

# MIND GATE

Demolish Fear, Overcome Anxiety  
and Create the Life You Want

DR. MITCHELL MAYS



## **Praise for The Mind Gate Process of Empowerment**

*“Dr. Mays nailed it with The Mind Gate Process of Empowerment. I’ve been a personal growth and development student for decades, this book immediately grabbed me and kept me engaged from start to finish.*

*If you’re serious about personal improvement, Dr. Mays’ straightforward, professional approach will help you make and maintain your shift. I’ve already recommended The Mind Gate to friends and family and have been buying it and gifting it—it’s that good. Don’t delay, The Mind Gate will prove to be a great use of your time and will enrich your mind and life immeasurably.”*

—**Misty Young,**  
bestselling author of From Rags to Restaurants

*“Dr. Mays’ riveting stories illustrate how slipping into unwanted trance states can generate overwhelming and unwanted consequences. Through the simple, yet effective Mind Gate process he invites the reader to awaken from the pervasive trance of anxiety, disempowerment and fear into a state of personal power, health, and abundance.”*

—**Dr. Donna Hamilton, PhD, MFT,**  
Cofounder New Vistas International

*“In The Mind Gate, Dr. Mays has delivered a well-written, well-researched approach to living one’s life in a more positive and joyful way. His conversational writing style flows effortlessly, and his personal stories and experiences add immensely to the book’s ability to captivate an audience. I couldn’t put it down.*

*Dr. Mays has not only reaffirmed some things I already knew about positive thinking, but he has opened my eyes [and my mind] to a new way of approaching life through meditation. His book has truly given me words to live by. I have already put his teachings into practice and have no doubt that the long-term results will benefit me for the rest of my life. Well done!”*

**—Susan Nettleland Gerbe,  
author of Mathilde and Cuthbert, Mindwell the Witch, and  
Gregorian Chance: The Olive Pitt Story**

*“Dr. Mitchell Mays has given the fortunate reader of his highly useful book a simple process for tapping into the potential of their subconscious mind. His useful tips make manifesting easier than ever where both thought and emotions come together in the most powerful manner. I am recommending Dr. Mays’ book to my patients and anyone seeking to unleash the full potential of their mind.”*

**—Dr. Ronda Graf**

*“Too often we feel overwhelmed with self-doubts, confusion, and feel helpless at the negativity that modern society feeds us. Many programs are pitched promising to solve our struggles. Dr. Mays truly delivers. He lays out the clear, logical, and down-to-earth keys to taking charge of your life by unlocking the power of our subconscious mind. No hype, mysticism, baloney, or three-part video. Well done!”*

**—Paul Stephen Berigtold**



## This Book Is Dedicated to You the Reader

*My intention for you is that Mind Gate II helps you create joy, love, health, and peace of mind.*

*And to all the blessed souls who have suffered “the slings and arrows of outrageous fortune” and have not lost their will and motivation and continue to seek happiness and meaning to life.*

*“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.”*

—*Arthur Schopenhauer*



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## *Preface*

When I began the journey of doing a “little” revision of *The Mind Gate Process of Empowerment*, it looked like it would be fairly easy to do. I had some new material I wanted to add and I wanted to update about 20 percent of the book. But as I reviewed each old chapter, I was feeling compelled to rewrite a lot of it. In the final analysis, I ended up revising about 60 percent of the book and added a whole lot more new material than I had originally planned.

This story is germane to the subject matter of the book. I had to face my fears about the first book appearing less important to me now, some two years later and other fears as well. Many people have been helped with the Mind Gate work that my wife, Terri, and I do, and even more since the first book was released. So, I was reluctant to take the time to rewrite the book when it obviously was doing quite well, as it was.

We have *field-tested* the Mind Gate processes ourselves, with our patients, clients, and even our distance

clients. We regularly receive emails from all over the world about how the Mind Gate processes have transformed lives. People have moved from the experience of living in fear and anxiety to living in love, freedom, and appreciation. It isn't just mind candy. Real illnesses are resolving and real bodies that once held those illnesses are being healed. Current neuroscientific research is validating our work and indicating strongly that the mind-body approach to chronic disease is a powerful and viable approach to these disorders.

My anxiety was about getting the book completely re-written and published by year's end, because Terri and I are always working on some new process or exercise for our workshops, and the clinic takes a lot of our time. When I realized that I'd taken on a much larger project than planned for originally, rather than go into overwhelm, I used one of my "pet processes," the God List. I was steadfast in using the process for about two weeks when things started happening really fast. And, while it felt a little like "Mr. Toad's Wild Ride" at Disneyland, it also felt like I got a brown belt in jujitsu and kung fu downloaded into my nervous system. My energy and motivation had taken off like a rocket.

One day, when I was writing my God List and thinking about how nice it would be to have a helper who knew us and also knew about "computer stuff," the universe provided us with our helping angel, Lydia. I had no excuses now; I had to write. When I first began the

rewrite, I thought I would just add a little here and a little there. It wasn't long before I found that I had a whole lot more to say. I realized that I was now able to say what I didn't have a voice to say only two years earlier.

This body of work, as described in this book, has a life of "Its" own. It has a vision. As I was reading my earlier book, I found some discrepancies, and I wanted to write the story this second book wanted me to tell. Discrepancies aren't a bad thing and they are all pointing to the same truth, but there are many paths. Some paths might appeal to one person and another path will be more compelling to another person. So, when I finished the first book, I knew there was more to tell but it would have to wait for the next book.

Writing and rewriting a book is a creative process. You cannot possibly foresee or predict how it will actually turn out. There are joys and frustrations along the way that lend new meaning to the emotional tone scale. This, of course, is like the proverbial roller-coaster ride. I've apparently always had an affinity for the roller coaster and abhorred the merry-go-round, except when my children were young. I had become very familiar, once again, with the emotional tone scale during the next few months.

In fact, I was bouncing up and down the scale, from fear to love to anger, frustration, and irritation to passion. This has all given my wife a lot of new evidence that she did indeed marry a true Gemini. I eventually

found my “sea legs” and was able to surf the emotional waves with few wipeouts, but when I did wipe out, I recovered quickly, and you will too. As you master the emotional tone scale, you’ll become the master of your “state,” and you will see further than others.

When I first considered revising *The Mind Gate Process of Empowerment*, I wasn’t enthusiastic. The idea of doing a revision felt like I was losing ground somehow. Like I was taking a step backward, back to a time when the memory of the recent trauma Terri and I had experienced was still fresh in my mind (and my body). The accident we had been in left us both with *posttraumatic stress disorder* and *adrenal fatigue*. And while we had already done a tremendous amount of work around that, I still hadn’t done some pressing *soul retrieval* work, but I knew it was forthcoming. Revising the first book opened up some old psychic wounds for me that begged for healing, and I felt the pain of grief more intensely as the time drew near to write.

However, when I sat down to work on the revision, I soon realized what an incredible opportunity it was to express and update my ideas with more evidence and experience behind them. I had developed a true “working model” now that had the capability to quickly transform lives. And, I was obliged to tell its story. “It” is an energy, a force of some kind that I am only beginning to understand how It works, but, I am getting the hang of how to use It.

The best way to describe It would be like Obi-Wan Kenobi when he schooled Luke Skywalker in the movie *Star Wars*. When they first began their adventure together on the *Millennium Falcon*, he was telling Luke about *the Force* and how It flows through and around you, and how It's in all things. It obeys your commands but also moves you away from danger and toward where you are focused, emotionally. We are floating in It, much like fish in the water they live in, and, It is alive! It responds to how we feel. Obi-Wan told Luke to, "*Reach out with your feelings!*"

There are joys and frustrations when rewriting. It's actually more grueling, in many ways, than when I wrote the first book. With this book, I never knew exactly how a chapter would turn out before it was done, which makes it that much more exciting. Whereas, in the first book I used an outline and I mostly knew what I wanted to cover, and did so, for the most part. Occasionally there was a surprise or two.

After beginning the rewrite, or, more correctly, writing the new book, I was ready to get back all my psychic parts. My dear friend, Sue Kessler, was there to help me with energy healing, crystal-light bed healing from John of God, and love. Thank you, Sue, for being a channel for my healing and conscious awareness of my soul's vision.

But, with vision comes an obligation, to ourselves. We are charged with the responsibility that comes with being awake and empowered. So, what kind of a world do you want to live in, a world of fear and grief or a world of passion, love, and appreciation?

Ask yourself this question, “How badly do I want freedom?”

And then ask, “Freedom from what?”

The answer to this question came to me as I wrote this book, *Freedom from anything, or anyone, that you do not feel free from.*

Now, let me ask you another question:

*What will you do when you are free  
to create the life you want?*

# Introduction

*“Just as there are Laws of Conservation of Matter and Energy, so there are in fact Laws of Conservation of Pain and Joy. Neither can be created or destroyed. But one can be converted into the other.”*

—Spider Robinson

Every year in the United States alone, there are more than 5.2 million people diagnosed with posttraumatic stress disorder, commonly known as PTSD. This represents 15.4 percent of the population. Nearly 70 percent of these are women. Many mental health researchers; licensed clinical social workers; marriage, family, and child counselors; addiction therapists; psychologists; hypnotherapists; psychiatrists; and neuropsychologists are coming to the same conclusion; those numbers are only the tip of the iceberg.

Adrenal fatigue is the accompanying syndrome to posttraumatic stress disorder, but can occur even in the absence of PTSD. It's estimated that adrenal fatigue syndrome will, in the near future, affect 80 percent of the US population. Chronic fear and anxiety are the underlying emotions that keep these disorders in place and drive the behaviors typically associated with them. These are not just mental disorders. Adrenal fatigue and posttraumatic stress disorder can cause severe and debilitating physical illness as well.

Hello, I'm Dr. Mitchell Mays. I welcome you to my new book, *Mind Gate II: Demolish Fear, Overcome Anxiety, and Create the Life You Want*. A little note about grammar. I know it and I love it, but I haven't always followed it in this book. I start sentences with *ands* and *buts*. I end sentences with prepositions. I use the plural *they* in contexts that require the singular *he* or *she*. I also have many run-on sentences, but I found them necessary in order to maintain the continuity of the subject. I've done this for informality and immediacy, and I sincerely hope the sticklers will forgive me.

In my first book, *The Mind Gate Process of Empowerment*, the emphasis was on staying out of the "tranced" state of waking/walking hypnosis. When we go into unwanted trance states, our minds become much more vulnerable and suggestible to negative influences. When that happens, we are unable to reach or sustain the higher, more positive emotions. What's worse, we vibrate (resonate or oscillate), at a lower emotional frequency, attracting

people, places, and things that are of the same or similar frequency, into our reality—into our experience.

I'll give you **two examples:**

1. You have been feeling angry (and thereby, disempowered), and someone rear-ends you while driving in commuter traffic.
2. You are feeling appreciative (therefore, empowered) and as a result, happy! People are coming into your life who are comfortable and fun to be around.

What I wanted to emphasize in that first book, was the scope and the urgency of the problem. I now recognize that I'd *underemphasized* the dilemma. In this body of work, my emphasis is not only on the current *unnecessary suffering* and how widespread it truly is, but that in fact, it is, "a clear and present danger" to our quality of life. The "tranced mind state" that results from post-traumatic stress disorder ( PTSD) and leads to adrenal fatigue syndrome (AF) is by far, the single, fastest, most immediate threat that we have to our personal environments, our ecology, biology, and even our existence as a species.

And, even those not diagnosed with PTSD or adrenal fatigue still suffer from "information overload" as a result of massive changes occurring worldwide, on a

daily basis. Just being exposed to the “news” on a regular basis can, and does, cause traumatic stress. At the very least, it causes many of us to be “sleepwalking” through life.

These are clearly real-world problems, and they require real-world solutions. Fortunately, there *are* real-world solutions to these problems. Some of them are here—in this book. Since the time of this writing, there’s been a huge increase in the amount of information flooding the Internet about PTSD and adrenal fatigue, especially the latter. Some of this information is seemingly contradictory, so I want to make something clear, right up front. There are those who work in the healthcare field who can quote the current research about adrenal fatigue. And, that research “proves” that there is no such thing as adrenal fatigue. There is, however, a condition called “adrenalin dominance!” Both “adrenal fatigue” and “adrenalin dominance” have the same symptoms, and are, in fact, the same disorder. But my point here, is that, it doesn’t matter what you call it, it’s a real malfunction in our body’s control system, and it can make us extremely sick.

But, I am hopeful and even somewhat optimistic about the future. I believe, if enough people come to recognize these two disorders for the epidemics they’ve become, they will want to take an active role in helping to do something about it. For those of you who might hear that calling, I want to say to you that you will become a beacon of hope to an ever-increasing population

who lives in a world of fear and anxiety.

You'll never know what kind of impact you can make in the world, for either the positive or the negative, unless you take some action. First and foremost, you must take action personally, for yourself. And, if you don't think you want to get involved helping others, because you believe it's their problem, it's not. Or, maybe you don't want to get involved because you think of yourself as a "good person who never causes any problems." This won't let you off the hook in the negative/positive game. There is no neutral ground here. You will either become part of the solution or you will become part of the problem. I finally got that myself, more recently than I care to say.

My questions to you are these:

1. Do you want to continue to live in a world that is all about fear?
2. Do you want your children and grandchildren to grow up in that world?

If the answer is "No," then you have a choice to make.

The choice is simple. You can do nothing and watch while the life keeps getting sucked slowly, but surely, right out of you. Or, you can begin the process of demolishing fear by learning what causes it. All it takes is a small paradigm shift in perception.

In 1803, a physician and scientist, by the name of Thomas Young, performed an experiment that forever changed the way we look at the universe, both energy and matter. Young's famous “double-slit experiment” demonstrated that matter (in this case, light) and energy can display characteristics of both waves and particles. Young had overcome the century-old view expressed in Sir Isaac Newton's book, *Opticks*, that “light is a particle.” The quantum world had just opened up to us.

Fast-forward to 1998, another famous experiment took place where an even bigger game changer emerged, the “electron observation experiment.” This experiment revealed that, just by the act of watching, the “observer” affects the quality and the nature of the energy. So, the bottom line here is, “***matter and energy are the same things***” and that thing is —energy! We are energy! And, so is everything in the physical universe and the “formless” universe as well.

Depending on what we put our attention on or *focus* on, we, as observers, will have an effect on how this energy behaves. When we put our attention on or focus on a thought or idea, we force the waves of energy to act or behave as particles. In other words, thoughts can, and do, become things!

*“Everything is energy. All matter is energy. Energy cannot be created or destroyed. It is the cause and effect of itself. It is evenly present in all places, at all times. Energy is in constant motion and never rests. It is forever moving from one form to another. Energy follows thought.”*

— Jack Canfield

You are a part of the cosmos, a part of all creation, and what's exciting, as the *Hubble Telescope* is showing us, we live in an expanding universe. What this means to quantum physicists and scientists all over the globe is this: *human consciousness is expanding as well!* So, there is hope because I have seen evidence of the “flowering of human consciousness” as transformational expert Eckhart Tolle says. We are, as a species, beginning to wake up to who, and, more important, to *what* we are! And, not any too soon—and a little too close for comfort, as far as I'm concerned.

There is good news, though. While it's true that we have exhausted the planet of many of its resources, we are creating new resources as we expand our consciousness! *We are not running out of the stuff that the stuff is made from.* I'm talking about energy. Yes, we are running out of oil, but we have much cleaner and even more abundant resources of power—the sun, the wind, the ground, and sustainable agricultural crops that produce pollution-free energy, to name a few. And, these are not limited.

But we must learn to use our minds correctly before it's too late. I say this because, even though we have the technology to create new and sustainable prosperity and lifestyles, the technology will do us little good if we don't implement it soon. Also, we must become aware, sensitive, and proactive about the *emotional health* of our population.

We must care on a deep level, how people are feeling in their lives, starting with us. And, we must care with an informed, intelligent and transparent intention to ensure the future of our race for generations to come. We all live in a world that is changing rapidly, and we live with a lot of other people. The rapid changes that take place, seemingly overnight, are creating stresses that none of us has ever had to deal with. These stresses are real and require some real solutions.

The solutions we offer here have been field-tested and are not the latest tags or catch-phrase metaphysical techniques that promise transformation overnight. Our cellular body heals itself unless there is an emotional component that did not heal. We work with the mind/body in our clinic and in our workshops. In the movie, *The Matrix*, Morpheus responds to Neo's question, "If we die in the Matrix, will we die here also?" with "The body cannot live without the mind."

Those who suffer from posttraumatic stress disorder and adrenal fatigue have need of both body and mind healing. You can't have one well and the other sick. We are amazing creatures who are capable of creating so

much beauty, but we have to be conscious and sane to do so. We live in constant fear and anxiety and never question why. Anyone who ever visited a meeting of Alcoholics Anonymous, or any other twelve-step support group, knows that humans aren't too bright all-in-all. Two of their favorite sayings are; "Our best thinking got us here," and "Doing the same thing over and over again and expecting different results is the definition of insanity."

I don't have to defend that remark. If you want evidence of our insanity, just go online and observe what's going on in the world every day or look at recent history. The past century for instance. So, indeed, you'll either be part of the solution or you'll be part of the problem. In these pages, I outline a solution for these problems, and my hope is that you'll consider and even embrace these ideas. I truly do hope that you'll embrace them, not only for your life but for those you love and, maybe even, the entire planet. The future is in our hands and to secure that future, we must empower ourselves with the knowledge of who and what we are, because in a way, we are having an identity crisis on a global scale.

I contend that it is our social and familial conditioning or "subconscious programming" that is the basic problem. And that by reprogramming our subconscious minds, we will then arrive at the solutions that will ensure our survival as a species. I hope you can grasp, in these pages, the urgency and importance of us doing just that.

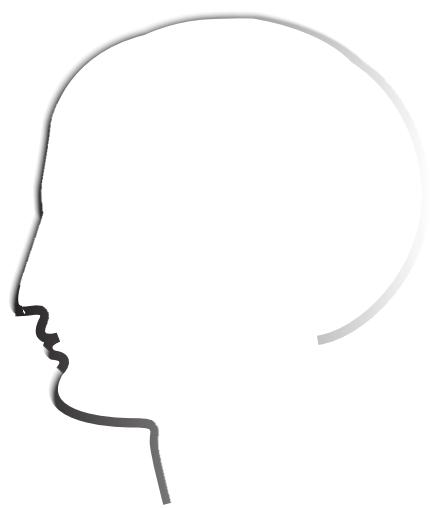
We must learn to reprogram our subconscious minds if we are to not only survive, but even move beyond survival into a new and brighter future. Because, we are reality-creating machines and, without a conscious awareness of how we create, we can be (as the past has demonstrated), lethal weapons.

