spent a lifetime believing that your world and your reality is something you have no control of and are a victim of. It is time to create a different mindset and understand that you are in control of it, and you are a victim of your own doing. This is how you unleash your Genie, but you have to learn new rules of how you deploy your subtle energies with the mindfulness that these are instructions to the Genie to go into Unified Quantum Field to find something that is similar. Understand that you are that Genie and you need to take that power back.

But not only have you been delegating incorrect, vague and wrong instructions, you may have been sloppy on your way of expression. You have spent a lifetime creating emotional blocks, bad habits, and subsequent reality that still needs to play out. So to properly address this, we need to launch a new plan to get your mind, body and reality back on the right path. To do this, we will select the best of the best procedures from the people that show results. Quite obviously there are several parts to this process so if we can go back to your reality garden which may be overgrown with weeds, you basically have to pull the weeds, retill the soil, replant new seeds, then use the right fertilizer. The new garden will require a new state of mind (belief). It will require planting a new vision (bending reality) and emotional expression (up regulation), and it will require cleansing energy centers.

It is most likely that the old belief system is stubborn, not easily displaced so it is best to believe you can do this because others have. For this we are going to lay out what is a 28-day plan of re-firing, re-wiring and reprogramming because it is the continued habit and thoughts that will get your frontal lobe working for you not against you. When you set your mind to learn a new habit or physical ability, you know how to get focused on the present and concentrate on re-firing and re-wiring. The harder and longer you repeat, the easier it is to run from memory of subconscious. This is no different.

Quite obviously, the process and habit of meditation is crucial because you rarely find the process of meditation absent. It is clear that this process is for you to "go inside" of yourself, to "let go" of all that material reality, to become "present" to the moment, and to "be one" with the creator (your higher state). This was the way to find your "Higher Self" and release your "soul" to understand that you were actually God. More recently, this process has been encouraged by healers and practitioners.

If you look at the process and actually measure what happens, people move their brain wave states into Alpha and Theta by eliminating the beta waves where the conscious brain likes to operate from. Thus the material past and present go away into a space of the Unified Quantum Field where there is no time, no one, no thing to distract you. You let go of the usual physical material environment. Of course this process means you have to express

higher emotions of peace, gratitude, and love and so on to create the environment where that can happen. You let go of lower emotions. Typically this is done by placing attention and awareness on a rhythmic breathing and attention to the body parts to get away from the brains' preoccupation with outside reality, past and future. When the higher emotions are deployed, the heart waves are also effected so they go into a coherence pattern as well. This is part of the entrainment process that can allow you to **be and feel** what it is you desire. This state of entrainment into coherent wave pattern is fundamental to virtually every successful Miracle Hunter like Joe Dispenza.

But what is being found by science is what is actually happening as this process gets entry to the subconscious world where reprogramming takes place. It is much more than a means of reducing stress; it is a doorway to a means of changing your reality.

What separates the conscious mind from the subconscious mind is the analytical mind. Thus, by simply taking attention off of everything material (meaning a narrow, convergent focus) and opening awareness to the space around you (meaning an open, divergent focus), you can slip into the theta state quite naturally. This is important because the whole purpose of meditation is to get beyond yourself—beyond your thinking/analytical mind, beyond your body, beyond the people and things in your life, the places you go, and even time itself. It is to transcend everything known to create something unknown.

This is very auspicious because the part of the brain that uses our senses to plug into this 3D reality is being suppressed, so essentially this creates the disappearance of our identity and personality. This is what it means to get beyond the self.

When the neocortex is totally suppressed, the brain moves into a theta brainwave state. Essentially, you've entered a more lucid dreaming state where you are more conscious (actually superconscious) in your subconscious mind. This allows us to get into the body's control center, or the autonomic nervous system, and this is where the magic starts to happen. It is where you suspend the idea of time.

Like hypnosis, meditation bypasses the critical analytical mind to move into the subconscious system of programs — beyond analytical interference away from the outer world of body and time to pay attention to the inner world of thought and feeling. It moves the mind from selfish to selfless, from being somebody to no body and no one, some place to no place, materialist to non-materialist, from survival to creator, imbalance to balance, from limiting emotions to expansive emotions (love, joy) known to unknown.

If the neocortex is the home of conscious awareness (intellect, etc.) you must move beyond it to meditate effectively. You must move into the limbic brain. You have to declare a cease fire on all neural networks. The neocortex uses the 5 senses and is preoccupied with the body, environment and time. This is ego surviving so nobody, no thing, no place is a serious threat to it.

