



ADVANCED 5-STEP MIND DETOX METHOD [ALL PASTS]

STEP 1: FIND ROOT-CAUSE EVENT (**WHEN** IT STARTED?)

THE SET UP: *With your permission, let's find out when the problem started so that you can move on and stop it being a problem now. Trust your first answer to all of the following questions.*

ASK: *What event is the cause of the problem, which when resolved will cause the problem to disappear? If you were to know, was it before, during or after your birth?*

IF AFTER BIRTH, ASK: *What age were you?*

IF BEFORE, ASK: *Was it in the womb or before?*

IF IN THE WOMB, ASK: *What month? (Provides a number or month name)*

IF BEFORE WOMB, ASK: *Was it in a past life or passed down your family tree?*

IF PAST LIFE, ASK: *How many lifetimes ago?*

IF FAMILY TREE, ASK: *How many generations?*

IF DURING BIRTH, THEN GO TO STEP 2.

STEP 2: CLARIFY THE CONTEXT (**WHAT** HAPPENED?)

ASK: *When you think of that time, what's the first person, place, event or thing to come to mind?*

Digging deeper questions: Who was there? Where were you? What was happening? It can help to close the eyes when accessing memories from before this lifetime. Like an artist painting a picture, let the details form to create a memory of a specific event/scenario that could have been a problem.

IF APPROPRIATE SAY: *Although this event happened to [insert person], we are going to heal the part of them that is you now, and so for the rest of this session we will focus on You finding peace with this event, as if it had happened to you. OK?*

STEP 3: DISCOVER ROOT-CAUSE REASON (**WHY** WAS IT A PROBLEM?)

Remember the root-cause reason is: "Emotion(s) + Reason".

3.1 ASK: *What is it about what happened that was a problem for you/them?*

Digging deeper question for 3.1: "How did it make you/them feel?"

3.2 ASK: *Ultimately, what was it about what happened that caused you/them to feel that way?*

Digging questions for 3.2: "If X happened, what might happen?" or "What was it about X that was a problem for you/them?" Repeat questions substituting X with the previous answer until you find the reason why they felt that way.

3.3 Rate root-cause reason ASK: *On a scale of 0 to 10, with 10 being very high emotion and feels true, how would you rate (state root-cause reason)?*

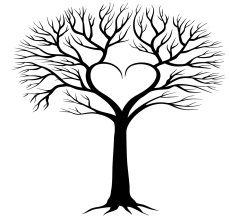
STEP 4: RESOLVE ROOT-CAUSE REASON (**WHY NOT** A PROBLEM NOW?)

4. COME TO NEW CONCLUSIONS WITH NEW INFORMATION

4.1 Learn from past - ASK: *What can you/they know now, that if you/they had known it in the past, you/they would have never felt (state root-cause reason) in the first place?*

4.2 Learn from future - ASK: *Is it possible that you can be at peace when you think about this old event at some point in your future? OK, let's go and speak to the future you that is at peace with it. What will you know at that point in the future that will enable you to feel at peace then?*

4.3 Learn from blindspot - ASK: *For this to have been a problem, what did you/they need to not know? Digging question: "For it to be a problem then, what did you/they need to believe?" (Finds incorrect conclusion)*



Use *Installing the Knowing Exercise* when you discover a positive and loving learning that makes it impossible for them to have negative emotions associated with the RCE or RCR. For events beyond this time you can either 'associated into the person and look through their eyes' or (if too traumatic), install into a symbolic RCR-related-event in this lifetime.

STEP 5: TEST RCR IS RESOLVED (CELEBRATE BENEFITS & SATISFY CONVINCER)

5.1 Test RCR: *"On a scale of 10 to 0 with 0 being the emotion is completely gone and you feel neutral now, how would you rate the old root-cause reason?"*

5.2 Test the past: *"When you think about the original event you might find the memory is there but the emotion is gone and you/they feel more neutral now?"*

5.3 Test the future: *"Think of a time in the future when something like this could happen, but this time, notice how differently you respond, ok?"*

INSTALL THE KNOWING INSTRUCTIONS:

- 1) Get positive learning(s) using MDM Questions 4.1, 4.2 and/or 4.3.
- 2) ASK: *"Where do you know that in your body?"* (Whilst circling your hand around your own heart, chest, solar plexus and stomach – to give them an idea of what you are asking them.)
- 3) ASK: *"Great, if that knowing had a colour, what colour would it be?"*
- 4) SAY: *"Perfect, so keep that knowing there now, ok?"*
- 5) Invite them to close their eyes and then guide them through installation visualisation by SAYING: *"Now, go to the past, with that knowing, and play the movie of the old memory from start to finish, but this time, with the (state colour) knowing in your (state location and learnings)"*
(For example – *'The red knowing in your heart that I am loved'*. Repeat above phrase 2 or 3 times as they do it so there is absolute clarity as to what they are being asked to do and to make sure they do it.)
- 6) After a few seconds, SAY: *"When you are done, bring the knowing(s) all the way back to now by opening your eyes."* (When they open their eyes, take their attention away from the problem for a moment by distracting them.)
- 7) TEST: Using questions 5.1, 5.2 and 5.3 from the 5-Step Mind Detox Method.