In this book, I explore, in depth, the causes of our benumbed consciousness and the havoc it wreaks, not only on individuals but entire societies around the globe. I present some simple solutions, and while they might be simple at first blush, they are not always easy to implement because they require changing our minds.

*“I don’t believe people are looking for the meaning of life as much as they are looking for the experience of being alive.”*

—*Joseph Campbell*





# CHAPTER 1

## The Negative Field

*“It is like a voyage of discovery into unknown lands, seeking not for new territory but for new knowledge.”*

—Frederick Sanger

### Psychic Trauma

So, there I was, writhing on the floor with snot dripping out of my nose and clutching my chest. I could find no comfort anywhere. Profound, irrational guilt is an extremely common reaction to a traumatic event. Even people whose families die in natural disasters blame themselves. It sounds like self-torture, but it's adaptive in the sense that accepting a complete lack of control over life-threatening forces is

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terrifying. So we blame ourselves for the comfort it brings, because it lets us believe that we could have made things turn out differently when actually, we were helpless.

In 2005, our youngest son graduated from high school in the little Sierra mountain town of Truckee, California. Right afterward, he moved to the San Joaquin Valley to live with his birth mother and step-dad. By the end of the summer, he had consulted with an orthopedic surgeon who was enthusiastic about doing scoliosis surgery. He had what was called “double major” scoliosis, a curvature of the spine in his upper back and his lower back.

Just a couple of years earlier, we had taken him for a second opinion to a prominent spinal surgeon in South Lake Tahoe, California, who said that it was not a good call to do the surgery. His rationale was that there were no obvious weaknesses or other complications and that he was quite flexible. A testament to the chiropractic care and exercises he had been doing for some time.

But now, the decision had already been made to go through with the mortifying spinal surgery. So, there I was, lying on the floor, while he was being operated on. I was seeing in my mind’s eye every cut of the scalpel and doubling over with stomach cramps and nausea with every imagined stripping of his precious spinal muscles.

I was in agony thinking about what was going on in the operating room when he was having the surgery. I pictured my son being butchered like a science project.

Because I’m a chiropractor, I know exactly how devastating this surgery is. The spine is surgically revealed (sliced open), then most of the ligaments that hold the spine together are

cut to release their hold, never to work again. Spinal accessory muscles are stripped off the bone as well. The joints of the individual spinal bones (the vertebrae) are then chopped away for fusion.

Next, surgical steel rods are affixed (hooks and screws) to the vertebrae, and the surgeon lifts the body by the rods and shakes the curvature out of the spine. The rods are then torqued to hold tension to keep the spine from curving back to its old position. Eventually the spine fuses together, if all goes well. So, the spine becomes one solid piece of bone from the upper back all the way down into the small of the lower back (in this case).

I lay there on the floor sobbing as I thought about the tiny baby boy that I remembered holding in my arms. I remembered when I cut the cord that separated him from the womb. I thought about how I used to caress and gently adjust his little spine, seeing him through high fevers and other illnesses throughout the years. I thought about how there was so much love that was being torn to pieces while he slept unaware under the general anesthesia.

I thought about how he was being surgically altered, never to be the same again and why? So that he could be taller? So that he would look better in his clothes? So that he and those concerned would never have to worry or fear again that his curvature might worsen someday? There was no life-threatening disease, where surgery is necessary to save or prolong his life. I know, as I write this that there will be those who disagree with me about this, but that was, and still is, my perspective on the subject.

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As I lay there, I tortured myself with guilt and the horror of knowing what I knew. While thinking about all that was going on in the operating room, I heard the echo of a voice that seemed to be coming from deep down inside me. I tried to push it down, as it moaned and screamed and clawed at me to be heard.

“No, oh, no” it howled from a place I’d never known, but it couldn’t be heard by anyone except me. I lay there helplessly looking on as the movies in my mind played on. The voice became louder as it groaned and screeched like a tortured animal in agony. It got louder and deeper. It wouldn’t stop, no matter how much I tried to shut it out. It was a nightmare I couldn’t wake from. In my mind, I saw everything and everyone in the operating room. The surgeons and the nurses were totally oblivious to its anguished cries of protest, danger, and pain. And what was worse, they were even righteous about the actions they had taken, and were taking.

I felt as if a large black dagger had pierced my heart, burying itself, deep in my chest. Choking, I felt as if my life’s blood was pouring out in gushes of weeping and wailing. I lay on the floor, emotionally bleeding to death and there was nothing I could do about it. I imagined it was I who was holding the dagger and couldn’t pull it out, even if I’d wanted to. It felt like I was dying and, for all intents and purposes, I was dead, at least emotionally.

No one except Terri had any idea of what had happened to me. A piece of my soul left me that day. The hours crawled by and I went in and out of a fitful sleep from exhaustion. I realized later that by picturing what the surgeon was doing to my boy with each passing hour, I had gone into shock.

Later that night, an overwhelming feeling of despair and guilt filled the gaping hole where the dagger had been.

I looked at my watch and then called and spoke to his mother as he lay recovering in his hospital bed.

“Please tell him I called,” I said, feeling so nauseous and weak that I could hardly hold the phone to my ear. My hands were shaking as an odd numbing sensation overcame me.

“I will,” she responded.

More nausea rushed in and I was dry heaving again as I pushed the End Call button.

Maybe I hadn’t tried hard enough to prevent the surgery; I thought to myself. I had done every conceivable thing I knew to do, even to the point of alienating my son with emails about the horrible negative outcomes of several scoliosis surgical cases.

I had every classical response (to his surgery), even though I was not in the operating room with him, of someone who had just witnessed a horrific trauma. The response (to this trauma) that I was experiencing is described in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5). Every psychotherapist uses the DSM-5 to diagnose posttraumatic stress disorder. Most people scream when witnessing a trauma, but I “dissociated,” a psychological form of self-protection that is experienced as emotional numbness and detachment from reality.

Even though I logically knew there was no reason to feel guilty at all, the feeling didn’t come from my conscious mind. It came from a place that was elusive and didn’t respond to cognitive therapy. In other words, I couldn’t talk this one out.

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Terri and I frequently had reflected back to everything we had done to help our son's scoliosis. My mind was torturing me constantly. There was no reprieve from its ruthless and relentless "guilt attacks."

At the time of his surgery, I had already been certified in nonsurgical scoliosis correction from CLEAR Scoliosis Institute in Minnesota. Of course, it was too late to help our son, but I went on to help many others escape surgery. Before he graduated from high school, we had taken him to a chiropractor in Fresno who was certified in nonsurgical scoliosis correction and he had responded with significant improvement so we had every reason to be hopeful.

But no, the decision to have the surgery had been made long before that. The decision and the outcome had nothing to do with us, and nothing we said or did was going to make any difference. The decision was made, the ball was in motion, and the damage was done. So all we could do was stand by and watch it all happen.

*"The world is all forgetting,  
and the heart is a rage of directions."*

—Leonard Cohen

## Matters of the Heart

During the next few months, I was in a depression that I couldn't seem to shake. I was having shortness of breath and feeling lightheaded a lot. I was also suffering from severe indigestion on a regular basis. On September 22 of that year, I came home from a busy day at the office not feeling well. I'd had heartburn all afternoon and even stopped at the 7-Eleven store on the corner and picked up some Pepto-Bismol. It wasn't helping. So after a light dinner, I went into our bedroom to lie down but was unable to because it made the heartburn worse. Terri was bringing me 7 Up to drink, which gave me some relief, at least for a few minutes at a time.

She had gone to bed, but I couldn't sleep, so I stayed up, sipping on 7 Up and surfing the Internet. The indigestion persisted and then suddenly switched to a burning sensation over my right lower chest area. About four in the morning, I woke Terri from sleep and asked her to drive me to the hospital.

"What's wrong?" she asked.

"I think I'm having a heart attack," I said, as calmly as I could muster. She threw on some clothes, and we headed to our truck. It never dawned on either one of us that she should have called 911 as we lived only two blocks from the local hospital.

Walking up the gentle slope of our walkway to the carport felt as if I were climbing Mount Everest. With each step there was more and more pressure in my chest, like someone was

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squeezing me too tight. It was as if there were an elephant on my chest, and my legs were rubber.

Once at the hospital emergency room, I was given nitro-glycerine intravenously along with morphine. The burning and the elephant went away. We were told by the emergency room doctor that I would have to be transported to Reno because they had an excellent heart facility and the ability to do further testing.

Interestingly, I remember every mile of that forty-five minute ride from Truckee to Reno, Nevada. Interstate 80 was full of potholes then, and I think the ambulance driver hit every one of them. That night, while lying in the cardiac section of Renown Regional Medical Center's Intensive Care Unit (ICU) I had to pee. I looked around for a bathroom but apparently there was none in that room, so I got up and walked out into the hall to find a toilet.

The head nurse gasped when she saw me and her hands came up as if to say "Stop!" Then she started hollering about something and seemed to be quite worked up. That "something" had to do with me as several nurses started running toward me.

My appearance apparently was causing quite a flurry of activity on the ICU floor. When I had gotten out of my bed to find a bathroom, apparently I had forgotten that I was hooked to an intravenous (IV) line. I had torn it out of my arm by getting up and walking into the hall, and now I was hemorrhaging from the hole in my arm.

There was blood everywhere, and I was still looking around for a toilet. My nurse rushed over to me as the head nurse was still cursing at me and him.

“I need to pee,” I exclaimed.

He led me back to my bed, chuckling and consoling me as he pressed a bandage or washcloth over my left arm. I was about to remind him again when I heard him call out,

“Can someone please bring him a urinal?”

I don’t remember if I peed first or got bandaged and a new IV first, but I do know that I wasn’t used to morphine. The next day I was taken to the catheter lab, where the surgeon inserted two stents into my coronary arteries.

The next day my cardiologist came to my room to talk to Terri and me. She confirmed that I had indeed had a heart attack and that as a result, there had been some damage to my heart. She went on to say that I needed to make some lifestyle changes. And, I especially needed to learn how to manage my stress.

I’ve related this story to you because, while stress is a part of our everyday lives in this society, this was no ordinary stress that caused my heart attack. This was different. It was caused by posttraumatic stress disorder. PTSD is a stress disorder that is like living the original stressful, traumatic event over and over, day in and day out. You’ll hear me say in this book and in our workshops; “There is nothing ‘post’ about posttraumatic stress disorder.”

To the person with PTSD, it’s as if the event just happened, every day and every night! About one year after my heart surgery, I began feeling the chest pain again and thought my stents must have failed. We had suffered significant financial hardship as a result of the heart attack and because I was unable to continue my case load at the level that I had done only one year before. This resultant financial stress caused

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even more stress, making me “hypersuggestible” to anything that I perceived as being related to the original trauma.

It was becoming more and more difficult to get through my work day without having some chest pain. And, one day when I was having a particularly bad morning, I was unable to return to the office after coming home at lunchtime. Terri was worried and she called our good friend, Dr. Greg Smith. Dr. Smith had taken my practice for a while following my heart surgery.

Now, Dr. Smith is no ordinary practitioner. He is a chiropractor but is also a pharmacist. It sounds like a contradiction in terms if you know much about alternative healthcare. Dr. Smith is also what I would call a shaman, a “medicine man.” There are those who would call him a healer, and I agree, but he is more of a mind-body healer and a really gifted one at that.

Dr. Greg drove over to our house and did his shaman thing with me. He knew I was stressed because he intimately knew all the details of our lives and what had happened in the past year. He also knew that I was in fight-or-flight mode. I had moved from the couch to a kitchen chair, and he sat down next to me.

He listened attentively as Terri and I related the details of the chest pain episodes, and how they had gotten progressively worse in the past few weeks. He took me through a deep-breathing exercise and then made sure I ate some protein. He said that I was to “deep-breathe” for a few minutes several times throughout the day and to eat a protein snack at least every four hours. Then he placed his hand over my

heart and said that my heart chakra was blocked and that I needed to heal it.

I felt so much better after his visit and progressively improved as I followed his advice. I began going to classes at For Goodness Sake, a nonprofit, nondenominational spiritual center in Truckee.

It was there that I met one of my spiritual teachers, Brandy Faith Weld. Brandy was teaching about “oneness” and how all of humanity is not only connected but, in fact, is all part of the same source. In other words, we are all branches of the same tree. I embraced this teaching as it was right in line with most of what I believed already.

With the help of the community of For Goodness Sake, Dr. Smith, and others, I began the journey of healing my heart and my mind-body. My mission then, became, not only one of healing my own heart chakra but also helping others heal theirs. Posttraumatic stress disorder always involves a wound of some sort, to the psyche and to the heart chakra, that must be healed if you are to recover completely from its devastating effects.

Not all the stories I hear from my clients are as dramatic as what I’ve shared with you, but some are horrendous. Often, clients suffer with PTSD from a remembered “perception” of an observed traumatic event, but these can be every bit as devastating to the client’s life as someone who’s been exposed to far worse. Everyone’s psyche reacts differently to similar exposures.

### Beth's Story

Beth, an attractive but nervous forty-two-year-old mother of three, was “at the end of her rope” when she first consulted with me for her chronic anxiety. As we talked, she related to me the story of her current life situation. But, she would make frequent references to her childhood, saying that she had never felt like she ever “belonged.” She didn’t even feel at home in her own house with her three children and husband of fourteen years. She didn’t feel like she belonged when she was around the other women at her children’s activities.

She said that she just didn’t “get” how these other parents could be so interested in all the things they talked about: their husbands’ quirks, their kid’s sports and teachers, other women, ex-boyfriends, etc. She added that she did not feel like she fit in at her husband’s office parties or any other social gatherings for that matter. And lately, she had been experiencing a “gripping fear” that would come over her before almost any event.

“It’s gotten so bad now that I’m becoming antisocial” she sobbed.

These “attacks” had gotten so severe that she would hyperventilate, get dizzy, and nearly pass out. Her husband was “at the end of his rope too,” she said, between sobs.

Her medical physician had prescribed antidepressants about two years before, following a twenty-pound weight gain, but she said it didn’t seem to help her anxiety, and, in fact, her anxiety had been getting worse.

“It’s affecting my ability to function at the level I used to operate,” she said.

“What do you mean?” I asked.

She said that she was feeling more and more alienated from her life. She was afraid that it might get worse.

"I have a hard time now taking care of everything I have to take care of," she said with a little panic in her voice. Prior to having children she had worked as a fashion consultant for a large San Francisco advertising firm. She said that while her old job had a lot of responsibility, now she was having a hard time just keeping up with the needs of her children, ages five, seven, and ten, not to mention the needs of her husband. With the schedule she kept, there was little or no time left for her to meet her needs. Her handwriting analysis revealed that while she left little time for others, she allowed zero time for herself.

Her two older children were both involved in sports and she said that just keeping up with their practices and games was becoming more and more of a challenge. She said that her energy was mostly gone by four in the afternoon. And, making sure that her children's homework was done left her with barely enough time to prepare dinner for her husband when he arrived home about six-thirty.

Then, getting the kids ready for bed, preparing lunches for the next day at school, and cleaning the kitchen put her at about ten o'clock before she could get ready for bed herself. And, she was still gaining weight, especially around the belly. She just couldn't seem to lose the extra pounds, even though she often would skip meals. She said that she usually fell into bed exhausted, only to awake a couple of hours later, unable to get back to sleep. And then, having to get up early the next morning to get the kids ready for school often left her exhausted by noon.

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Her relationship with her husband was strained and becoming increasingly “edgy.” He had told her, on more than one occasion (several times, in fact), that it felt as if he were walking on eggs, whenever he was around her.

“I never thought I’d be one of those bitchy overweight housewives,” she said, clenching her fists and hitting her lap.

As her anxiety persisted, her fears of losing her sanity and her marriage elevated, adding even more fuel to the “anxiety fire.”

Beth said that she wanted me to give her a “magic hypnosis pill” that would give her more energy and help her be able to attend social functions without anxiety. She said her fatigue had also gotten worse so that some days all she felt like doing was sleeping. Most of all, she wanted to “shake this fear” that seemed to be increasing daily.

As she was talking to me, she suddenly had a realization. She said that she had just remembered her father beating her mother. And, that her mother was about the same age as Beth was now when that happened.

“Or maybe he wasn’t beating her, maybe he was just yelling and threatening her,” she said thoughtfully. “All I remember was that it was scary. And my little sister and I would pull the covers over our heads so we wouldn’t hear the fighting.” I suggested that she could be suffering from adrenal fatigue syndrome.

“I want a new life!” she said, pleadingly.

I explained adrenal fatigue and some of the possible causes. She said that she saw herself in my explanation.

“The first thing we have to do, Beth, is lower your anxiety,” I offered, feeling the intensity of her fears.

We discussed, in a little more detail, her diet and lifestyle. We pegged her feelings on the emotional tone scale, as I explained hypnosis and how the mind works. I did a hypnotic induction and took her into a light trance and then had her move into a more comfortable reclining chair. I then put her into deep hypnosis. I took her through what is called a “progressive relaxation,” starting with her feet and moving up to her head and then down her arms and ending with her hands and fingers going into a deep relaxed state.

I had her “belly-breathe” all the way through the “progressive relaxation” and then counted her down into a deep hypnotic trance or “deep sleep.” And, even though clients under hypnosis do not actually go to sleep, they are not quite awake either. So, essentially hypnosis is a state of focused deep relaxation. Their body is extremely relaxed, they have a “detached awareness” of their “thought stream” and at the same time are keenly focused on my voice.

Key words and posthypnotic suggestions are given that allow the client to reexperience their deeply relaxed state by using “anchors,” whenever they desire to do so. Or, I might give them posthypnotic suggestions to remember the relaxed feeling when they see a certain color or hear a key phrase or word or by simply touching their left thumb and index finger together as in the OK sign.

So, we developed a plan for Beth that addressed her diet and lifestyle choices. We taught her how to breathe and how, what, and when to eat. We also taught her Tapping (an Emotional Freedom Technique) to help release the negative energy produced by old subconscious programs. All of this helped to reduce her anxiety to a manageable level. She’s no

longer afraid to attend social functions and has developed a newfound freedom and happiness that she's not experienced for many years, if ever.