The depth of Meditation is about navigating brain waves to affect how suggestible we are at the moment. The EEC measures how neurons fire together since they create electromagnetic fields. The slower, the deeper we go, the higher the wave the further away from the operating system, the worst being the high state of Beta created by stress chemicals.

Building a new reality

The scene is now set for a dramatic change in your life if you want to make one. It only requires you and your Soul to get your stuff together and get to work changing your internal and external environments.

It is not instant, although that possibility exists. As most of us have spent a lifetime programming our survival system and plugging and blocking physical and non physical anatomies with crappy emotions and memories, the process requires learning and doing **Subtle Energy Entrainment**. In psychology entrainment may be used in a number of contexts: **Entrainment** (brainwave synchronization), **Entrainment** (biomusicology), and the synchronization of organisms to an external rhythm. **Entrainment** (chronobiology) adjustment of the biological clock.

In essence, entrainment refers to a natural phenomenon in which one entity resonates synchronously with another in response to its dominant frequency of vibration. And whether this resonance occurs on a gross or subtle level, it invariably involves *rhythm*. We tend to associate rhythm and entrainment with music and sound, ignoring just how pervasive they are in the world around us and *within* us. Indeed, the human heart's rhythms play a vital role in producing waves of blood, sound and electromagnetism, all of which either *entrain* or influence every cell in the body to varying degrees. ^[ii] Researchers at the University of Arizona have discovered evidence that *the heart's energetic field exerts an entrainment effect upon the brain*. They also showed that **heart-focused attention** increased this heart-brain entrainment.

If you recall the six issues at the beginning of the book:

1. Your emotional toxicity inhibits genes from expressing themselves to access your built in Natural Pharmacy as designed by DNA;
2. Your immortal enzymes' Telomerase that controls cell age are dysfunctional and not being able to replicate cells as designed;
3. Your energy centers, their mini-brains and there connections are clogged and plugged with emotional toxicity directly effecting mental, physical and physiological functionality;
4. Your subtle and invisible circuitry of meridians are under stress, blocked, plugged with emotional toxicity and not functioning as designed;
5. You are choosing to express your mental and emotional gifts the wrong way, choosing to limit your physical and mental evolution to rise beyond a savage animal;
6. The reality you create by way of thoughts, visions, words (brain) and emotional charge (heart) is biased to dysfunction by lack of heart-brain energy entrainment.

Now, we are going to lay out a solution for all these problems. But like anything that has been going on for your life time, it is going to take a concerted effort and requires several important parts that stop the old practice and instill a new mind, clean up the old dysfunction, repair them and launch a proactive shift in reality.

To address these issues, we need to launch a new regime to change expression inside and outside. The key is that these are different techniques that have worked for thousands and they do not cost, nor do they require anyone else but you and your mind. They do require discipline using a set of techniques widely published by Joe Dispenza, HeartMath, and

Dawson Church, as well as being confirmed by 20 different of world-renowned healers and reality benders.

The key books and websites are referenced previously. To get your big smarty brain focused on a new environment, you should read these to shift your belief system. It is recommended that these 5 processes be done every day for 28 days to create the regime. It is recommended that you start with small issues so you can see progress. You must rewire the brain, think and feel differently and simply know in your heart that what you are doing is right.

We are now going to put together a 28 day program that combines and reflects all of the knowledge and techniques in this book. What is important to note is that you are setting a new mind which is your new reality. You are rewiring your brain to be your servant in a new positive reality of health and abundance. It is not an instant solution (although many report instant and quick solutions). Everybody is different and you may well be the one that things happen to quickly. Nevertheless, if you are older, it requires more focus and training to first eliminate old patterns and blocked subtle energy. You must realize old habits, retrain and entrain. Like most things in life, they require focus, intent, passion and persistence. You are taking affirmative action to get out of having reality come to you on autopilot, and at the same time, getting rid of the inventory of negative environments internally and externally.

Fundamental to this is to set the environment by way of SEE. Heart-brain coherence is fundamental. This is the working environment. Fundamental to this is the practice of meditation, but meditation is only the initial setting. Once in the meditative heart-brain state, you must do something beyond sitting in silence. You have to use emotion and intent to launch your new reality. This will engage you in 5 different processes.