GETTING TO ZERO:

IF SCORES FROM QUESTIONS 5.1 OR 5.2 ARE ABOVE 0 THEN CHECK:

- 1) Antidote Learning: *Does the learning you've installed unjustify the negative emotion?*
- 2) Root-Cause Reason: *What else about what happened was a problem for you/them?*
- 3) Root-Cause Event: *What other event in your life is the cause of the problem...*
- 4) Parts Conflict – SAY: *"I would like to invite out onto the palm of one of your hands the part that wants to hold onto the problem. Now invite out the part that wants to let go of the problem onto the palm of your other hand."* Starting with the negative part, ASK: *"For what purpose does this part exist?"* Keep asking: *"For what purpose... (Including previous answer in question)"* until you find positive intention. Do the same with positive part until you find SAME highest intention. Place integrated highest intention back into the body and install with deep breath. RE-TEST the work.



3-STEP CONFLICT CURE

[CALM CURE]

STEP 1: CLARIFY THE CONFLICT

THE SET UP: *With your permission, let's find out when the conflict started so that you can move on and find peace with it now. Tune in and trust your first answers to all of the following questions.*

- 1.1 ASK: *Describe how it feels to be living with this physical condition/life problem. (Aim to gather a collection of words/phrases that best describe the inner experience of the issue.)*
- 1.2 ASK: *Where in your life have you felt this way? (Recall a life event/circumstance when your client has felt the same way.) [Optional: Use Advanced 5 Step Mind Detox Method Step 1]*
- 1.3 ASK: *What is happening that you do not want? (Provides the Root Cause Resistance)*
- 1.4 ASK: *What would you rather be experiencing instead? (Provides the Root Cause Attachment)*
[The Root Cause Resistance + Root Cause Attachment = Root Cause Conflict]

STEP 2: CALM COEXISTING

- 2.1 REPEAT AFTER ME: *All things are possible and I am willing to experience [state the attachment] sometimes and I am willing to experience [state the resistance] sometimes.*
- 2.2 SAY: *Rest into the willingness for both possibilities to calmly coexist within you [PAUSE] and to sometimes show up in your life.*
- 2.3 ASK: *On a scale of 0-10, with 10 being very high, how would you rate your willingness for both life experiences to happen? If client rates below 10/10, go to Step 3.*
- 2.4 ASK: *On a scale of 0-10, with 10 being very high, how would you rate your 'peace with' experiencing the condition/situation? (If client rates below 10/10, go to Step 3. When client rates 10/10 for both questions 2.3 and 2.4, the conflict is cured.)*

STEP 3: CURE THE CONFLICT

Conflict-Free Past

- 3.1 SAY: *Recall a memory of a symbolic event when the root-cause resistance has shown up in your life.*
- 3.2 ASK: *What can you know now, that if you had known in the past, you would never have resisted the event in the first place?*
- 3.3 ASK: *Where do you feel these knowings within your body? [Use Install the Knowing Exercise]*
- 3.4: ASK: *On a scale of 10-0, with 0 being 'the resistance is gone and you are at peace with it now', how would you rate the memory. If 0/10, repeat Step 2. If above 0/10, proceed to Calm-Free Future.*

Conflict-Free Future

- 3.5 ASK: *Is it possible for you to be at peace with experiencing [state the root-cause resistance] at some point in your life? [Emphasise 'possible' and associated client into the state of being at peace with it.]*
- 3.6 ASK: *What will the 'future you' know, to be at peace with it then?*
- 3.7 ASK: *Where do you feel these knowings within your body? [Use Install the Knowing Exercise]*
- 3.8: ASK: *On a scale of 10-0, with 0 being 'the resistance is gone and you are at peace with it now', how would you rate the memory. If 0/10, repeat Step 2. If above 0/10, return to Step 1 to re-clarify conflict.*

NOTES:

- Introduce client to 'Conflict Theory' prior to taking them through this protocol.
- Emotions are also a symptom. Use this protocol on 'Life Happenings' with the aim of increasing the client's willingness to experience the full spectrum of life possibilities.



3-STEP ADVANCED CONFLICT CURE

[EMBODYING EXERCISE]

STEP 1: BE CONTEXT AWARE

1.1 SAY: Begin by engaging GAAWO by being Gently Alert with your Attention [or Awareness] Wide Open. (If your client prefers: Be aware of the space that you are currently occupying or Notice the context of space within the entire room.)

1.2 SAY: Rest in awareness throughout this exercise. If you notice yourself thinking, analysing, imagining or trying to figure things out, then re-engage context awareness before continuing.

STEP 2: FEEL WITH AWARENESS

2.1 SAY: Be aware of and feel for the resistance within the event (or experience).

2.2 SAY: While continuing to feel the resistance, become aware of the attachment that is connected to this resistance and feel the attachment, too.

2.3 SAY: Bring the resistance and attachment together to feel them as one experience.

2.4 SAY: Feel through the entire experience in all directions to find the outer edges. [Allow up to 30 seconds for client to do this]. Allow yourself to, once and for all, feel the full experience.

STEP 3: EMBODY THE VIRTUE

3.1 ASK: While still feeling fully from awareness, what virtue is most appropriate for *this* experience? Continue to feel the resistance and attachment as one experience and allow the virtue that life is inviting you to embody to reveal itself.

3.2 SAY: Feel what the virtue feels like.

3.3 SAY: Now experience what you feel like *as* the virtue. [Allow up to 30 seconds] Be the virtue, letting it permeate you. This is what the embodiment of the virtue feels like.

NOTES:

- Introduce client to 'Conflict Theory' prior to taking them through this protocol.
- Introduce client to 'Context Awareness' prior to taking them through this protocol.
- To use and benefit from this 'Advanced Conditioned Conflict Cure' your client must be able to engage and maintain 'context awareness' for the duration of the protocol.
- This protocol can be set as 'homework' between sessions. Invite your client to use anytime they become aware of a life event that they are in conflict with i.e. unwilling to experience.