As long as she continues to use the tools we taught her, she can more easily put her stresses, and her life, into perspective. And, as a result, will be able to manage her anxiety quite well. She's developed new friendships that share her interests in yoga, paddleboarding, and photography. Beth now has that "new life" that she said she wanted. Did she have to make some changes at home? Yes, indeed, her husband had to be enlisted to help out more with the kids by getting them ready for bed and taking them to their games on weekends. And, she no longer feels like she "doesn't belong" anywhere she goes.

Beth is not alone. More than 80 percent of Americans will experience similar anxiety states at some time in their lives due to PTSD, adrenal fatigue, or both. Some will experience mild symptoms and many others will suffer severe symptoms.

Since writing *The Mind Gate Process of Empowerment*, in 2012, I have been on an incredible new journey and my work as a functional medicine practitioner and hypnotherapist have evolved. I now find myself on a path that, surprisingly, has answered some of my own most urgent and profound questions.

### Fear and Anxiety

I wanted to share those issues and answers with you because, if you have opened this book, it is because you are

looking for answers, and you might be asking similar questions. Fear and anxiety that is not checked causes some devastating consequences. As long as you are living in fear or constant anxiety, you will not be able to create the life you want.

You will be constantly distracted and unable to focus long enough on what you want in order to bring it forth into your reality. You cannot construct the future of your dreams because that requires sustained focus and the ability to act in present time. In other words, your point of attraction and indeed your real power, is in the “now.” It is right here, right now, in the present. Fear and anxiety keep us out of present time.

They keep us out of present time because we always imagine a fearful future. This is because the past might have been dreadful, and that creates anxiety in the present, which keeps us thinking about and fearing the future. This book addresses quite simply, how to crush fear and conquer anxiety so that creating a future (one that is desirable), becomes possible.

When I was writing my first book, I remember being so excited to share what I had learned about the law of attraction and the emotional tone scale. And address questions like why we, as human beings, have so much difficulty focusing and putting our attention on what we want for a long-enough period to have a positive impact on the field. And why do we have such difficulty bringing or manifesting, into our physical reality, that which we want?

In other words, why do we feel, deep inside, that our thoughts have an impact on our world? And yet, we are often

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frustrated because we seem incapable of consistently creating what we want. What's even worse, it seems or appears as if we are incapable of stopping the creation and attraction of what we don't want! The reason is simple but insidious.

There are two pandemics ( a widespread disease that is prevalent over a whole country or the world) that plague our modern societies today. These diseases or syndromes are directly connected to our *inability* to focus on what we want for a long-enough time to make an impression on the quantum field of possibility.

Wallace Wattles, in his 1910 book, *Financial Success Through Creative Thought or The Science of Getting Rich* (made famous by Rhonda Byrne's 2006 movie, *The Secret*), made it clear that by using our imagination correctly, we could impress on “formless stuff” (the field) an image of what we want. And, by doing so in, what Wattles called *a certain way* over a long-enough period, we could cause the manifestation (into our physical reality) of any condition or object we want, because, he said, “*it is God that wants what we want!*”

These two pandemics—the conditions or syndromes I am speaking of—are adrenal fatigue (AF) and posttraumatic stress disorder (PTSD). If you or someone you love experiences depression, anxiety, insomnia, unexplained weight gain or weight loss, or relationship stresses at home and elsewhere, then you or they might be suffering from AF, PTSD, or both!

The cause or underlying condition of these two conditions is what I called a “common condition” in Chapter One of *The Mind Gate Process of Empowerment*. The common condition is a waking/walking hypnosis or tranced state of mind. This tranced state is caused by our body’s fight-or-flight

mechanism being on overload from chronic anxiety.

My wife, Terri, and I are now fully engaged in this transformational work that we call, *Awake Empowered*. Our work is based on the principles of *The Mind Gate Process of Empowerment*. We are committed to helping those suffering from adrenal fatigue and posttraumatic stress disorder overcome the abominable and horrific anxiety that plagues their daily lives. We are also committed to educating the public about these pandemics so that our future, as a race, is not condemned to the ravages of the disease and despair that these two conditions cause.

We both have active coaching practices and programs as well as all-day intensive workshops for learning how to overcome these common conditions that are caused by tranced states. We teach our clients and workshop attendees how to care for the damage to the body that accompanies these conditions and also how to prevent further damage that lays the foundation for “*sustainable healing*.”

Since releasing my first book and giving workshops and also continuing our clinical practices, we’ve had a lot of feedback about our processes and techniques. We have accumulated a collection of case histories, heard and received numerous stories and testimonies from people all over the world that validate the efficacy of our work and illuminate how all-pervasive these syndromes are.

I have come to the conclusion that the increase in adrenal fatigue and PTSD are so much worse than I ever could have imagined. My mission when writing my first book was to help make people aware of the insidiousness of the waking/walking state of hypnosis with its often devastating effects that cause ill health and destroy happiness.

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My mission now (or I should say *our mission* now since Terri has joined me in this work) is to educate and instruct as many people as possible about the mechanisms involved in adrenal fatigue and PTSD. And how to treat and prevent these ever-increasing disorders that are wreaking havoc in our own society, here in the United States, but also in societies all over the world.

I'll probably be accused of being too dramatic here, but it is my contention that this information and the work we are engaged in (and that I share in this book), could literally save our current generation and also our children's generation, and perhaps many generations to come, an immense amount of suffering.

The world is teetering on a precarious perch, and its fate might well depend on enough people waking up before it's too late. I have genuine concerns about the state of the world as I'm sure you do. Because, it appears to me, from all indications, that we are headed for eventual annihilation if the status quo continues.

I hope you tell others about what you have learned in these pages, especially your children, because they need your guidance and your wisdom more than ever before. They need to know what direction they should go in order to experience life to its fullest potential. They'll not find it in some worn-out dogma that gets passed down from parents, teachers, and preachers where they are expected to accept it at face value. And, without at least an inquiry and running experiments in their own lives.

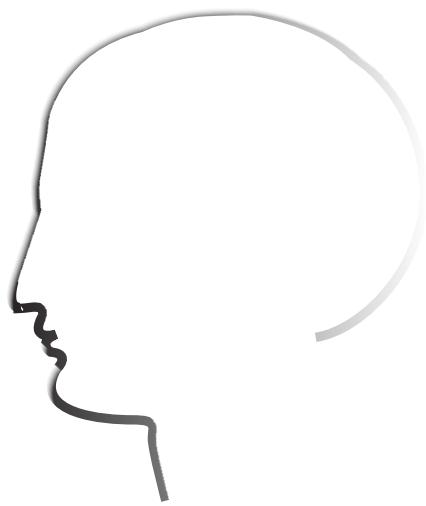
Anything that is real, truthful, and valid will hold up to the scrutiny of scientific investigation. And, when that is coupled with an intuitive knowing that some wise humans

have called *faith*, a sort of alchemy occurs. A rational and a basis for experimentation occurs that is reproducible by anyone who is a seeker of truth and wants an authentic life. I used to call this “thinking for yourself,” but it is more than that, because we have not been conditioned to “think” for ourselves. We have been *conditioned* to think like the ones who conditioned us!

So, I invite you to walk this path of self-discovery that might create some conflict as you come up against the fabric of your belief systems. I feel some warning would be appropriate at this point like, *Proceed at Your Own Risk*, but you probably don’t need a warning if you have read this far. I have great faith that those I’m supposed to reach will eventually get this material. And so, it is for all of you, my brave kindred spirits, that I have written this book.

*“O brave new world, That has such people in’t!”*  
—William Shakespeare

*“If I have seen further than others,  
it is because I have stood on the shoulders of giants.”*  
—Sir Isaac Newton



# CHAPTER 2

## The Matrix, a World of Fear

*“Everything you want is on the other side of fear.”*

—*Jack Canfield*

I've included some of Chapter One from *The Mind Gate Process of Empowerment* to lay the foundation for explaining the cause of our inability to consistently create the happiness and joy that we deserve. So bear with me as I illustrate how this destroyer of our spiritual legacy operates. Instead of becoming “*masters of our fate and the captains of our soul,*” we often create and attract circumstances and conditions that we don't want. What's even worse, we are spawning these unwanted conditions unwittingly or by default. These manifestations of our inadvertent use of our intrinsic or built-in “creation device” are severe disorders with widespread consequences. They are making us, as a society, quite literally

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sick. We are creating, unintentionally, disease processes that are not only killing us, as a generation (Baby Boomers) on down, but future generations as well.

There are no vaccines for these diseases or disorders. They are going largely undetected and untreated because of our Western medical mindset. This mindset keeps us uninformed and ignorant of the exact cause. Fortunately, there are more and more scientists who are putting the pieces together and, as a result, there are more and more of us becoming more aware of this dilemma.

What the movie, *The Secret*, was missing, was mostly provided by the film, *What the Bleep Do We Know!?* Except for one BIG thing! That one BIG thing is covered extensively in this book. So, if you've read *The Mind Gate Process of Empowerment*, this will serve as both a review of the principles

from that book, and give you the benefit of much of the work we are doing currently in our coaching and in our *Awake Empowered* workshops.

This book is the message my wife, Terri, and I want so very much to share with you and the world. Our message is about demolishing fear by taking the steps necessary to come to a life-transforming awareness of exactly who and, more important, *what we are!* This life-transforming experience comes down to nothing more than a choice. A choice that only you, and you alone can make. You can choose love, or you can choose fear. Fear cannot exist when there is nothing but love present!

We'll teach you why you have anxiety and what can be done immediately to reduce it to a manageable level—and how to overcome it completely, with some effort. We'll show and tell you about two widespread disorders and how they

are affecting up to 80 percent of the population. Those two disorders are adrenal fatigue and posttraumatic stress disorder (PTSD). These disorders or syndromes, cause a plethora of symptoms and disease conditions, including depression, fatigue, anxiety, unexplained weight gain and weight loss, and relationship stress, to name just a very few.

We've used a lot of different techniques throughout the years and have developed a lot of the tools we teach our clients how to use to create the results they want. And, make no mistake about it. What you want is always on the other side of fear. In our clinic and in our workshops, we've developed several techniques from self-hypnosis, meditation, creative imagery and visualization, specific breathing techniques, nutritional supplementation, dietary and lifestyle changes, applied kinesiology (AK), emotional freedom techniques (EFT), and other proprietary processes. I'm going to teach you many of these here in these pages.

Everyone these days is aware of "information overload" but either they don't want to do anything about it or they can't do anything about it. It feels hopeless, so we soothe ourselves by buying more. More, better, or different. It doesn't matter, we just buy. Why? Because buying makes us feel worthy. It soothes our longing for some glimmer of hope to break out of this "matrix." So, we become "consumers" and we live in "Neverland."

*"I see it in your eyes. You have the look of a man who accepts what he sees because he is expecting to wake up. Ironically that's not far from the truth. Do you believe in fate, Neo?"*

—Morpheus, *The Matrix*

In his 1970 book, *Future Shock*, futurist Alvin Toffler popularized the term “information overload” to describe what happens to individuals and even to “whole societies” when our perception is one of “too much change in too short a period.” He named this overload a “psychological state of future shock!”

Toffler maintained that societies have undergone enormous structural change as we moved from an *industrial society* to a *super-industrial society*. The result being an overwhelmed society that struggles to keep up and adapt to all the changes as the mental and emotional stress intensifies and becomes amplified due to our faulty perceptions while in this *tranced* state. Toffler contended that these accelerated rates of technological and social changes generated people who feel “disconnected” and suffer from “shattering stress and disorientation.”

“We have been *tranced* from our social conditioning since we were small children,” says Bruce Lipton, PhD, author of *The Biology of Belief*, *Spontaneous Evolution*, and *The Honeymoon Effect*.

In his book, *Ageless Body, Timeless Mind*, Deepak Chopra, MD, remarks,

“The number of impressions that get laid down inside us is staggering—behavioral psychologists have estimated that just the *verbal cues* fed to us by our parents in early childhood, which still run inside our heads like muffled tape loops, amount to over ***twenty-five thousand hours of pure conditioning.***” (bold and italic emphasis added)

Dan Siegal, MD, professor at UCLA School of Medicine and director of Mindsight Institute, calls this common condition of waking/walking hypnosis—*mind wandering*. He considers *mind wandering* to be “a destroyer of happiness.” He says that neural integration and mindfulness are the heart of health. He calls his work, *interpersonal neurobiology*.

## Tranced

(reprinted and revised from Chapter One, *The Mind Gate Process of Empowerment*)



I had observed this “tranced” phenomena for many years in not only my office with my patients, but also in just about everyone else, everywhere else! But until the night of February 23, 2010, when my life would change forever, I did not fully understand how dangerous and devastating it could be. My wife, Terri, and I were getting ready to leave our office near Lake Tahoe in the mountain town of Truckee. It was getting late, and I was feeling significant anxiety because we had a one-hour drive ahead of us to our home, north of Truckee, and it was beginning to snow. I was finishing with my last patient and looking out at the snow from my treatment room window. It was showing no signs of letting up.

My heart was beating faster and my face flushed as a feeling of dread began to move from my stomach to my solar plexus. I fought to push it down, but it was too late. My sympathetic nerve system’s fight-or-flight response had been triggered. Terri and our receptionist, Sue, were finishing with shutting down the office as I stared out the window at

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the steady snowfall. My anxiety had now elevated to mild panic as I hurried to get the last patient out the door so we could close the office and get on the road.

We were putting on our ski jackets and loading the office laundry along with our usual assorted bags of paperwork into our four-wheel drive Toyota Tundra. The snow began coming down in big soft and fluffy flakes at an ever-increasing rate. We quickly finished packing the Tundra, locked the front doors to the office, and, settling in for the long drive home, we drove out of the parking lot. Shortly, we were on the road that led to Highway 89 going north toward the little mountain community of Sierraville—on the way to our home in Loyalton.

That night, on one of the most dangerous twenty-five-mile stretches of mountain highway in the state of California, all the cars were moving cautiously at twenty-five to thirty miles per hour. The white and yellow lines on the road were quickly being covered by the big, sticky snow. The temperature of the road was low enough not to melt the falling flakes, and it was accumulating fast as the storm brewed. The pine trees on each side of the road were now being frosted by an ever-thickening layer of new snow with each mile we drove.

My feelings of fear had now risen to a level probably not unlike those of a soldier who would be going into battle at any moment. I was hypervigilant and prepared for all possible scenarios as the heavy, wet Sierra snow steadily gathered depth. Terri and I were used to driving in *snow country* because we had lived here nearly fifteen years, but this drive on this night was somehow different.

Many times and for many years we had driven over thick ice and heavily snow-covered highways, even in blizzards

and *white-outs*. Many times, and for many years, they had always caused me some anxiety or what I would think of as a healthy vigilant awareness. Never had I felt such a *gripping terror* arising from deep within me like I did on this particular night. I had been dreading the day when the snow would come, and I would have to make that drive for nearly two years, and now it had finally arrived.

Two years earlier, we had moved from our home in Truckee to the northeast Sierra Valley. We decided to move to the Sierra Valley for several reasons. Not the least of them being the cost of living, which is much lower than Truckee and Reno, but the incredible beauty of the Sierra Valley is breathtaking. Later we would come to know that the people who live there are much like the land. We both felt that the fifty-plus minute commute would be worth it, because we had already established a small practice in the town of Loyalton that is almost exactly halfway between Truckee and Reno where we did most of our shopping. So, after moving our home, we had expanded our lives and made new friends, once again.

But this night would be the first time in nearly two years of commuting to and from Truckee that we would be driving home, on this particular road during a snowstorm. We frequently saw patients until seven in the evening, so our custom was to stop and get a protein snack before making the commute home, even if it was just a taco from the local Taco Bell—but not on this night. I was feeling such an urgency to get on the road before the storm got worse that we didn't stop to get our snack. We had gone too long without eating and were cranky with the weather and each other.

As we drove on, our moods were not improving. We both were watching the snow falling as it was steadily increasing. There were several other commuters driving behind us that night, and we were all driving slowly, up and down and around the many blind curves of treacherous Highway 89. The snow continued to fall a little more heavily. I drove on as attentively as I'd ever driven during a snowstorm on mountain roads, without talking, until about halfway into the twenty-five-mile stretch between Truckee and Sierraville.

As we approached one of the worse parts of the road near Sage Hen Creek, we both saw the headlights of a vehicle driving around the curve in the road, up the hill, ahead of us. Through a veil of falling snow, the lights from the approaching vehicle moved eerily across the road like a ghost or spirit crossing a room. Then, as if suddenly aware of our presence, it turned and headed right toward us. The headlights of this *phantom vehicle* were now pointing down the hill and directly in our path. My foot stepped lightly down on the brake pedal, and I pulled over to the right side of the road as far as I dare.

"I think he's in our lane!" I said as I watched in utter disbelief. The headlights were now aimed directly at us rapidly closing the gap between us.

"He *is* in our lane" Terri cried out, pushing her feet hard against the floorboard of the Tundra, bracing for the imminent crash.

### Impending Collision

Our truck came to a near stop as I was still hoping this *ghost vehicle* would correct in time and miss us. The Tundra

stopped with my right foot jammed down hard on the brake and my hands gripping hard on the steering wheel. I braced myself for the inevitable impact and then the headlights of the ghost vehicle found us. My fears about making that drive in a snowstorm had become a terrible reality in the form of a head-on collision!

Our truck's interior cab light was lit when I noticed the gray deflated airbag draped over the steering wheel. It was strangely quiet as if I had cotton stuffed into my ears. I saw the other limp gray airbag draped over the glove compartment on the passenger side of the dashboard. My head was pounding as I surveyed the cab as if in slow motion, my eyes panning to the right and toward my wife.

“Are you okay?” I asked.

“I think my leg is broken,” Terri replied. “It feels like there’s cold water running from my knee and down my leg.”

I remember feeling relieved that she was conscious.

“Are you bleeding?” I asked.

“I don’t think so,” Terri gasped.

I reached over to check her left leg for bleeding, and my right foot fell off the brake pedal. I felt a horrible grinding in my lower leg and no sensation of a foot being attached there.

“My leg is broken,” I said as a matter of fact—not yet registering the implications, nor the severity.

“I think my right ankle’s broken too,” Terri groaned.

“Oh, my God,” I said.

I don’t know how Terri had the presence of mind to do this, but she reached into her purse and, retrieving her cell phone, dialed 911. There had never been a mobile phone

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reception in this section of the highway but, for whatever reason on this night, she somehow got through and spoke to a dispatcher.