- 1. Heart-brain coherence practice**
- 2. Cleansing energy center practice**
- 3. Reconditioning the pranic tube practice**
- 4. New mind, body reality practice**
- 5. Emotional cleansing practice**

PRACTICE 1: Heart-brain coherence

Fundamental to the techniques is the work of HeartMath that teaches you that setting the heart-brain into positive resonance and entrainment is crucial. If you can't settle the brain into alpha and get the heart into coherence then you are not going to win the battle. This is a process fundamental to all the procedures. With practice, you can create a coherent state in a few minutes of simple, but powerful steps of the **Quick Coherence® Technique**. By using the power of your heart to balance thoughts and emotions, you can achieve energy, mental clarity and feel better fast anywhere. When you begin feeling a draining emotion such as frustration, irritation, anxiety or anger, stop, sit down, relax and do this. Find a feeling of ease and inner harmony that's reflected in more balanced heart rhythms, facilitating brain function and more access to higher intelligence

Quick Coherence Technique

Step 1: Find a comfy place, relax body, close eyes take a few deep breaths while recalling the emotion of peace or love in and release out.

Step 2: Focus your attention in the area of the heart.

Step 3: Follow your breath flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable.) Take 3 breaths.

Step 4: Taking 5 more breaths, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Alternately, imagine a beam of light down through your head into the heart with each in breath filling your heart to be lighter, brighter, and calm.

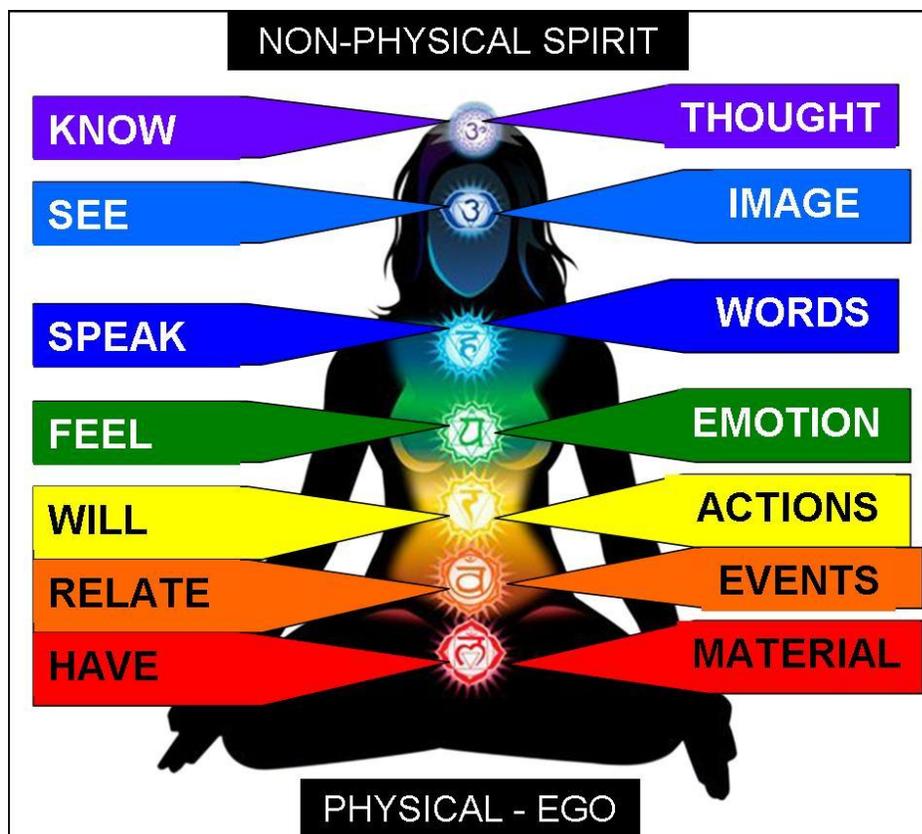
Step 5: Broadcast your energy out all around you feeling your heart center expand. This is your light field you are expanding and rejuvenating.

PRACTICE 2: Cleansing energy centers

The next practice comes from **Joe Dispenza**. In this process, we are cleansing our energy centers. Our evolution moves energy all the way up to top, but energy gets stuck and can't flow up as the first 3 lower chakras consume energy and draw from our field to turn it into chemistry, diminishing our light field. As stress occurs, incoherence in brain and heart change the flow of energy slows, diminishes and loses functionality. An incoherent brain sends incoherent messages to mini-brains of the chakras to effect expression and nerve conductivity. This creates dis-ease, disease, imbalance as each doesn't work well, manifesting negative function associated with the chakras area of physical, mental and physiological functions. The chakras normally work with the central core of energy flow (pranic tube) which connects them.