“Where are we?” Terri asked me urgently.

“I don’t know exactly,” I said looking at my left wrist for the watch that was no longer there. Terri was talking to the dispatcher on her phone and trying to guess where we were. I don’t remember what was being said.

## Angels

I still don’t know to this day how much time had passed before I was aware that someone was pounding on the driver’s side window. There were rushing sounds, like heavy surf in my ears, and I struggled to stay conscious.

“Open your door!” a woman was shouting from outside the truck on the driver’s side. “Your truck is smoking badly and might catch fire . . . you’ve got to get out!”

“Get my wife out first,” I shouted back at the woman through the glass.

“We tried, the door won’t open,” she replied.

“Okay,” I said, but my door latch was not working. “It won’t open!” I shouted as I began frantically to pull at the door latch.

“Push against the door and we’ll pull” she urgently shouted back at me.

I pushed the left side of my body hard against the truck’s door, feeling nothing as my upper body slammed the door. At the same time pulling at the latch and then suddenly, the door reluctantly popped open a few inches and stiffly moved open a bit more, all the while making creaking and grinding

sounds as if the hinges had been rusted shut. When the door finally opened, I looked out and saw two women in winter coats with snow falling on them and accumulating on their faces and clothes. The snow continued to fall, even heavier now.

“Get out,” they shouted in unison, “your truck is catching fire.”

“My leg is broken, and I can’t walk on it,” I whimpered back at them.

“We have to move you away from the truck,” they both said urgently. “We’ll carry you—hang onto our shoulders.”

I turned my body to the left, feeling my right foot drag across the floorboard limp and the nauseating grinding in my lower leg reminded me of the severity of the fractures that were just now becoming a reality to my conscious mind.

At this point, I would have welcomed the bliss that the severe shock would bring with its attendant unconsciousness but I knew that I could not let that happen. I had to be assured that Terri was safe and being tended to. The two women struggled to act as human crutches as I hopped slowly on my left leg across the snow-covered road—away from our smoking vehicle. I heard the woman under my right arm suddenly scream out.

“He’s not going to stop!”

I glanced to the right in the same direction she was looking, and I saw the white pickup truck coming too fast down the grade and heading right toward us.

“He’s going to hit us,” the other women shouted.

I was now rolling down a steep snow-covered grade to the

sounds of metal colliding into metal, then loud yelling and screaming.

### Let Her Be Okay

“That sounded like two impacts,” I thought to myself when I had finally stopped sliding down the steep ridge as it dawned on me what had happened. My rescuers had thrown me over the side of the road and saved me from certain death as the vehicle that had hit Terri and me head-on was then hit head-on by the white pickup truck. The white pickup truck had then slammed the *ghost car* back into our truck where Terri was still sitting, waiting for help.

I struggled to climb the steep ridge and strained to listen to what was happening on the road above.

I was praying to God out loud now, “Please, oh please, oh please, let her be okay, let her be okay,” over and over again but the grade where I had fallen was too steep to climb from where I had finally stopped sliding. My right leg was useless, and my right arm wasn’t responding so I crawled like a crab to the right using my left arm and left leg to move to where the incline was less steep.

After several minutes of crawling sideways, I could finally see the road above and crabbing along, made my way up to the shoulder of the highway. I stopped and listened intently for the sound of Terri’s voice, but all I could hear was a man screaming and shouting profanities over and over and then I heard another male voice shouting back at him.

“Shut up! Shut up!” Apparently, that male voice was mine. I only had ears for Terri’s voice.

“Let her be okay, let her be okay” I kept saying or praying over and over as I pulled myself toward the road.

As I neared the road, crawling on my belly toward a road-marker pole, I was bewildered as a Jack Russell Terrier trotted down the snowy highway, going south, away from the wreckage—right in front of me! I reached out and grabbed onto a road-marker pole. Using the pole as a crutch, I pulled myself up and onto my left knee and then up onto my left leg while my right leg hung above the road. I was looking to see if I could determine where Terri was.

I called out, “Terri, Terri!” The two women who had thrown me over the road and down the embankment apparently had been looking for me. They were now walking quickly toward me.

“Your wife is conscious. She’s conscious!” Trying to assure me they said, “They’re getting her out now.”

“Thank God, thank God,” I said, as I hung limply on their shoulders, my body beginning to shake uncontrollably.

My eyes searched the crash scene to find the Tundra. I then heard Terri’s shouts and moans of pain as men were trying to move her out of the truck. Eventually, they got her out of the truck and carried her on a ski jacket that acted as a makeshift litter. I didn’t know at the time that both her legs were badly broken. They were carrying her back to a safe area, several yards behind our downed Toyota Tundra, on the mountain side of the highway. Our Tundra sat still and helpless with its front end smashed against its windshield. I would never drive it again, but it will always be a fallen hero to me because it had saved our lives.

Once again, my rescuers, my angels, acted as human

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crutches to take me back to the road to where the men were taking Terri. Once across the road they had me sit on the back of an open-hatched Subaru station wagon while they removed the floor mat.

Another woman now helped move the floor mat and place it down on the shoulder of the road, maybe ten yards from our truck. The men who were carrying Terri laid her as gently as they could onto the Subaru's floor mat. Then my two angels, disguised as women, helped me over to the mat to lie down with my wife until the ambulance arrived. Terri was lying on her right side, as she did when we slept with each other in our bed. I reached over with my left arm to hold her as I'd done thousands of times, but we were both shaking so uncontrollably that my arm wouldn't rest on her shoulder.

"Hang on—keep breathing," I said, over and over as we lay there shaking together. Someone put a ski jacket over us. The snow kept coming down and fell on our faces as we lay there together, shaking in the aftermath of the trauma and cold. When the paramedics finally arrived, they did their triage.

"Can you hear me? Where are you hurt?" they called out, as calmly as they were trained to do.

"My right leg is broken and my wife's broken both her legs," I said, with a shaky and raspy voice as though through a tunnel. They moved on to look at others who were hurt. I could hear them talking among themselves about our injuries and about the others who were in the accident. I'm not sure, but I think I was the first to be lifted onto a gurney and then put into the ambulance.

## Crash

The paramedic in the back of the ambulance was trying to get an IV into me but was unable to find a vein.

“Where is my wife?” I kept asking him.

“They’re taking care of her” he tried to assure me.

After what seemed like an hour, he finally said, “They’re bringing her up now.” He was professional but was still concerned and kind.

“What’s your name?” I asked, still fighting off unconsciousness.

“Crash . . . they call me Crash.”

“Well, that’s apropos,” I said and then his face lit up with a broad grin.

“They’re bringing your wife in now, sir.”

“My name is Mitch,” I said as I looked to my left to see Terri. The paramedics carried Terri in on a real stretcher and placed her in the ambulance beside me.

“Are you all right?” I said to her through a fog with my body still shaking from shock. I was trying to hide my fear.

“I can’t feel anything” was her barely audible reply. Within a few minutes, we were making the slow trip to Tahoe Forest Hospital in Truckee. I remember the ambulance sliding quite a bit every now and then as the sirens blared, drowning out everything except Crash’s voice occasionally shouting to the other paramedic riding in the ambulance and tending to Terri and me, driving us to the emergency room on the heavily snow-covered road.

### Introduction to the Emotional Tone Scale

I never knew until I had experienced it for myself. The human psyche apparently can go through shock after shock after shock and not lose consciousness! We were both alive but had both suffered severe lower extremity fractures and multiple connective tissue injuries to our necks, backs, and hips.

During the next two years, and multiple surgeries, physical therapies, and self-rehabilitation, we had extra time to think, a lot. Mostly we thought about how we might have attracted such a terrible negative experience into our lives.

If it was *karma* as one of our spiritual teachers had suggested, then it must have been from some past life. It was not until I began to study seriously hypnosis and hypnotherapy that I finally found the answers I had been seeking. So, how did I, or we, attract the experience of a terrible accident to our lives?

It was the emotional tone of *fear* that I was not controlling because I was in a state of fight or flight or waking/walking hypnosis when we drove toward home that night. Too many hours without food combined with the intense anxiety I had about the trip left me *suggestible* to my fearful thoughts. These fearful thoughts had caused enough anxiety to eventually gain enough momentum to manifest a dreadful event. Did I cause the accident? No, but I attracted the event!



*“Our thoughts are most important.  
All that we are is the result of what we have thought.”  
—Gautama Siddhartha (Buddha)*

## Thoughts Are Things

Our thoughts are what create our emotions, so if you want to know what thoughts you are thinking, start paying attention to what you are feeling! Below is the emotional tone scale that I teach and use with my hypnotherapy clients. Frequently, we just don't know exactly what we have been thinking. Now, isn't that odd? If we are indeed the ones who are doing the thinking, then take a full minute and “Don't Think!”

If you did that exercise sincerely, you discovered that it wasn't long until a “voice” started commenting on the situation. But, you can usually tell what you are feeling. Unless, you have severe PTSD or adrenal fatigue. I ask my clients to tell me where they are and where have they been on the emotional tone scale (ETS) when they come in for a session. The ETS can be an amazing diagnostic tool. Because, if you've been “thinking” negative thoughts, it's a sure bet that you don't feel so well physically or emotionally.

This might all be new to you, but rest assured, by the end of this book you'll have more than a working knowledge of this scale. It will help you greatly because if you observe it, you could experience a profound awareness. That awareness is this:

*I am not my thoughts, and I am not my emotions.*

At the top of the scale are all the feelings that make life worth living. From hopefulness on up is your natural state as a spiritual being, but remember, you are having a human experience. The negative field's energy is heavy, so you regularly get exposed to the lower energy levels or emotional tones. You could say that hopefulness and higher are LOVE. If this is true then, everything from boredom on down is FEAR! Another way of saying that is this: hopefulness and higher are heaven and everything from boredom on down is hell.

“What about contentment?? I heard a mind out there say.

When you think you've done enough on the earth plane, then you may feel content for a while. If you check off everything on your list for today, you might reach the emotional tone of contentment. I say *reach* that tone because, if contentment is a goal of yours, I would invite you to see where you hang out on the ETS. In other words, if contentment is a high point for you then you usually hang out in the lower tones. You wouldn't be unusual either. This earth plane with its negative energy field is not easy to not succumb to. In the meantime just think about how you feel a lot of the time.

**Note to Self:**

**When I feel bad emotionally or physically, I have been thinking thoughts that make me feel bad.**

## Emotional Tone Scale

- I. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience
- II. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

Learning and mastering this scale is the key to creating anything you want. Not knowing about this scale can quite literally kill you, or worse. Almost all the bad or negative experiences that have “happened” to you are because you

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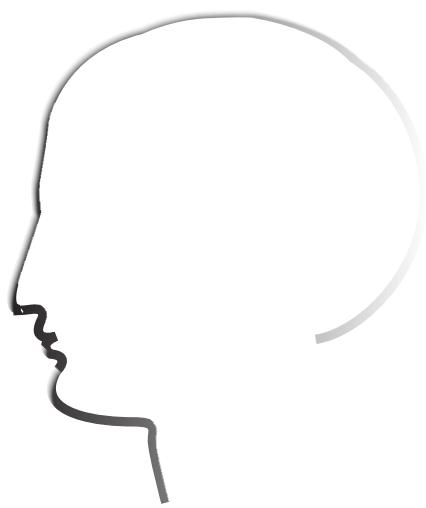
are not controlling your state of mind and staying out of the trance or waking/walking state of hypnosis!

I realize that many people who read that last sentence will take exception to it, maybe even you? Bear with me a while because while this appears to be bad news at first, it really isn't. If you know the hows and the whys bad things happen to you, then you will know the hows and whys to attract good things, circumstances, and people to your life.

I will be discussing in detail in the following chapters exactly how all this works. While it is somewhat difficult to get a handle on how our mind works, I can assure you it is well worth your time to learn and understand. It is our mind that causes the attraction of the good, the bad, and the ugly that makes up this time-space reality we call our lives.

So, learning how to prevent yourself from going into trance and controlling your state of mind is crucial. It is critical, not only for your personal health and happiness, which is a microcosm, but also for your own family, friends, city, state , country—and even the world!





# CHAPTER 3

## Enter the Mind Gate

*“The conscious mind may be compared to a fountain playing in the sun and falling back into the great subterranean pool of subconscious from which it rises”*

—Sigmund Freud

WARNING: CHAPTER THREE IS A DETAILED EXPLANATION OF THEORY OF MIND AND IS SOMEWHAT HARD TO GRASP, AT FIRST. SO, I WOULD ENCOURAGE YOU TO SKIM THROUGH IT, IF YOU'D LIKE, AND GO BACK TO IT AS YOU LEARN MORE, BECAUSE IT WILL MAKE A LOT MORE SENSE TO YOU AS YOU GO ALONG.

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One cannot fully appreciate nor understand how the fight-or-flight mechanism affects the mind when experienced on a regular basis, unless one gets a grasp of mind theory. We all know about anxiety. It is a “nervous” disorder and how our endocrine system (our glands) reacts during fight or flight. We all know the physiological and pathological effects of chronic stress or fight or flight on the body, but we are only beginning to understand the damaging effects it has on the human psyche. I am encouraged to be seeing more and more research in this new frontier called neuroscience or brain science.

We live in an exciting time and I am putting in my cosmic order for a whole lot more people to get up to speed as quickly as possible. While this is a little complex, if you take some time to study the following description of mind theory, you will have many of your questions answered about why we humans behave as we do.

### Theory of Mind

The following is a description of the *theory of mind* that many hypnotherapists, including me, use to explain to our clients, how our so-called thoughts cause or create our state of mind or emotional tone. According to neurolinguistic programming (NLP) our state of mind or emotional tone is what *drives* our behavior. And, our state of mind determines what things we pay attention to and how we either react or act in various but consistent ways to what we have our attention focused on.

Our behavior is largely responsible for creating our reality by either *attracting* certain people, situations, and things to us or by *repelling* certain people, situations, and things away from us. Current research now validates how this mechanism works using *quantum theory* and *neuroscience* but, I am not a quantum physicist nor am I a neuroscientist and chances are, neither are you. I will give you a *working model* of how hypnotherapists use this amazing mechanism we call the subconscious mind. While I believe that one does not need to know how electricity works in order to use it, however, fascinating it might be, I also believe that there are those who need an explanation that makes sense.

This is a cause-and-effect mechanism, only the cause is, for the most part, outside our *conscious* awareness. Some might describe it as the law of attraction, and it most assuredly is that. It has been my experience and belief that the source of all our negative life situations and problems comes from our subconscious mind. As the subconscious mind *bubbles up* or sends thoughts to the conscious mind, our body responds to these thoughts with emotion (energy in motion), and then we act on these emotions or *behave* in certain ways. Response to stimuli is one of the seven criteria of life.

These actions or responses to the stimuli of thoughts in our conscious mind and body are our behaviors. We might respond to thoughts in any number of ways, perhaps by becoming irritable and angry, or maybe we react with love and compassion. Why is this? Our emotions handle creating our state of mind because we respond to our thoughts as if they are *real* and, as a result, we never question what their origin is. Worse still, we *believe* they are *who we are!*

We rarely question the legitimacy of these so-called *thoughts* and their resultant *feelings*. We either feel good or not so good, and often do not even know or understand *why* we feel this way or that way. But, this is highly valuable information and is a kind of built-in guidance system. It informs us when we have jumped off the track and are heading where we don't want to go. These emotions that come from our thoughts can cause us to suffer or cause us to want to celebrate.

While it is infinitely better to feel like we want to celebrate, if we're not sure or don't know exactly how or why some feeling was created, we might have a problem! For example, we might experience warm and fuzzy feelings when checking into a beautiful hotel when suddenly the valet reminds us of, or might look a lot like, our mom or dad. We might even think it was the valet who created these feelings in us. If we don't know about how our subconscious programs work, then we might behave in a manner that could cost us dearly!

### Our Identifications

All identifications (or attachments) to forms of any kind cause suffering, and this even includes thought forms. This is what is meant by the Second Noble Truth in Buddhism.

The origin of suffering is an attachment to transient things (like the valet) and ignorance because of that. Transient things do not only include the physical objects that surround us, but also ideas, and in a greater sense, all objects of our perception. Ignorance is the lack of understanding about

how our mind is attached to impermanent things, including or especially thought forms!

The good news is that while our subconscious mind is the source of all our problems, it can be reprogrammed to be the source of all our joy! You just need to know how.

## Model of the Mind

The following is a practical explanation of how the mind works. Again I want you to know that this is a detailed explanation and you only need to know a little about the

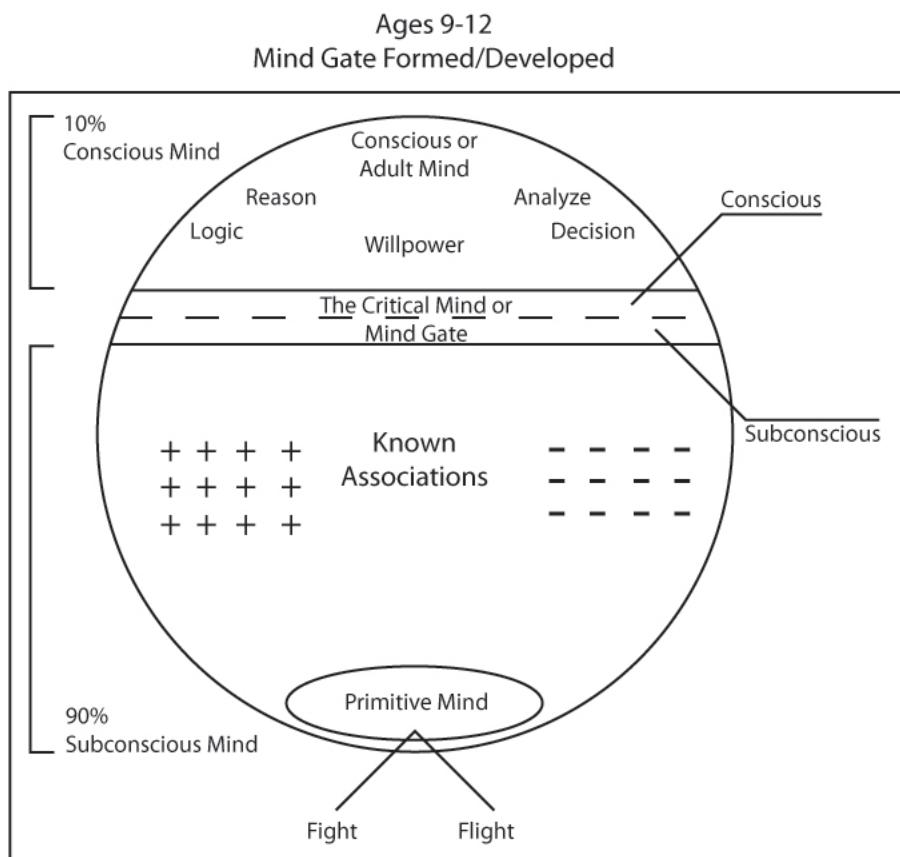


Fig. 1

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mechanism to get a handle on how to control the critical area or mind gate.

Please don't get hung up on the complexities of the mind. If you want to refer to this chapter occasionally to help you understand some of what you'll be learning later, then that would be a good use of this section. I promise you that this will all make more sense to you as you go along.

In Figure 1, the circle represents our total mind and the area at the bottom is known as the primitive mind. The primitive mind or area is the part of our mind that triggers the fight-or-flight response when we are under extreme stress or facing a situation where we have to run or fight. Also inside the primitive mind are two primary fears, the fear of falling, and the fear of loud noises.

The critical mind resides in both the conscious mind and the subconscious mind. It has been assumed by hypnotherapists for many years that our subconscious mind is about 90 percent of our entire mind, and the conscious mind is only approximately 10 percent of our entire mind.

Brain scientists (neuroscientists) and researchers are now estimating that our conscious mind might be only 5 percent of our total mind! When we realize that this is where our intellect resides, it might be a little humbling, to say the least.

It's paramount to understand that our subconscious mind does not think, nor does it reason or analyze. It uses no logical decision making whatsoever. It is the conscious mind or adult mind that is all about reasoning and analysis, logic, decisions, and willpower.

From birth to eight years old, we took in information like a sponge. We absorbed this information through our

Ages 9-12  
Mind Gate Formed/Developed

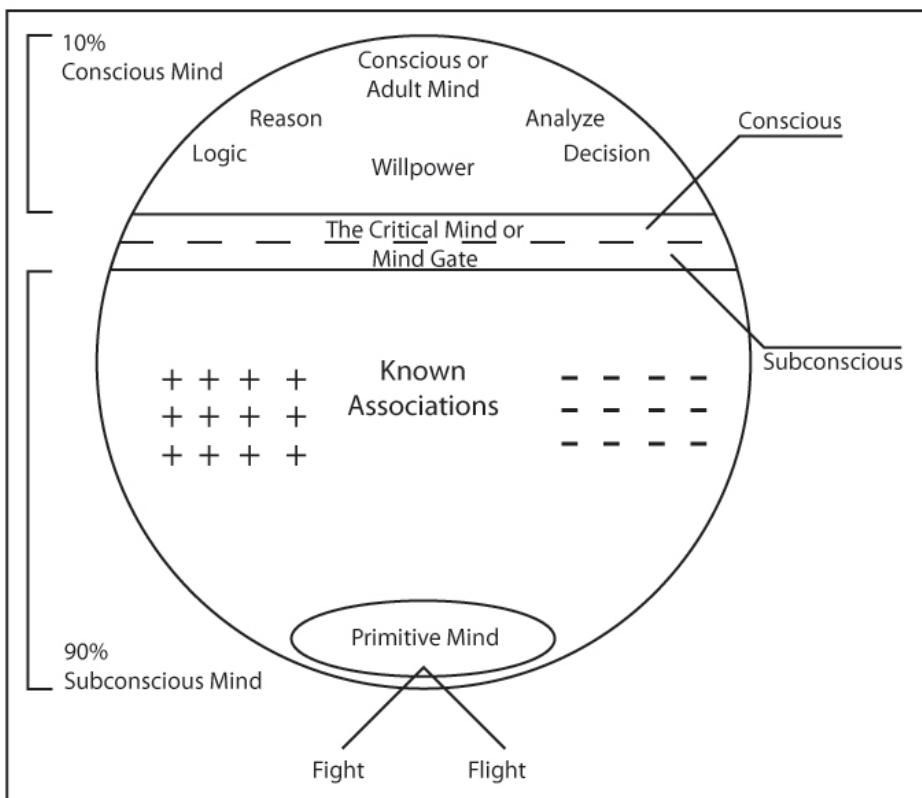


Fig. 1

five senses of taste, touch, hearing, sight, and smell. All this information and experience became our “known” associations and identifications. In other words, the things we know about our world. By about age eight we have a library full of these *known* associations and identifications and the critical mind then begins to develop.

The critical mind acts as a sort of barrier or filter that prevents any more new information or programming getting set up as a program (our conditioned responses) into our subconscious mind. Certainly they are not supposed to drop

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into our subconscious mind without first being critically analyzed by our conscious mind! In other words, we no longer accept any new programming at face value. This is when we begin to question information that we get exposed to and receive.

This is also when we start to control our state of mind (our emotions) and our responses to stimuli or behaviors, such as instead of reacting with anger, we contemplate the situation and instead respond with temperance, thereby controlling our gut-reaction of fight or flight. It is a crucial developmental stage and time in our lives because it is also a survival mechanism.

Age 0-8

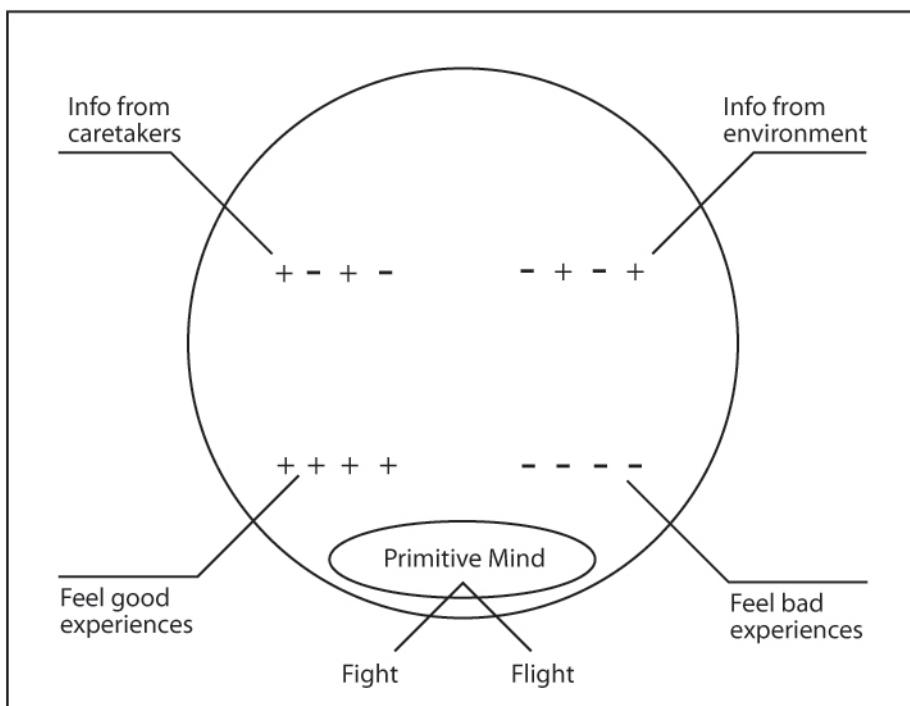


Fig. 2

Figure 2 illustrates how this information comes to us mostly from our caretakers (usually mother and father, but there are others) but between birth and eight years old, there could be several different people who are inputting information and experiences into our lives. Siblings, aunts, uncles, grandparents, teachers, preachers, the environment, and even messages from our own bodies all contribute to our *known* associations and identifications. And remember that these associations and identifications can be positive or negative.

For example, an older sibling might have been acting as a surrogate caretaker or babysitting us quite a bit when we were small. They always were telling us that we were stupid, so we might create a program (a known identification) that says we are stupid. Later in life, when we are around that particular sibling (or if someone we meet even resembles or reminds us of that sibling) our “stupid” program might start running. We will feel stupid and won’t have a clue as to why we are feeling stupid. Or worse, we might grow up believing we *are* stupid!

Or perhaps, for example, you might be sitting in church as a child, and the minister is telling scary stories about hellfire and damnation. You might grow up believing that people who don’t belong to that particular religion are going to hell! However, many of our known associations and identifications (our subconscious programs) can be fairly benign. Programs such as hot weather feels bad, or cold weather feels good, or a warm fuzzy blanket feels good. Touching a hot stove feels bad, but the smell of warm cookies in a hot oven feels good are examples.

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In contrast, a puppy dog might be a positive association unless, as a child, you experienced a puppy dog's mother lashing out at you and biting you when you reached out to pet the puppy. In that case, a puppy might be a *negative* association. So we have some *feel-bad* experiences and associations, and we some *feel-good* experiences and associations.

Again, Figure 1 illustrates the critical mind or **mind gate**. The critical mind acts as a barrier to keep new information from filtering into the subconscious mind and creating new known associations or programs.

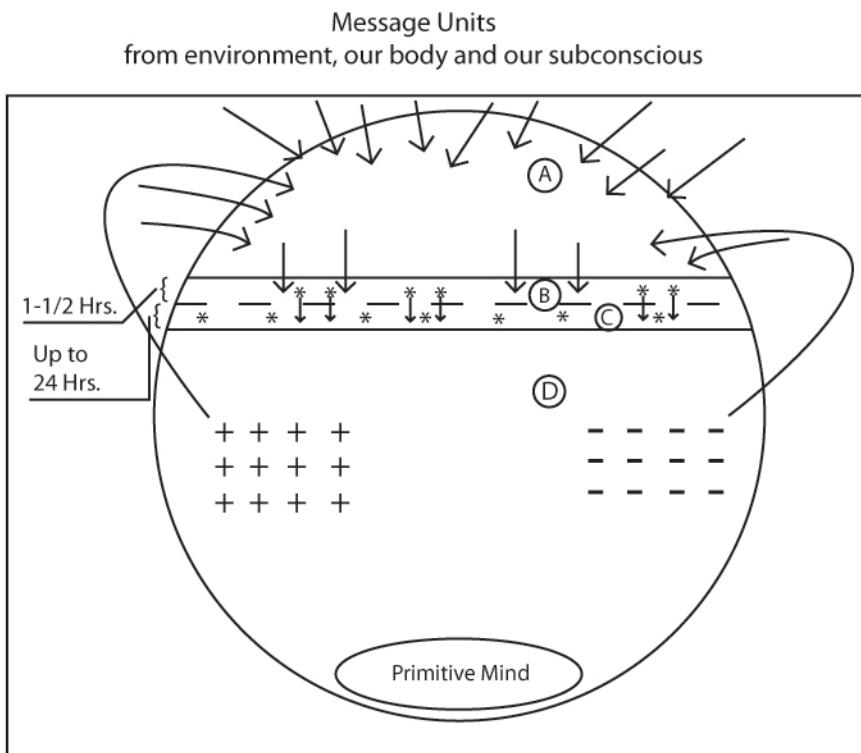


Fig. 3

- A- Conscious Mind
- B- Critical Area of conscious mind- Stores & analyzes data for up to 1-1/2 Hrs. then drops data (MU's) into C.
- C- Critical area of subconscious mind- Stores & analyzes data during so-called awake state (16 Hrs).
- D- Subconscious mind- Sends MU's in "thought form" to conscious mind.

Figure 3 shows how information is coming into the conscious mind. These bits of information are called “message units” and come from the environment, our bodies, and our subconscious minds. The subconscious mind sends or *bubbles* up information to the conscious mind in the form of symbols or what we call “our thoughts” when its programmed *knowns* are stimulated. You could think of these *knowns* like

computer programs with on-off buttons. When they get excited or switched on, the programs run. And when they are running, they are sending symbols (message units) into the conscious mind or awareness as thoughts.

If it is a *feel-good* program running, we will have good feelings associated with these thoughts. If it is a *feel-bad* program running, then we will have bad feelings related to these thoughts. For example, if you have been experiencing fear, grief or despair frequently, then your mind has been caught up in a *negative* program *feedback loop* where harmful or negative programs in the subconscious mind have become activated. When these programs are activated, they produce negative thoughts. When these thoughts reach your conscious mind—your body reacts to them as emotions or feelings. We will go over these responses in great detail in the next chapter.

These subconscious programs are regularly sending message units (MUs) back to our conscious mind when we are awake and are primarily what we think of as “our thoughts.” These thoughts gather in the conscious mind in high numbers. Eventually, they drop into the critical mind. The conscious mind only holds about one-and-a-half hours of MUs before the messages settle into the conscious part of the critical mind for analysis. I like to think of this mechanism as a septic tank. As the waste water flows into a septic tank, the solid waste eventually settles to the bottom.

Neuroscientists are now discovering that we are exposed to trillions of bits of information (message units) in an average day, but we are only consciously aware of a tiny fraction of that amount. All that vast amount of information, whether

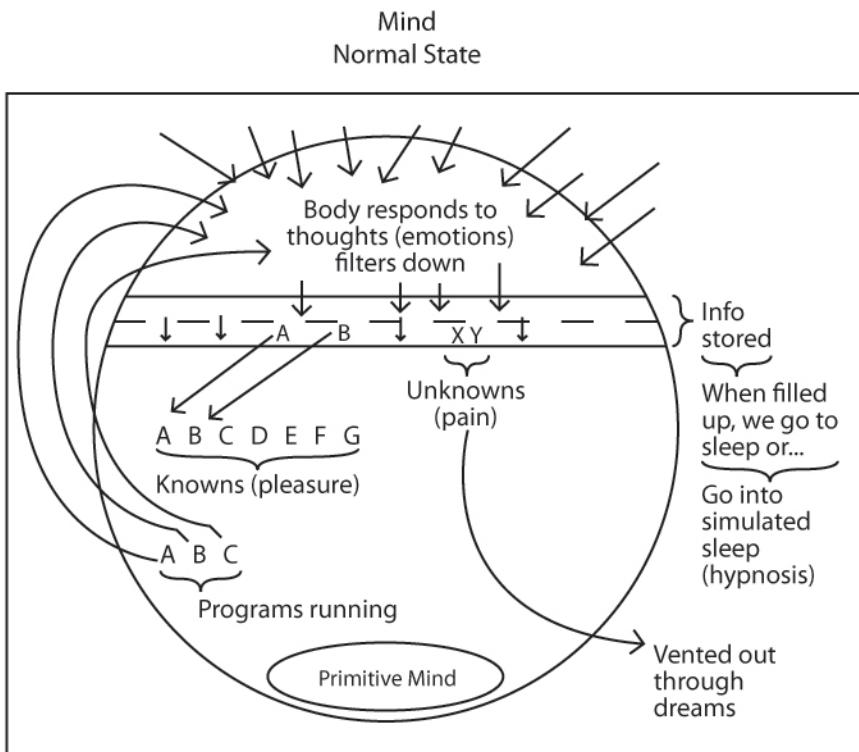


Fig. 4

When sleeping, mind gate opens & MU's drop through into subconscious (S.C.) if knowns. If unknown, they get vented out through dreams.

we are aware of it or not, fills the critical mind quickly. If we have a day that is filled with stressful information or experiences, we can get overloaded with MUs (message units). Within minutes the conscious part of the critical mind fills up and dumps or drops its load of MUs into the subconscious part of the critical mind.

There, in the subconscious part of the critical mind, the information is analyzed for content and any of the information that is *like* any of our programs (our *known* associations and identifications) will be *earmarked* by the critical mind. If

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the information is tagged or earmarked as “like” or similar to our *known* programs, then particular bits of information will stimulate and reinforce our *known* programs.

All the rest of the MUs that are not like or unknown to the subconscious mind’s programs will be tossed out in the form of venting dreams before we awake in the morning. Message units can be known to represent pleasure to the subconscious mind even if they are bad for us (like smoking cigarettes). Message units that are unknown to our subconscious mind represent pain to the subconscious mind, even if they are good for us (like eating healthy food or exercising). Remember the subconscious mind does not reason or analyze, it just plays back programs like a recording device.

### Venting Dreams

Venting dreams are the dreams we experience and remember just before waking. All of the information that comes into our conscious awareness has a way of being analyzed and filtered in the natural state.

I frequently get asked, “What if I don’t dream?”

If you go into unconscious sleep (delta brainwave) you have to go through the REM (rapid eye movement) state of consciousness (theta brainwave), which is where you dream but are not necessarily conscious of your dreams. Right before you wake you again enter or come through the REM state and dream some more to vent out the unknown message units.

If you give yourself a suggestion right before going to sleep to remember your venting dreams, you will begin to

experience these dreams more and more. Sometimes they are bizarre and make no sense. Occasionally they are quite pleasant, and you'll want to go back to them.

## Recurring Dreams

Recurring dreams are fascinating and can reveal a lot of useful information. Most hypnotherapists can help you to analyze these dreams. There are several books on the subject about interpreting the symbols, such as what does a cow walking backward mean? I have found that outside of general themes that might have some archetypical significance (like deep water indicating dark or scary emotions), most of these symbols are only significant if they mean something to you. A good hypnotherapist can quickly help you interpret the meanings of these dreams.

So, how much information (MUs) can the critical mind hold before it “dumps” it all into the subconscious mind? According to Dr. John Kappas, the subconscious portion of the critical Mind (the mind gate) can hold up to twenty-four hours of information before it **has to release** the information into the subconscious mind. However, the average time we are awake is sixteen hours, so the critical mind, under normal circumstances, has roughly sixteen hours to analyze all this data.

Its job is to analyze all the data before it is released into the subconscious mind when we go to sleep at night. However, there are a lot of sleep deprivation studies now that are showing that chronic insomnia not only is taking its toll on our physical health but our mental and emotional health. It

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trickles down to affect our social health as well. Just watch any CNN news program, and you'll see the results of an adrenaline-dominant society.