By placing attention upon the energy centers, blessing them for the greatest good and launching the intention of filling them with light/love, they will begin to cleanse, adjust and align into their purposes and functions thus eliminating dis-ease, disease and dysfunction. This process should be done twice daily over a period of time (28 days) to reprogram and embed the procedure to give it a chance to properly work.

Here is a picture of the energy centers that you will shift your attention to, just as you did with the heart energy center in the Quick Coherence.



There are two parts which can be combined, first blessing each energy center, and then cleansing the pranic tube lifeline. The Cleansing Energy Center Technique is as follows:

STEP 1: Create the proper environment by opening up to heart-brain coherence as in the Quick Coherence.

- Know on out breath you are releasing negative thoughts, feelings of emotion, to be replaced by love
- Imagine white light down on you protecting you, surrounding you with love
- Know white light is universal energy that knows all as all information is there and you have access to it

STEP 2: Begin the blessing of each energy center from the lower center upwards

- Place your attention on 1st energy center at the Root Chakra
- Open up to attention around the center seeing its red colour
- Once sensed, bless the center for greatest good
- Connect to elevated emotions like love, gratitude, joy
- Filling it with love and light raise frequency to create coherent field of energy
- Hold this for at least 17 seconds as you breathe
- Place your attention on 2nd energy center at the Sacral Chakra
- Open up to attention around the center seeing its orange colour
- Once sensed, bless the center for greatest good

- Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe
- Place your attention on 3rd energy center at the Solar Plexus Chakra
 - Open up to attention around the center seeing its yellow colour
 - Once sensed, bless the center for greatest good
 - Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe
- Place your attention on 4th energy center at the Heart Chakra
 - Open up to attention around the center seeing its green colour
 - Once sensed, bless the center for greatest good
 - Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe

STEP 3: Begin the blessing of each energy center from the heart upwards

- Place your attention on 5th energy center at the Throat Chakra
 - Open up to attention around the center seeing its blue colour
 - Once sensed, bless the center for greatest good
 - Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe
- Place your attention on 6th energy center at the 3rd Eye Chakra
 - Open up to attention around the center seeing its indigo colour
 - Once sensed, bless the center for greatest good
 - Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe
- Place your attention on 7th energy center at the Crown Chakra
 - Open up to attention around the center seeing its violet colour
 - Once sensed, bless the center for greatest good
 - Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe

Step 4: Open up to the Quantum Unified Field through the 8th chakra.

- Place your attention on 8th energy center 16 inches above your head
- Open up to attention around the center seeing its white colour
- Bless with gratitude, appreciation, thankfulness
- Feel the ultimate state of receivership
- Open door to the unified quantum unified field of all possibilities
- Hold this for at least 17 seconds as you breathe

Step 5: Allow your light energy body to become brighter and lighter, expanding into the unified Quantum Field

- Focus on the electromagnetic energy surrounding the body
- Place intent on building and expanding your field of energy centered on the heart
- You become more light, more energy, less matter
- Raise your body frequency
- Feel unlimited to create unlimited
- If you are to heal magnificently you must feel magnificently
- Tap into elevated emotion of the heart and sustain it

Once done lie down for 15 minutes to relax, surrender and let the heart-brain coherence balance with the autonomic nervous system to take orders and integrate all information into your body

PRACTICE 3: Reconditioning the pranic tube

When your chakras are aligned, the core is an open and expanding tube of prana, in which energy flows easily both upward and downward, through all the chakras. This procedure is used to complement the cleansing of that process. Energy gets stuck in the lower 3 chakras and this procedure allows the energy to be forced up and out through the pranic tube. It can be practiced separately or as a continuation of the Blessing Practice.

STEP 1: Create the proper environment by opening up to heart-brain coherence as in the Quick Coherence.