### Information Overload

Figure 5 demonstrates what happens when the conscious mind becomes overloaded with information (MUs) coming from the environment, from other people, situations, circumstances, and our own subconscious mind that we interpret as thoughts. Our thoughts make up the bulk or majority

Overload/Overwhelmed  
Causes fight/flight & Escape into hypnosis (flight)

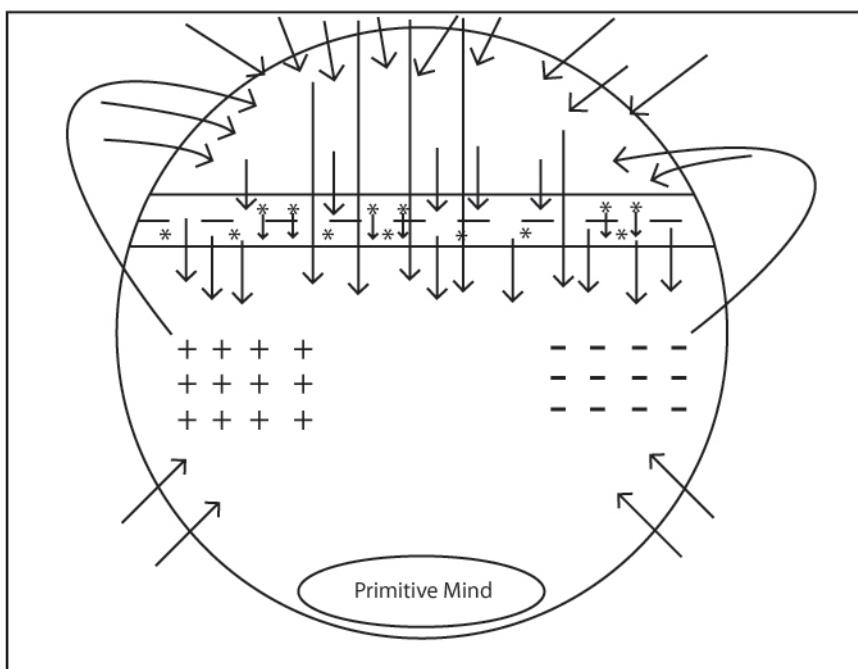


Fig. 5

Zone out.

of MUs that fill up the mind gate during the so-called waking state.

When we get too much information and become overloaded or overwhelmed in our natural state (like in caveman days) we would just go to sleep. But we are never (or hardly ever) in a natural state. What if we are unable to go to sleep (like when we are driving in commuter traffic)? Then, we escape into a form of simulated sleep through our fight-or-flight mechanism and become tranced or hypnotic.

Just before this occurs, the sympathetic nervous system becomes stimulated, and we might become a little jumpy and jittery as if we've had too much coffee. The conscious mind perceives this overload as a potential threat that then triggers our fight-or-flight response! If we can't fight, which often we cannot, especially if we are driving our car in commuter traffic or we are in the middle of an important meeting, then we will escape (flight) into a waking/walking state of hypnosis (simulated sleep).

When we go into a trance state of "waking-hypnosis" the brain becomes disorganized (the barrier breaks down). Then all the information or message units, which would normally take about sixteen hours to analyze, get downloaded into the subconscious mind without being critically examined by our mind gate.

These message units can, and do, trigger and activate subconscious programs, thereby releasing even more message units that bubble into our conscious mind. This constant influx of messages into the conscious mind can keep us in a state of overwhelm or information overload (fight or flight) for several hours until we fall into unconscious sleep.

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Exposure to too much stress, for too long a period, can keep us in a state of perpetual hypnosis. When we are in hypnosis, we become “hypersuggestible.” The term hyper suggestible means we are easily persuaded, impressionable, gullible, and susceptible to outside influences because we are not filtering or blocking information (message units) from coming into the conscious mind.

The state of hypersuggestibility is a term used by hypnotherapists to describe a trance state or waking/walking hypnosis. Clients can appear to be wide awake but are not. Their critical minds (or mind gate) are open, and their gatekeepers are asleep at the wheel. So, anything that might be going on in their environment will drop directly into their subconscious minds, without being critically analyzed, causing all sorts of bizarre program stimulation.

While hypersuggestibility could be desirable when sitting in the hypnotherapist’s chair and being given positive suggestions by the hypnotherapist, it is *not* a desirable condition if you’re in the waking state. Becoming hypersuggestible during rush-hour traffic can be dangerous. If you take care of young children or any other times when it’s critical to keep your wits about you, it is highly valuable to know how to stay out of hypnosis!

The reason that going into what I call “unauthorized hypnosis” (hypersuggestibility) can be dangerous is because the conscious mind becomes confused. What if the mind gate opens (becomes disorganized) during the waking state because there is a lot of information dropping into the subconscious mind at once? If that information has not been “critically analyzed” thoroughly, and the person is not in

delta unconscious sleep, the conscious mind has a sudden overload of “thoughts.” Our behaviors can become somewhat erratic due to an inability to focus entirely on any task at hand! Students who have difficulty with test taking, even when they have studied and know the material tested, are almost always in a state of hypnosis or trance.

## Positive Thought Patterns

The good news is this . . . we have behavioral patterns that we have used over and over again for many years (like tying our shoes). We automatically go into these automatic behavioral patterns as a way of surviving overloads. Our primitive brain’s fight-or-flight mechanism is a survival instinct. It has another aspect besides just getting us out of a jam and that is *to survive at any cost and this applies to emotional survival as well!*

Our mechanism drives us to figure out how to get the most love, the most safety, and positive attention. Also, the best way to avoid criticism, physical pain or danger. For example, we might be driving down a road we’ve driven many times when we suddenly realize we missed our normal turnoff. And yet, we have been completely in control of the vehicle and still driving safely.

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One thing that is crucial to understanding how our mind works is that our subconscious programming is what creates our emotional tones or our state-of-mind! Notice in Figure 6 the positive programs (positive associations and identifications) are being stimulated. As these programs are stimulated, they are sending or uploading message units into the conscious mind in the form of thoughts. The body reacts to these thoughts emotionally, in this case with good feelings. Then these good-feeling thoughts activate more positive message units that will be dumped or dropped into the subconscious mind and stimulate even more positive programs.

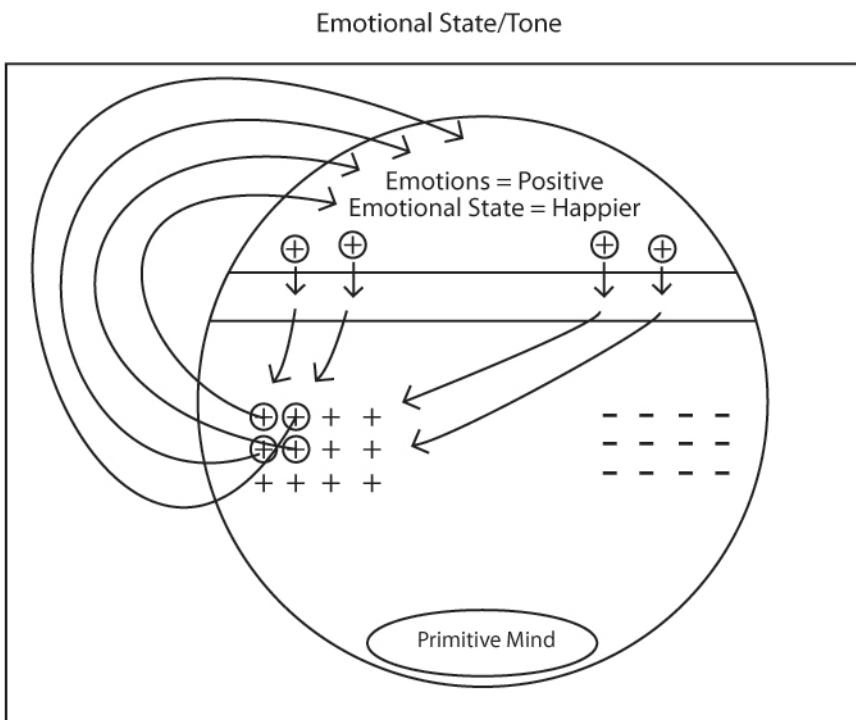


Fig. 6

Positive thoughts cause positive emotions.

Then the cycle repeats itself. This cycle is what determines our state of mind or emotional tone (how we feel). So, if you want to know what programs are being stimulated in the subconscious mind at any given moment, then begin paying closer attention to how you feel emotionally!

## Negative Programming

How we feel emotionally applies to everything we do. It encompasses every aspect of our behavioral life. It determines who we are in relationships at home, at work and in our social circles. It even determines our success financially and otherwise. Unfortunately, we have all been conditioned or programmed by the society in which we grew up. What this means is that we have some sabotaging programming that is thwarting our efforts to improve some aspects of our life.

Neuropsychologists estimate that over 70 percent of our subconscious programming is negative so it would behoove us a great deal to start seriously caring about how we feel. According to clinical psychologist Dr. Rick Hanson, our brains have what he calls a “negativity bias.” This means that we humans, since caveman days, have trained our minds to look for where the saber-toothed tiger might be hiding. This survival mechanism is still well and functioning. More on this later.

Let's look again at the emotional tone scale. Ask yourself, “How am I feeling right now after reading the previous information?” As you read through the list, one or more of

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these emotions will feel about right, or you might just feel overwhelmed (frustration).

### Emotional Tone Scale

1. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience
11. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

You don't have to go through the whole list on the emotional tone scale to pinpoint the emotion you are experiencing at

any given time. Just notice if you feel good emotionally or bad emotionally! If you are feeling good, then try to keep thinking along the same lines as you have been thinking.

If you are feeling bad, then quickly, or as soon as possible, switch your thoughts to a better-feeling thought! It is not as easy as it seems at first blush, as you will soon find out.

It's a good idea to have a couple of better-feeling thoughts handy to help bring you up a few emotional notches when you need to. I have many of my clients write down as many good things as they can think of to use a sort of emergency backup until a full positive feedback loop is established through repetition. (See Chapter Ten, the section titled "Emotional Restore," and see Chapter Eleven, the section titled "Switching Pictures.")

Remember, when we are in a hypersuggestible state (hypnosis), we become confused, and it is harder to focus on anything! I have included a chapter on how to dehypnotize yourself (see Chapter Fifteen: How to De-Trance) that discusses, in detail, how to recognize when we are in a state of hypnosis. And then how to get ourselves out of the trance or the hypnotic state as soon as possible.

If you are not too far down on the emotional tone scale, and you just want to feel better, it's much easier to come up a little bit at a time. We do this by switching our thoughts to a better-feeling thought! You can step it up a bit more when you can get some alone time and do the process. The main thing here is to understand that feeling bad is usually the result of negative programs running and probably is not what we think is happening at all! Our perception is *faulty*

when *tranced*.

Sometimes, this can be challenging, but remember, the subconscious mind was programmed through associations, identifications, and repetition. It does have some *good* programs (known associations and identifications). It also has the capability of latching onto or focusing on an idea if it is being fed that idea or picture repetitively. Remember, there are two laws at work here. The law of association and the law of repetition.

### Reprogramming

To *reprogram* the subconscious mind so that it will be *bubbling* up a lot of positive thoughts to the conscious mind, you will need to make it a habit of regularly directing your attention to *good-feeling* thoughts!

#### Note to Self:

**The laws of repetition and association are your keys to all the good stuff you want and not attracting all the bad stuff—along with the emotional tone scale!**

I will discuss with you in detail how these laws work in the Mind Gate process. The subconscious mind can fixate for extended periods of time on a central idea or thought or thought pattern if it is regularly stimulated (law of repetition).

Look at Figure 6 again. Notice that the *positive* thought patterns can be purposefully directed in the conscious state.

They are then allowed clearance through the mind gate if the idea is big enough, in other words, if the idea has enough *energy or mass*.

Mass is achieved by using *imagery*, in other words, our imagination! Many clients have told me they do not know how to visualize. Everyone can visualize, but you can get a little rusty at it. If you can worry, you can visualize. It's a matter of getting back in touch and then using your imagination correctly.

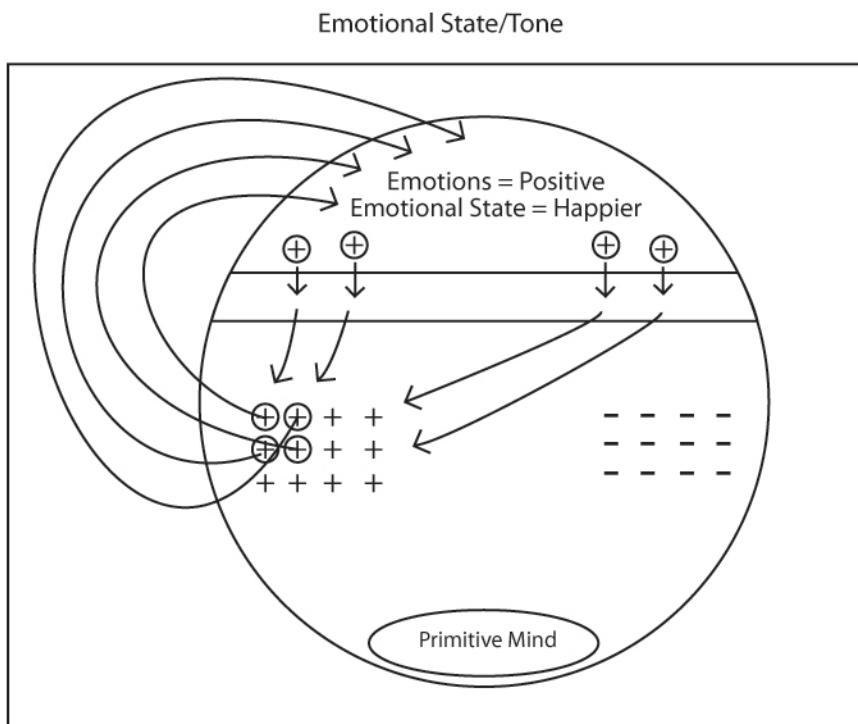


Fig. 6

Positive thoughts cause positive emotions.

Figure 6 represents what happens when the subconscious mind is being stimulated by imagery from the conscious

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mind while in a conscious or so-called awake state. There is a trick, however, to getting through the mind gate to plant a positive idea and then having it grow into a new positive program. I will teach you the technique soon, so be patient.

As these new programs are stimulated or switched *on*, they are bubbling up—sending or uploading thoughts (symbols that become thoughts) into the conscious mind—then the body responds with feelings or emotions! Positive thought forms that come from the subconscious mind cause positive emotions, which in turn create positive emotional states of mind (see Figure 7—Positive Vibes). A positive emotional state *feels* good.

By contrast, if negative programs are running in the subconscious mind, and they are being regularly stimulated and are sending negative thoughts up into the conscious mind, then these create negative emotional responses in the body, and we *feel* bad (see Figure 8—Negative Vibes). Negative feelings or emotions create a *negative* state of mind!

A negative state of mind is like being in a bad mood and does not *feel* magnificent to us. Remember, if you want to know what thoughts you have been thinking or which programs are running that are sending thought-forms into your conscious mind, just take a moment right now and notice how you are *feeling*.

Are you feeling good or bad? If you are very ill, you probably have not been feeling too well emotionally either. You may have a *vague* sense of how you *feel* as you read these words, or you might not have any sense at all how you are feeling. How do you feel most of the time . . . good, bad or neutral?

Where on the emotional tone scale do you tend to *hang out* most of the time or maybe a lot of the time? More than likely, you operate in a relatively narrow range depending on several factors. When you are at work, you may be *different* emotionally from when you are at home or in certain social situations or with certain people or groups of people. Start noticing more how you are *feeling* in these different areas of your life.

If being around a particular person or situations feels bad, your built-in guidance (your emotional tones) is telling you something crucial. I want you to begin caring more about how you feel. As obvious as that might sound, it makes all the difference between a fulfilled life and one that is filled with struggle and mediocrity.

## Our Moods

If you engage in a favorite pastime or hobby, you might feel *different* emotionally from when you have to do, say, home maintenance. The reason I am stressing this so much is because as you become more aware of how you are feeling, you'll become more aware of what *programs* are being stimulated in your subconscious mind! These programs then, are creating energy (in the form of symbols we call our *thoughts*) to enter your conscious mind that then accounts for the corresponding emotions in your body!

These emotions will then create even more message units (information) coming into your conscious mind that is about the *emotions* you are experiencing, producing even more thoughts, ad infinitum. I want to be very clear about this. It

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is imperative, no, it is vital that you understand that the programs that cause your moods are not coming from anything other than your subconscious programs! This all will make more sense to you when you become aware of *feeling* good one day and then suddenly, as if for no reason at all, you *feel* bad.

Taking this to the next level, we can now see how we are attracting people, places, and things to us. And in so doing, we are affecting those around us, the world, and even the universe because of an energy ripple effect!

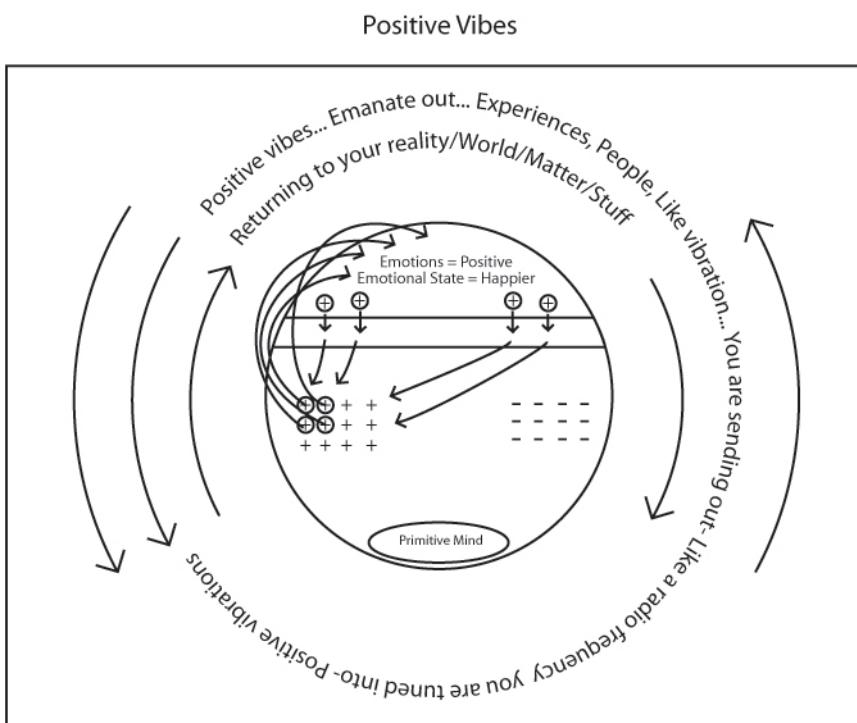


Fig. 7

Positive thoughts cause positive emotions.