STEP 2: Open and cleanse the pranic tube by squeezing the energy upwards

- Place your hands on your lap
- Place your attention on your perineum in-between coccyx and pubic area
- Lift up the perineum by placing attention on it
- Breathe normally
- Squeeze muscles of the perineum and hold for 5 seconds locking it in
- Let go and relax
- Do this 3 times
- Contract perineum and muscles of lower abdomen locking them in
- Pull lower up and lock the two center, hold for 5 secs then relax
- Pull up and hold for 5 secs three times
- Now pull perineum, lower abdomen and upper abdomen muscles
- Tighten your entire core of these 3 centers, hold for 5 secs (lock in)
- Do this 3 times squeezing harder each time

STEP 3: Open and cleanse the pranic tube by squeezing the energy upwards

- Place finger to top of head to remember the point
- Put hand back in lap without contracting muscles (lock in)
- Take steady breath through nose
- Follow your breath through perineum, through all 7 energy centers
- Follow to top of head and hold breath 10 secs
- Keep attention on top point
- Let energy follow your awareness
- Relax

STEP 4: Open and cleanse the pranic tube by squeezing the energy upwards

- Place finger on top again take it away and feel the point
- Place hands on legs again
- Take breath through nose without contracting muscles (lock in)
- As you inhale through nose imagine pulling up energy through tube to top
- At top hold breath 10 sec, follow awareness, relax
- Next breath through nose, pull all muscles up as in lock in
- As you squeeze pull intention in to pull all lower energy to the brain
- Follow breath thru each of 3 lower centers
- Pull and follow up thru all 4 upper centers as you squeeze
- Follow to top, hold breath 10 secs as you squeeze
- Relax as you exhale
- Repeat breath 2 more times

STEP 5: Open and cleanse the pranic tube by squeezing the energy upwards

You are using your body as an instrument of consciousness with full intent to pull mind out of the body. You are liberating energies locked in lower three centers and moving it up to higher centers where you can use it for healing or creating something new.

Once done lie down for 15 minutes to relax, surrender and let the heart-brain coherence balance with the pranic tube knowing it is now clear and functional as its design was meant to be.

This process can also be used for preparation to attracting a new reality and state of being, i.e. you are ready for placing a vision of desire enfolded with heightened emotion of completion into the 3rd eye to be presented through the 8th chakra gateway into the unified field of no one, no thing, no time in the present moment.

PRACTICE 4: Emotional cleansing

The Emotional cleansing is based on Dawson's highly successful EFT Emotional Freedom Technique which uses tapping of meridian hot spots to cleanse emotional blocks. It can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

STEP 1: Identify the issue

In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome.

STEP 2: Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue. Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

STEP 3: The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

Acknowledging the issues

Accepting yourself despite the problem

The common setup phrase is: "*Even though I have this [fear or problem], I deeply and completely accept myself.*" You have to focus on how the problem makes you feel in order to relieve the distress it causes.

STEP 4: EFT tapping sequence

The EFT tapping sequence is the methodic tapping on the ends of nine meridian points. There are 12 major meridians that mirror each side of the body and correspond to an internal organ. However, EFT mainly focuses on these nine:

1. karate chop (KC): small intestine meridian
2. top of head (TH): governing vessel
3. eyebrow (EB): bladder meridian
4. side of the eye (SE): gallbladder meridian
5. under the eye (UE): stomach meridian
6. under the nose (UN): governing vessel
7. chin (Ch): central vessel
8. beginning of the collarbone (CB): kidney meridian
9. under the arm (UA): spleen meridian

Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

Eyebrow

Side of the eye

Under the eye

Under the nose

Chin

Beginning of the collarbone

Under the arm

After tapping the underarm point, finish the sequence at the top of the head point. While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase is, "***Even though I have this (fear or problem), I deeply and completely accept myself,***" your reminder phrase can be, "***The (emotion) I feel that is (feeling).***" Recite this phrase at each tapping point. Repeat this sequence two or three times.

STEP 5: Test the final intensity

At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, repeat this process until you do.

These practices need to become part of a dedicated program to totally change your expression, to clean up the mess and institute a new ongoing habit. The repetition of this rewires the brain in a better environment in which it is easier to reprogram the subconscious. The clarity and focus specify more clearly what you want as a new possibility.

But most important is to manage your expression outside of these session so as not to nullify and confuse what you are instigating and the intensity of the positive emotion of gratitude, joy of completion will dictate the time required to manifest it into your holographic reality.

In instituting a new 28-day plan, I found the best is do three session each day, faithfully for 28 days to properly refire and rewire. The 5 sessions were:

- Heart-brain coherence practice
- Cleansing energy center practice
- Reconditioning the pranic tube practice
- New mind, body, reality practice
- Emotional cleansing practice

Each session should be preceded by the Heart-brain coherence practice that sets the tone of the environment. It is the most important part of the entrainment process. This process as outlined is very simple and is not really meditation. How extensive you want this process to be is up to you, but it is always very positive to practice some form.

In the morning, the process would be followed by the Cleansing energy and Pranic reconditioning.

At mid day, the emotional cleansing practice scan can be done, and at night just before bedtime, the New Potential practice will take you into the realm of infinite possibilities to bring into your reality.

PRACTICE 5: New potential

Again this process is published and used by Joe Dispenza to become one of the most successful ways of changing your expression to transcend into a new reality. It sets the process for bringing into your reality a new desired result. In this process, the purpose is to condition your brain into a new state of mind and to take control of your desired reality.

Remember that you already do define and create your reality. You are simply instituting a proactive way to control it. This process requires that some planning be done to define what it is you want to change in your life, energize and draw out of the possibilities of the Unified Quantum Field as a preferred reality.

There are three aspects to this plan. Since you have not experienced this yet you must assign what it will feel like. This is your emotional signature that carries the intent. You must teach the body to really feel these as a result. This means that given what you list as the specific results (Elevated Emotions) explicitly specifying the heartfelt feelings you would express. and outcome you are desiring (Intention) as specific thoughts and conditions. You will create a symbol to represent this possibility to that you will collapse it into your reality. Write this plan down to solidify it. Draw squiggly lines around your symbol to represent the electromagnetic field you want to generate around your body to match that potential in the quantum field.

Remember that clarity is important in both creating what you wish as your new reality, and the emotions you will express as a result.

Intention (Thoughts) of Life		Elevated Emotions (Feelings)
Specific Conditions		Specific Heartfelt Results
List of desired results and conditions that represent your new reality. This can be any new possibility of health or wealth.	Symbol	List of the higher emotions that you express in gratitude and in appreciation when living the results.

STEP 1: Create the proper environment by opening up to heart-brain coherence as in the Quick Coherence.

- Know on out breath you are releasing negative thoughts, feelings of emotion, to be replaced by love
- Imagine white light down on you protecting you, surrounding you with love
- Know white light is universal energy that knows all as all information is there and you have access to it

STEP 2: Begin the awareness of body to shift brain-heart attention into the present moment

- Rest attention on parts of the body and space around you
- Change brain waves from incoherent beta to coherent alpha and theta
- Become aware of eternal black space behind your eyes
- Be aware of space behind throat, chest, heart, body, navel, hips
- In each, stop to feel it and become aware of it

STEP 3: Begin the awareness of space in which you are to open into the Unified Quantum Field of all possibilities

- Become aware of the vast space in your room
- Extend awareness to vastness of space beyond room, then move to all space
- Take attention off body
- Become no body, no thing, no where, no time to become pure consciousness
- Unfold as an awareness into this infinite field of possibilities
- Think about the potential that exists here

Step 4: Bring forward your new reality into the Field

- Now remember your letter
- Hold the symbol in 3rd eye
- Sense the energy of that future potential within and around you
- Tune into your future to broadcast the new state of being into the field
- Know you do nothing, all will find you
- Remember your future and rehearse living that future calling elevated emotions listed
- Surrender to the creation of the greater mind and let it go
- Bless your body and new mind
- Bless everything and give thanks to the new life

Step 5: Bring self back into your present reality

- Bring awareness back into room and open eyes
- Let go and let synchronicities find you

A word about meditation

It is important to take a serious lesson from meditation because it is this process that sets up the scene for the rest to work. Learning how to be still is the method of meditation. The process of cultivating stillness begins with the body. In the yoga tradition, you are guided by a competent teacher to keep your head, neck, and trunk straight while sitting in a meditative posture (*asana*). When you have learned to be comfortable in this posture, you should form a regular habit of practicing in the same posture at the same time and at the same place every day. I have included the work of **Ivan Antic** earlier and I encourage you to read his book to truly understand original meditation purpose and process. We will leave this topic of SEE with some words of wisdom from Ivan's book.

Find a simple, uncluttered, quiet place where you will not be disturbed. Sit on the floor with a cushion under you or in a firm chair, with your back straight and your eyes closed. Then bring your awareness slowly down through your body, allowing all of the muscles to relax except those that are supporting your head, neck, and back. Take your time and enjoy the process of letting go of the tension in your body. Meditation is the art and science of letting go, and this letting go begins with the body and then progresses to thoughts.