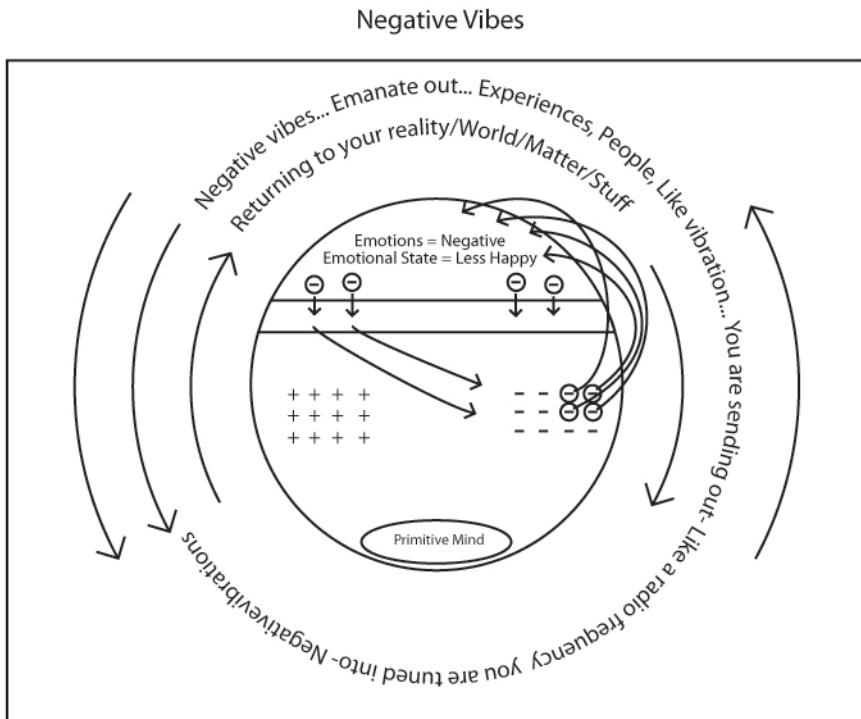


Fig. 8

Negative thoughts cause negative emotions.

How we create and manifest everything we experience in our lives, we do in this way. And I do mean everything!

Figure 7 illustrates that the subconscious mind's positive *programs* are being stimulated by message units from the conscious mind, which means *you* have conscious control over what *programs* you want to be activated once you learn how. The Mind Gate process I developed and teach helps you do just that!

### Quantum Physics and the Mind

Quantum physics experiments have demonstrated that “Electrons, (energy) in waveform, are forced to behave as particles when they are observed and the greater amount of watching (observation), then the greater the observer’s influence on what actually takes place.”

—1998 Condensed Matter Physics Department, Israel

What this means to you and me is this: as we observe or watch this energy-in-motion (our moods and feelings), then the more we can control (literally) these emotions. We *make* them or *force* them to change to create what we want to experience! As we exercise our conscious control (on a regular basis) over our thoughts, we can directly influence exactly which of our subconscious programs we want to switch on!

In other words, by putting our attention on positive thoughts or ideas, our positive programs become activated and bubble up, send or upload more and more positive energy (thought-forms) into the conscious mind. These positive thoughts feel good to us, thereby creating even more positive message units. These positive message units (MUs) will then conceive even more *positive* or *good-feeling* thoughts that will be dropped as known positive message units into the mind gate for critical analysis.

When we go to sleep or when we do the Mind Gate process, these positive message units will then be downloaded or dropped into the subconscious mind. Positive message units will reinforce and activate even more of our positive programs that are already in our subconscious minds or

construct *new* positive programs. The new positive programs will then build even more good-feeling thoughts, producing even more message units that are positive, which . . . well, you get the message.

Our body's response to what scientists call "waves of thought" or *thought-forms* as they move up through the mind gate to the conscious mind could be called *interference patterns* (Young's Double-Slit Experiment). When *unobserved*, they are waves of possibility, but when *observed* (by a human observer), they become real (matter) and can be molded or changed by how we *feel!*

***"It makes more sense to adapt an idealistic metaphysic assumption: There is no object in space-time without a conscious subject looking at it"***

—Amit Goswami

Our emotions are quite literally energy-in-motion. And they have an observable and measurable electromagnetic quality to them. This energy gets transmitted out from us and around us and into the universe itself, as mentioned above. We transmit this energy, like a rock thrown into a quiet pond and create a ripple effect, much like a microwave or radio wave that expands infinitely out into the universe!

Magnetoencephalography (MEG) is a functional neuroimaging technique that can map the brain's activity by recording magnetic fields produced by electrical currents occurring naturally in our brains. Here's the corker . . . these magnetic fields are registered and recorded (accounted for

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and recorded) *outside our heads!* How can this be?

The research being conducted with the use of MEG, in my opinion, is irrefutable scientific proof that our brain's activity (including our thoughts and emotions) is not limited to the body as commonly believed. Could it be that MEG is demonstrating to us that we are indeed signaling or communicating to others and the universe with some bio-radio wave?

Remember the neuroscientist Dr. Miguel Nicolelis. He built the brain-controlled exoskeleton that allowed a paralyzed man to kick the first ball of the 2014 World Cup! He is now working on ways for two minds (rats and monkeys, for

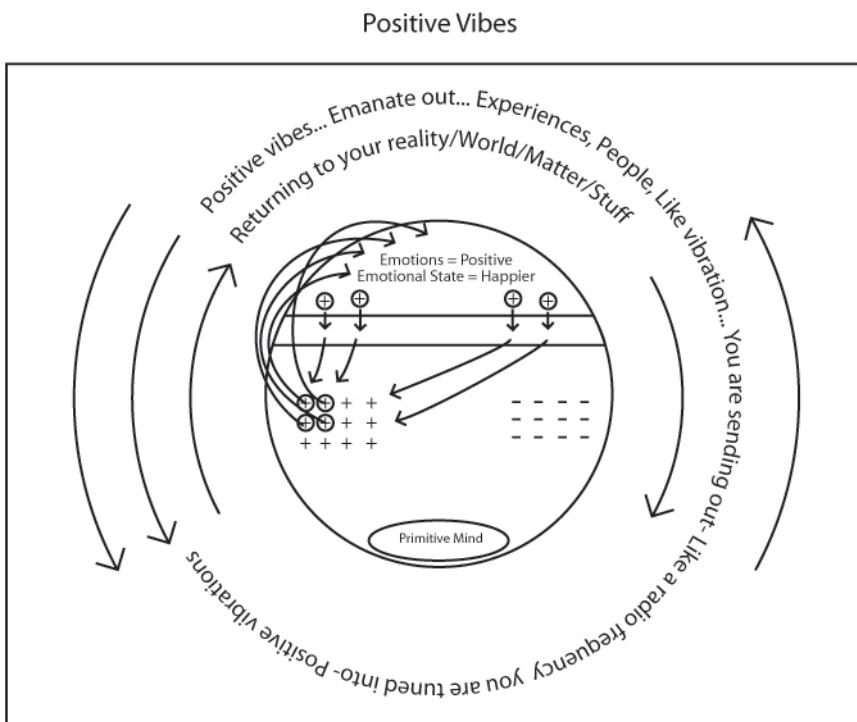


Fig. 7

Positive thoughts cause positive emotions.

now) to send messages, brain to brain. He says to watch for an experiment that will go to “the limit of your imagination.”

In contrast to Figure 7, when you look at Figure 8 you will notice that the *negative programs* are being stimulated by *thinking* negative thoughts. These negative thoughts are dumping negative message units (MUs) into the subconscious mind!

When these negative programs are turned on, they bubble up, send, or upload *negative* thought-forms into the conscious mind. This produces negative body responses (bad-feeling emotions) and often physical symptoms that feel bad too! Now, if having your negative programs aren’t enough, think

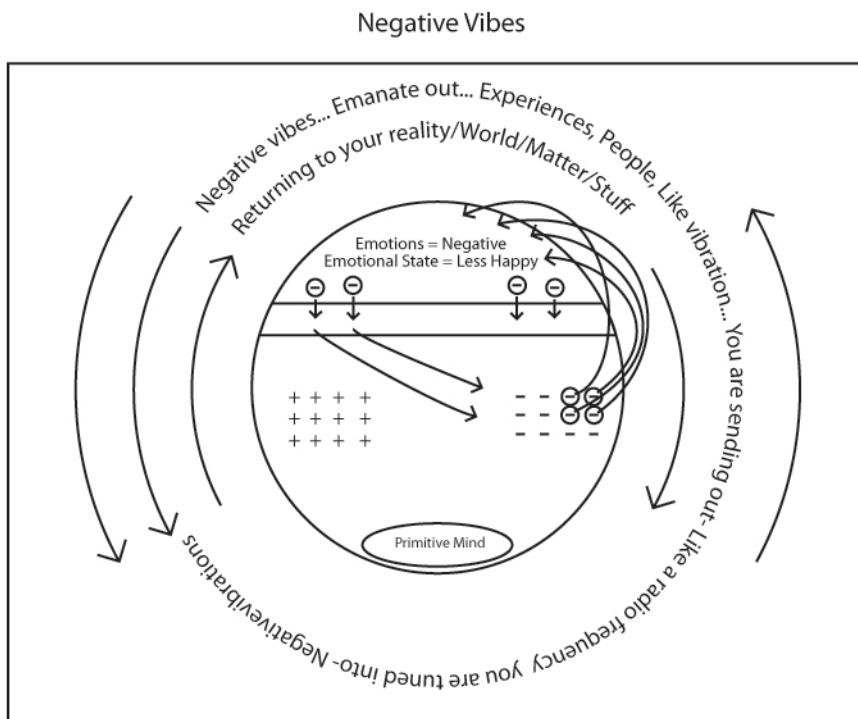


Fig. 8

Negative thoughts cause negative emotions.

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about how you are exposed to negative suggestions every day. Do you remember September 11, 2001? I'm sure you do. Do you remember how you felt when you saw the television news footage day after day?

With the global crises facing us, both natural and human-made, we barely stand a chance of staying out of hypnosis. If you are not armed with this information, there will be little or no hope for you to attain the happiness and peace of mind you so desperately need and deserve. Positive thinking only gets us so far because there is always something coming at us from our blind side.

So when that happens, and you are aware of how you are responding emotionally to the situation, then this is a great time to *observe* these emotions or feelings! Negative emotions (such as disappointment, doubt, worry, blame, discouragement, anger, revenge, hatred, jealousy, guilt, fear, and grief) will be felt in the body someplace. A good exercise is to try to locate what part of the body is *feeling* the negative emotion the most.

Is it in your heart, head, stomach, solar plexus, back or neck? The flip-side of this is when you are feeling discomfort in some part of your body, take a few moments and see if you can identify the emotion you are experiencing on the emotional tone scale. For example, pain in the middle or upper back is frequently connected to the feeling of guilt. Discomfort in the solar plexus might be fear, while a heart condition might be grief.

Today most alternative health practitioners, like the Mayo Clinic, recognize the importance of the emotions in the healing process. There are thirty, sixty and ninety-day

programs that offer guided imagery and stress counseling that encourage patients not to worry so much. Some clinics recognize the emotional connections to illness and even recovery time following surgery or illness. They know that it is vital for a complete recovery from accidents or illnesses that these people receive, at the very least, some hope.

If this is too difficult to get your head around, then at least be willing to think of the implications. If this is true, how many people's suffering, including your own, might be alleviated? I'll bet you know of someone who is sabotaging their health.

*“All that stuff that is in back of us. Are you afraid to see what is back there, or are you hiding what is back there? Do you feel stabbed in the back?”*

—Louise L. Hay



# CHAPTER 4

## Post-Traumatic Stress Disorder and Adrenal Fatigue

*“There is no illness of the body apart from the mind.”*  
—Socrates

### PTSD

You can have adrenal fatigue and not have posttraumatic stress disorder (PTSD) but, you cannot have PTSD and **not have** adrenal fatigue. Esther Hicks says in her book, *The Law of Attraction*, “There are thousands of people in hospitals

today trying to heal physically from something that was caused emotionally.”

The reason I am going to go into such great detail about PTSD and adrenal fatigue is because of the widespread effect it has on our sanity as a world society. The underlying cause, the *common condition* of waking/walking hypnosis or *trance* that I described in Chapter One must be addressed if we are to make a difference for those who suffer these conditions.

According to US government statistics at the Centers for Disease Control and Prevention (CDC), an estimated 7.8 percent of Americans will experience PTSD at some point in their lives, with women (10.4 percent) twice as likely as men (5 percent) to develop PTSD. About 3.6 percent of US adults, aged 18 to 54 (5.2 million people) have PTSD during a given year. Representing only a small portion of those who have experienced at least one traumatic event; 60.7 percent were men and 51.2 percent were women. These were just the cases that were reported.

The traumatic events most often associated with PTSD for men are rape, combat exposure, childhood neglect, and childhood physical abuse. The most traumatic events for women are rape, sexual molestation, physical attack, being threatened with a weapon, and childhood physical abuse.

It's interesting to note that twice as many women will experience PTSD compared to men. But, when you look at the list of most traumatic events for women, it does not include combat exposure. However, the CDC website does have statistics for veterans, including women, and PTSD is, not surprisingly, much higher in both men and women if they have been exposed to combat compared to other traumas.

Also, I want you to pay particularly close attention to the next paragraph, from the Nebraska Department of Veterans' Affairs ([www.ptsd.ne.gov](http://www.ptsd.ne.gov)):

*"PTSD is marked by clear biological changes as well as psychological symptoms. PTSD is complicated by the fact that people with PTSD often may develop additional disorders such as depression, substance abuse, problems of memory and cognition, and other problems of physical and mental health. The disorder is also associated with impairment of the person's ability to function in social or family life, including occupational instability, marital problems and divorces, family discord, and difficulties in parenting."*

It gets worse as the article goes on to say that we are just beginning to see the far-reaching effects of this disorder. And, if we just look around at our world, we can easily hypothesize the cascading effects on our society and future societies.

It is common for other conditions to occur along with PTSD, such as depression, anxiety, or substance abuse. More than half of men with PTSD also have problems with alcohol. The next most common co-occurring problems in men are depression, followed by conduct disorder, and then problems with drugs. In women, the most common co-occurring problem is depression—just under half of women experience it. The next most common co-occurring problems in women are specific fears, social anxiety, and then problems with alcohol.

Those who suffer from PTSD often have problems functioning and have more unemployment, divorce or separation, spousal abuse, and the chance of being fired. Vietnam vets with PTSD were found to have multiple problems with family and other interpersonal relationships, problems with employment, and increased incidents of violence. And this next excerpt from the same website is particularly disturbing:

*“People with PTSD also may experience a wide variety of physical symptoms. This a common occurrence in people who have depression and other anxiety disorders. Some evidence suggests that PTSD is associated with the increased likelihood of developing medical disorders. Research is ongoing, and it is too soon to draw firm conclusions about which disorders are associated with PTSD.”*

The government doesn't want to go out on a limb here because the numbers are likely much, much higher for its veterans than it wants to admit. I'll let you draw your conclusions as to why. But, let me clear about this. There is nothing *post* about posttraumatic stress disorder. The event might have been in the past, but its effects on the psyche are experienced daily by those suffering from this disorder.

I will be drawing a parallel in the following pages of PTSD to adrenal fatigue because, they go hand-in-glove with each other. And, as you will see, their on-going chronic effects have a common link as well as a characteristic symptom complex. It's startling when you begin to see the implications for the future of our species.

## Psychological Trauma

According to the DSM-5 that is used by most mental health practitioners, PTSD is part of the “*Trauma- and Stressor-Related Disorders, in which the onset of every disorder has been preceded by exposure to a traumatic or otherwise adverse environmental event.*” I want to draw your attention to the part from this excerpt from the DSM-5 that says “**every disorder has been preceded by exposure**” to a psychological trauma.”

The DSM-5 expands the epidemiology (causes of PTSD) as follows:

1. **Directly experiences a traumatic event.**
2. **Witnessing in person a traumatic event.**
3. **Learning that a close friend or relative experienced a traumatic event.**
4. ***Experiences repeated or extreme exposure to details of a traumatic event.***

Think about the last criteria for a moment. Can you remember where you were on September 11, 2001, when the twin towers of the World Trade Center in New York City were demolished by hijacked jetliners? How many times did you see the videos of the impact and the carnage that followed as people were jumping out of windows, hitting the walkway roofs with a terrible thud, and it was recorded with cell phones? The news channels were reporting daily the body count as videos played the appalling scenes of people screaming in terror, and, the crying of traumatized friends,

## MIND GATE

spouses, relatives, and children of the victims, over and over again for weeks!

Were you traumatized? How many families of the emergency personnel, clean-up crews, and volunteers heard detailed grizzly accounts of the event and aftermath, perhaps night after night? Most who watched were traumatized moderately and many severely. And what about all the people involved in the cleanup following the bombings?

Not surprisingly, the higher incidence of PTSD occurred among the construction or engineering workers and the unaffiliated volunteers. The police, emergency medical personnel, and firefighters were still affected, but only by up to 12.2 percent. Compare that with up to 21.2 percent of the unaffiliated volunteers. These workers especially were not used to seeing such carnage and destruction.

More recently, on December 14, 2014, in Newtown, Connecticut, twenty-six people, mostly children, were shot by a disturbed teenager. Everyone in that town and many across the nation were traumatized. In fact, so much so that whenever a parent gets a call from their child's school now they are instantly reactive on a level that did not exist prior to such instances. When we add in domestic violence, including verbal abuse, fear of violence and bullying, etc., we have a better idea of how widespread PTSD is.

The following information is from the Nebraska Department of Veterans' Affairs website ([www.ptsd.ne.gov](http://www ptsd ne gov))

.The site is loaded with great information on what is known to date about the disorder, although we are learning more and more every day. At the time of this writing, there is a lot of ongoing research across the nation and in

many other countries. While most of the research, as far as I'm aware, is conducted in hopes of finding a pharmaceutical solution, there are other projects working toward finding viable, natural therapies for those who suffer with PTSD and their families. This book addresses and offers some of these new therapies.

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## **What Are the Symptoms of PTSD?**

Although PTSD symptoms can begin right after a traumatic event, PTSD is not diagnosed unless the symptoms last for at least one month, and either cause significant distress or interfere with work or home life. In order to be diagnosed with PTSD, a person must have three different types of symptoms: re-experiencing symptoms, avoidance and numbing symptoms, and arousal symptoms.