Once the body is relaxed and at peace, bring your awareness to your breath. Notice which part of your lungs are being exercised as you breathe. If you are breathing primarily with your chest you will not be able to relax. Let your breathing come primarily through the movement of the diaphragm. Continue to observe your breath without trying to control it. At first the breath may be irregular, but gradually it will become smooth and even, without pauses and jerks.

Meditation is a process of giving your full attention to whatever object you have chosen. In this case you are choosing to be aware of the breath. Allow yourself to experience your breathing in an open and accepting way. Do not judge or attempt to control or change it. Open yourself so fully that eventually there is no distinction between you and the breathing. In this process many thoughts will arise in your mind: "Am I doing this right? When will this be over? Perhaps I should have closed the window. I forgot to make an important call. My neck hurts." Hundreds of thoughts may come before you and each thought will call forth some further response: a judgment, an action, an interest in pursuing the thought further, an attempt to get rid of the thought.

At this point, if you simply remain aware of this process instead of reacting to the thought, you will become aware of how restless your mind is. It tosses and turns like you do on a night when you cannot fall asleep. But that is only a problem when you identify with the mind and react to the various thoughts it throws at you. If you do, you will be caught in a never-ending whirlwind of restless activity. But if you simply attend to those thoughts when they arise, without reacting, or if you react and attend to the reaction, then they cannot really disturb you. Remember—it is not the thoughts that disturb you, but your reaction to them.

When you meditate, you give yourself an inner vacation.

Meditation is very simple. It is simply attending. You can begin by attending to your breath, and then if a thought comes, attend to it, notice it, be open to it—and it will pass. Then you can come back to the breath. Your normal response is to react to all your thoughts, and this keeps you ever busy in a sea of confusion. Meditation teaches you to attend to what is taking place within without reacting, and this makes all the difference. It brings you freedom from the mind and its meandering. And in this freedom you begin to experience who you are, distinct from your mental turmoil. You experience inner joy and contentment, you experience relief and inner relaxation, and you find a respite from the tumult of your life. You have given yourself an inner vacation.

This inner vacation is not a retreat from the world but the foundation for finding inner peace. You must also learn to apply the principle of attending in your worldly activities, so that you can apply yourself in the world more effectively. Through practicing meditation you can learn to be open to what comes before you in your daily life and give it your full attention.

Ordinarily, you react to the experiences that come before you in much the same way that you react to your thoughts. If someone says something negative to you, you become angry or depressed. If you lose something, you become emotionally upset. Your mood depends on what comes before you, and, as a result, your life is like a roller coaster ride. You react before you have fully experienced what you are reacting to. You immediately interpret what you see or hear according to your expectation, fears, prejudices, or resistances. You short-circuit the experience, and thus limit yourself to one or two conditioned responses instead of responding to a situation openly and creatively.

But if you apply the principle of meditation to experiences that come before you, you can fully attend to what is taking place. You can attend to your initial reaction without reacting to your reaction: "Oh, look how threatened I feel by that." Let yourself be open to experiencing your reaction and it will move through you and allow other spontaneous responses to also come forward, so that you can select the one that is most helpful in that particular situation.

In this way meditation is very therapeutic. It not only leads to inner balance and stability, it also exposes your inner complexes, your immaturities, your unproductive reflexes and habits. Instead of living in these complexes and habits and acting them out, they are brought to your awareness and you can give them your full attention. Only then will they clear.

Have patience and do your practice systematically. Every action has a reaction. It is not possible for you to meditate and not receive benefits. You may not notice those benefits now, but slowly and gradually you are storing the *samskaras* (impressions) in the unconscious mind that will help you later. If you sow a seed today, you don't reap the fruit tomorrow, but eventually you will. It takes time to see results; be gentle with yourself.

Meditation means gently fathoming all the levels of your being, one level after another. Be honest with yourself. Don't care what others say about their experiences—keep your mind focused on your goal. It is your own mind that does not allow you to meditate. To work with your mind, you'll have to be patient; you'll have to work with yourself gradually.

Some of the most important benefits of meditation make themselves known gradually over time and are not dramatic or easily observed. At first you may see progress in terms of physical relaxation and emotional calmness. Later you may notice other, more subtle

changes. Some of the most important benefits of meditation make themselves known gradually over time and are not dramatic or easily observed. Persist in your practice and you will find that meditation is a means of freeing yourself from the worries that gnaw at you. Then you are free to experience the joy of being fully present, here and now.

The 28 Day Plan

To rewire and rewire the neural system you will understand that it may not be easy for you. You have spent your life creating your beliefs and behaviors. This will have an immediate impact on how long it takes to see results. The SEE process as suggested here should be done for periods of time faithfully and strictly to establish a rigid pattern over 28 days. Although there are not set rules on this, understand that new habits are needed for anything to be effective. As outlined here, there are five crucial practices to address the big 6 issues outlined as the original issues and objectives.

1. Quick Coherence
2. Cleansing Energy Center
3. Cleaning the pranic tube
4. Emotional unblocking
5. New Potential

The daily schedules suggested will be to hold three sessions:

1. Upon awakening in the early morning to do the cleansing
2. Around noon when you can do emotional unblocking
3. Before sleep when you can launch your new potential

Because the Quick Coherence should precede practices 2-5 and you can combine 2 and 3, you can easily establish a rigid schedule 3 times per day. If you want to simply add visualization or meditation as a separate practice, it is up to you.

During every moment, however of your awareness, you must catch yourself when idle or negative thoughts occur. Always stop and ask yourself if these are necessary and replace them with positive thought. If situations arise that create stress or conflict, take a positive approach and always remember not to give energy life through negative lower emotional expression. Learn and move on. By now you will understand why.

Basically, you are here to experience and express yourself in heaven on earth. And it is your choices that determine this. Your natural design functions for that purpose and you do not need to follow others — especially those who tell you to follow their dogma to get to heaven.

Your belief and your attitude

If you go back to the analogy of the garden as your reality, it is important to begin the process with a new attitude because that dictates your belief. Your Genie is your Soul and it is best awakened by believing you are capable and worthy of having your dreams come true. Here are some tips and thoughts that you can continuously fill your mind with.

Allow yourself to let go of old to enter the world of limitless possibilities:

I invest my energy into the unknown

The more I linger in the unknown the more I draw a new life to me
I live in the infinite field of potentials
I am thought in the blackness of infinity where there is no thing no body, no time
I stop observing the known and shift into the immaterial realm of quantum potentials, and focus instead on new possibilities

Believe you have the power to be the creator and you are in control:

The level of my energy is greater than my emotional addictions
The level of my energy is greater than my hardwired brain
The level of my energy is greater than my biological body
The level of my energy is greater than my circumstances
I am the power that makes the body heal the body
I am the power that makes the emotions express to heal
I am the power that makes the creativity unleashed
I am the power that makes the relationships heal
I am the power that makes the heart heal
I am the power that makes the abundance
I am the power that creates the purpose
I am the power that heals the unexpected and the uncertainty

Express what you are and enforce your new reality:

I align and embrace with a greater power in the energetic realm of possibilities from energetic waves of possibilities to particle in reality, from thought to energy to matter
I am in partnership with the universe
I am empowered, I am unleashed, I am inspired, unlimited, ingenious, connected, clear, aligned, alive, and free
I am me, as oneness, beingness, wholeness, significant, purposeful, and powerful

State you are aligned with a Greater purpose:

I am surrendering my ego
I am attracting the life of my dream because of my commitment to help others
I am rich, successful, compassionate, a philanthropist
I am learning to become the best that I can be
I am changing my reality from within myself
I am understanding deeper aspect of myself
Good resides within me
I am raising my consciousness
I am attracting good things into my life
I have the ability to become whatever I want, become the universe because the universe feels my intentions to do good with the wealth it will provide me
I am committed to grow spiritually so that the universe can guide me

Express your gratitude:

I give thanks to the universe
I am grateful for what the universe offers me
I give heartfelt thanks
I am deeply moved by the level of thanks I feel every day I move closer to my ideal life

State who you are and your purpose:

I believe in myself I put faith in myself by having faith in the universe
I cultivate my love for the universe
I awaken a higher truth within

Something good grows inside me, it warms my inner being
I am illuminating, I am raising my vibration
I choose to have a great life
I choose to live a good life
I am raising my consciousness
I choose love

Remove yourself from the usual field of 95% negative, repetitive thoughts and enter the world of limitless possibilities. Fill your conscious mind with your true purpose and your power to control your reality. Put your Genie on notice.