### **Re-experiencing Symptoms**

Re-experiencing symptoms are symptoms that involve reliving the traumatic event. There are a number of ways in which people may relive a trauma. They may have upsetting memories of the traumatic event. These memories can come back when they are not expecting them. At other times the memories may be triggered by a traumatic reminder such as when a combat veteran hears a car backfire, a motor vehicle accident victim drives by a car accident or a rape victim sees

a news report of a recent sexual assault. These memories can cause both emotional and physical reactions. Sometimes these memories can feel so real it is as if the event is actually happening again. This is called a “flashback.” Reliving the event may cause intense feelings of fear, helplessness, and horror similar to the feelings they had when the event took place.

### Avoidance and Numbing Symptoms

Avoidance symptoms are efforts people make to avoid the traumatic event. Individuals with PTSD may try to avoid situations that trigger memories of the traumatic event. They may avoid going near places where the trauma occurred or seeing TV programs or news reports about similar events. They may avoid other sights, sounds, smells, or people that are reminders of the traumatic event. Some people find that they try to distract themselves as one way to avoid thinking about the traumatic event.

Numbing symptoms are another way to avoid the traumatic event. Individuals with PTSD may find it difficult to be in touch with their feelings or express emotions toward other people. For example, they may feel emotionally “numb” and may isolate from others. They may be less interested in activities you once enjoyed. Some people forget, or are unable to talk about, important parts of the event. Some think that they will have a shortened life span or will not reach personal goals such as having a career or family.

## Arousal Symptoms

People with PTSD may feel constantly alert after the traumatic event. This is known as increased emotional arousal, and it can cause difficulty sleeping, outbursts of anger or irritability, and difficulty concentrating. They may find that they are constantly ‘on guard’ and on the lookout for signs of danger. They may also find that they get startled.



## Adrenal Fatigue Syndrome

So now you might have a better idea and can imagine how widespread PTSD is and if you think that’s bad, the statistics on adrenal fatigue are even worse.

### Note to Self:

**You can have adrenal fatigue and not have PTSD, but you cannot have PTSD and not have adrenal fatigue.**

According to Dr. James L. Wilson, who coined the term “adrenal fatigue” and wrote *Adrenal Fatigue: The 21st Century Stress Syndrome*, “Eighty percent of the population will suffer from adrenal fatigue at some point in their lives.” In our clinic, at least 80 to 90 percent of our adult patients, (especially those in the age range between thirty-five and sixty-five) have at least a mild to moderate degree of adrenal fatigue.

And, well over 25 percent have severe adrenal fatigue that fits right into the statistical range of people affected and suffering from PTSD.

Admittedly, I haven't administered many diagnostic tests for adrenal fatigue to my patients under the age of twenty-one unless their case history revealed the possibility of PTSD. Or, if the severity of symptoms warrants the exams, so I have probably missed a few instances where I might have helped further. Deep-seated *fear* and *anxiety* are trademarks of PTSD and oddly as it might sound, I have found the same thing with my adrenal fatigue patients with a slight distinction.

According to John Kappas, PhD, who wrote the *Professional Hypnotism Manual* and founded the Hypnosis Motivation Institute, a nationally accredited college of hypnotherapy, a *fear* has its origin in a *real event* (as in "a fear of dogs" stemming from a dog biting you, perhaps at a young age or sometime in your life). This is in contrast to a *phobia* where the fear has no remembered event in the past. So if there is a difference between PTSD and adrenal fatigue, I would have to say that the end result on the individual is the difference between a fear and a phobia. The effect on the individual, symptom-wise, is the same. But, the real question, in my opinion, should be:

### **Is the Treatment the Same?**

And the answer, in my opinion, is a resounding YES, with one slight difference. The difference is minimal to a hypnotherapist with only a slight (but critical) shift in approach

and modality. Because, hypnotherapists work with the mind, and the mind (the subconscious mind) doesn't know the difference between what's real and what's *imagined* to be real! It only knows what it knows (from early childhood conditioning) and what the *conscious mind* shows it (focuses or obsesses on) repetitively. The subconscious mind is like a child and a computer at the same time and yet, it has access to the most powerful force in the universe, the *law of attraction*!

As a functional medicine clinic, we work with our patients/clients' lifestyles, including their diets, eating habits, sleeping patterns, exercise and recreational habits, as well as their structural imbalance issues. As hypnotherapists and coaches, Terri and I work with our clients' conditioned *subconscious* sabotage programs. We also work with their past traumas, fears, and phobias to bring them to the place where they can recreate or reinvent their lives

To regain their lives to what they hoped and dreamed it could always be is the most satisfying and fulfilling work we've ever done. We love helping those who suffer from PTSD and adrenal fatigue. Regaining their hope and learning to awaken to a state of empowerment as they heal their bodies, relationships, and lives fills us with profound appreciation and gratitude. And by reading this book you will be learning how to reach that empowerment state.

## Tests for Adrenal Fatigue

We use a few different tests, including adrenal stress and health questionnaires that determine what times or what events trigger (or might have triggered) significant overloads

to the nerve system and psyche. In addition to the questionnaires, we do physical examination tests for adrenal gland function. We use postural blood pressure changes, pupillary responses to light and others. We also use lab tests, like blood chemistries. Saliva samples are collected over a twelve-to-sixteen hour period and the laboratory checks for hormone levels, like cortisol and others.

Our clinical physical treatment is directed toward nourishing the adrenal glands as well as the body's immune system, the gastrointestinal system and, of course, the musculoskeletal system. We also address dietary changes (included in this book), breathing techniques, and more.

The mental-emotional components (which are the largest components by far) can be reformed, altered, and corrected by hypnotherapy and powerful meditation, visualization, and self-hypnosis techniques. Emotional Freedom Techniques (EFT) are by far the most powerful techniques to remove negative emotional resistance. It gives the individual a tool they can use anywhere to reduce their anxiety over a situation or circumstance. I will introduce all these tools to you and instruct you in their use.

### Note to Self:

**The key to changing our subconscious programming lies in how to manage and control the critical area or mind gate.**

You are fortunate indeed if you learn what's in this book. And if you do, you will be able to transform your past traumas, hurts, and disappointments into joy and empowerment. While it might be hard to understand how that could happen now, you must know on some level that it is those experiences that made you who you are. And, because of them, you will be able to make a difference in at least one other person's life and perhaps many more.



# CHAPTER 5

## You Can Heal

*No matter your age, race, history or traumas,  
it is still possible to have the life you want!*

### Jack's Story

Jack was a thirty-nine-year-old divorced account executive who came to me for hypnotherapy. He had developed a severe anxiety syndrome that was now causing him to have panic attacks. He said there was no reason for the panic attacks as far as he knew, but they did tend to occur at night—often waking him from sleep. I asked if he'd had any episodes prior to the more recent ones, and he then admitted that he'd had them off and on since a “painful” divorce from his marriage of seven years. It was his first marriage and his

ex-wife's second. Fortunately, he didn't have children in that marriage. When asked when the divorce had happened, he reluctantly told me that it was just over two years ago.

I asked him to elaborate on the intense anxiety he had been experiencing and what he thought may be precipitating his panic attacks. What struck me as interesting, as he related all the "painful" details of his marriage (including all the hopes and dreams he'd had about the marriage), is that he spoke about all of this with absolutely zero emotion. He was relating some truly heartwrenching stuff, and yet he delivered it without a tear or sniffle. His eyes never turned red or got swollen the least little bit and yet, he had suffered panic attacks since the divorce. I'll give you some information about panic attacks here so that you can get a better sense of the severity of his issues.

According to the Mayo Clinic, "*A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause.*"

Panic attacks are, or can be, very scary. When they occur, the individual feels like they're losing control, having a heart attack or even dying.

Some of the symptoms that often accompany panic attacks are:

- A sense of impending doom or danger
- Fear of loss of control or death
- Rapid, pounding heart rate
- Sweating
- Trembling or shaking

- Shortness of breath or tightness in the throat
- Chills
- Hot flashes
- Nausea
- Abdominal cramping

Jack went on to say that he had been through all the medical tests, and they showed that he hadn't had a coronary episode. His electrocardiogram (ECG) and stress treadmill tests were normal, and his blood chemistry only showed a mild to moderate increase in LDL cholesterol and slightly elevated blood pressure. In other words, there was "nothing wrong" with him, he matter-of-factly related to me. His medical doctor offered him antidepressant and cholesterol medications, a low dose blood pressure medication and he was to take one low dose aspirin ("baby" aspirin about 75 mg) each day as a precaution.

I asked him what was most stressful in his life at this time. His answer surprised me. "The panic attacks," he said. Then he added that there were no real "work stresses," but he admitted that he did feel somewhat "estranged" from his co-workers. As he thought about it, he realized that in most and possibly all his other relationships (including his family), he felt oddly alienated and distant. He went on to say that after his divorce, he just didn't feel like being around anyone.

Jack's diet was no real surprise to me. He woke at six every morning, even Saturdays and Sundays. Workdays, after showering and getting dressed, he would leave his house and drive to a local Starbucks. He would drink his "caramel

macchiato” (a sweet coffee drink with 240 calories and 32 grams of sugar) while perusing the *Wall Street Journal*.

He would also sip on coffee at work and munch the occasional pastry until his lunch break at noon. He often took lunch at his desk, eating a yogurt and some nuts or sometimes, just an apple while continuing to work on spreadsheets on his computer. He didn’t eat again until arriving home around six-thirty or seven, often even later. Dinner would usually be leftovers, a rotisserie chicken or take-out food. He admitted he was starving when he got home.

His family history was significant with an abusive alcoholic father and passive mother who was afraid to protect his brother and him. He grew up with the uncertainty and unpredictability that comes with not knowing whether or not his parents would stay together. He would cringe and hold his breath when he heard the violent yelling fights of his parents reverberating through the walls, sometimes several times a week. He lived in sheer terror most of the time.

Jack was suffering from PTSD with its accompanying syndrome, adrenal fatigue. His more recent panic attacks began around the date of the wedding anniversary of his seven-year-old marriage.

A more detailed and deeper history revealed more of his troubled and often agonizing childhood. He had *flat-lined* emotionally after his last big “painful” emotional stressor (the divorce) causing even more psychological trauma. Remember the definition of psychological trauma is “an injury to the psyche.”

He is now engaging in and enjoying his relationships more, both at work and elsewhere. And he no longer suffers

panic attacks. Was it easy for him? No, it wasn't. There were a few potholes in Jack's road of life, but once he understood the mechanism involved, he was motivated to do the work. Hypnosis allowed him to get in touch with that confident part of himself and now he knows how to clear out negative feelings as they come up. Chiropractic and massage helped him reduce anxiety by releasing a lot of blocked negative energy in the body.

He began meditating and using the Mind Gate processes and the other tools we teach to elevate his emotional state of mind. Of course, he had to change his diet. In fact, improving the diet and how to breathe are the first two things our clients learn to help them to stay out of waking/walking hypnosis. The mind/body approach addresses the whole human being. It is the most effective approach I've witnessed to date and represents the hope of a brighter future for all of us who endeavor to help those who have been suffering the effects of PTSD and adrenal fatigue.

**Note to Self:**

**The key to healing and moving forward is to manage your critical area or, as we call it, the mind gate.**

Many people have just one or two panic attacks in their lifetimes, and the problem usually goes away when the stressful situation ends. But, if you've had recurrent, unexpected panic attacks and spent long periods in constant fear of another attack, you might have a condition called a *panic*

*disorder.* Panic disorders have, at their core, either PTSD or adrenal fatigue and frequently both.

**Warning:** It is recommended that if there is a lot of fear, you should seek the services of a qualified mental health professional to evaluate you before trying any self-help techniques. Or at least use the techniques in conjunction with qualified help. And always share with your therapist what you are doing or trying on your own in the self-improvement area.

Whether you are reading books, taking an audio/video program or the like, always be sure to share that with your therapist. It's a good possibility your therapist knows about what you are doing or at least can advise you if he or she sees something that could be an issue for you. For example, if you've been exposed to a lot of abuse as a child or even as an adult, a good therapist can help you put memories and perceptions into perspective and act as a guide to navigate murky waters.

Although panic attacks themselves aren't life-threatening, they can be frightening and significantly affect the individual's quality of life. Here is a list of common symptoms the person with PTSD might present with at their doctor's office. I will also give you a list of common symptoms a person can present with who suffers from adrenal fatigue. After you scan the two lists, you'll see why these disorders are usually

missed or mistaken for something else (misdiagnosed).

### Symptoms of PTSD

- Fatigue (can be crashing fatigue)
- Anxiety
- Weight loss or gain
- Depression/hopelessness
- Insomnia /panic attacks
- Bad dreams, memories, or flashbacks
- Feeling emotionally numb/losing interest
- Avoidance/hyper-arousal (muscle tension)
- Salt and sugar cravings
- Mood swings/frustration/irritation
- Shaky/lightheaded
- Low sex drive
- Ulcers
- Low thyroid symptoms: cold hands/feet, constipation, weight-loss resistance, dry skin, brittle nails and hair
- Hot flashes/night sweats
- Irregular heart beat
- Feeling of dread, apprehension, doom
- Difficulty concentrating
- Disturbing memory lapses
- Aching, sore joint, muscles, and tendons
- Increased tension in muscles
- Headache change, increase or decrease
- Gastrointestinal distress, indigestion, flatulence, gas pain, and nausea
- Exacerbation of existing conditions
- Dizziness, vertigo, lightheadedness

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- Tingling in the extremities
- Gum problems, increased bleeding
- Tinnitus
- Allergies or worsening of allergies
- Low blood pressure/high blood pressure

## Symptoms of Adrenal Fatigue Syndrome

- Fatigue (can be crashing fatigue)
- Anxiety
- Weight loss or gain
- Depression/hopelessness
- Insomnia
- Panic attacks
- Salt and sugar cravings
- Mood swings/frustration/irritation
- Shaky/lightheaded
- Low sex drive
- Ulcers
- Low thyroid symptoms: cold hands/feet, constipation, weight-loss resistance, dry skin, brittle nails and hair
- Hot flashes/night sweats
- Irregular heart beat
- Low blood pressure/high blood pressure
- Feeling of dread, apprehension, doom
- Difficulty concentrating
- Disturbing memory lapses
- Aching, sore joints, muscles, and tendons
- Increased tension in muscles
- Headache change, increase or decrease

- Gastrointestinal distress, indigestion, flatulence, gas pain, and nausea
- Exacerbation of existing conditions
- Dizziness, vertigo, lightheadedness
- Tingling in the extremities
- Gum problems, increased bleeding
- Tinnitus
- Allergies or worsening of allergies

Maybe now you can appreciate just how far-reaching and devastating these disorders can be. If you looked carefully, you might have noticed that except for bad dreams, memories or flashbacks, feeling emotionally numb and avoidance/hyper-arousal, the symptoms between adrenal fatigue and PTSD overlap. There is the same mechanism at work here. That is “information overload” causing the fight-or-flight response to be activated, which causes an escape into a form of simulated sleep or trance.

So, there are physical, mental, and chemical components that all need to be addressed. The first thing we want to do with these cases in our clinic, and you need to consider doing for yourself, is reduce the anxiety. We do this by getting the client to begin eating protein every two to three hours to keep the blood sugar on an even keel.

Often clients will tell us something like this: “There’s no way I can take a protein break while I’m working. First of all, yes, you can. If we can give employees smoke breaks, then we can give employees protein breaks. You can tell your employer that you are under doctor’s orders.

Your supervisor should understand that. If you were

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diabetic, you would need to regulate your blood sugar. So, I don't buy that one anymore. You can pick from a variety of clear protein waters (available in health food stores). You can carry a package of nuts in your pocket or a protein bar. Where there's a will, there's a way. If nothing else, take a bathroom break and slam down some protein then. Remember you will be eating small portions of protein between meals so it should be easy to conceal.

When the brain has been over-sensitized to stress or over-load, it becomes sensitive to blood sugar drops. This causes the fight-or-flight response to be triggered, sending us into a waking/walking hypnotic state. When we are tranced, we make poor food choices, such as highly processed foods that have too much sugar in one form or another. We also make other poor decisions in our home, work, and even in our play. It's one of the main causes of accidents and injuries, if not the main cause.

We teach our clients how to belly-breathe because when we breathe shallow (which most people do) we build up carbon dioxide and go into "oxygen-debt." Oxygen-debt panics the brain, sending us into fight or flight. You can understand now why you don't need to have PTSD to have adrenal fatigue. Every time you go into fight or flight you are causing your body to react as if it is running from a predator. Remember, you can have adrenal fatigue and not have PTSD, but you cannot have PTSD without adrenal fatigue.

## Treatment for Adrenal Fatigue Syndrome

The basic orthodox medical protocol for adrenal insufficiency (adrenal fatigue) is as follows:

1. Remove the stress—which can be psychological, physical or biochemical.
2. Nourish the adrenal glands through nutritional supplementation with the dose base dependent on how severe the adrenal insufficiency is and the chronicity (length of time) of the symptoms.

Most orthodox treatment protocols are based on the model of “adrenal exhaustion” and are actually helpful for adrenal recovery. However, it is important to understand that even after removing the stress (if you can) and supplementing the body with proper nutrition, it still takes about two years for the adrenal glands to recover. The tricky part is, of course, “removing the stress.” We recommend, if you do nothing else “supplement-wise,” it is a must to take the following.

### The Top Three Supplements for Adrenal Fatigue

- Magnesium: for anxiety and depression
- Vitamin C: for hormone synthesis
- Ashwagandha: an “adaptogen” that helps us adapt to stress. It also has a normalizing effect on bodily processes. It is helpful in recovery from chronic stress.

In addition to the above, we always recommend B-complex and additional B12 because the B vitamin family is used up quickly with stress. We also recommend using progesterone

cream to help replenish the progesterone that the body steals to make cortisol, the stress hormone.

Also, we emphasize a healthy plant-based diet with some lean meats like fish and grass-fed beef, but eaten sparingly—no more than once weekly.

*The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health* by T. Collin Campbell, PhD, and Thomas M. Campbell, MD, is an excellent book to warm you to the idea of a plant-based diet. As my cardiologist friend says, “It’s a real page-turner.” Also, *Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss* by Joel Fuhrman, MD, is an excellent resource for plant-based protein ideas.

To reduce biochemical stress to the body, juicing is excellent because of the concentration of phytonutrients that help neutralize free radicals caused by stress. Remember that all stress, whether it is physical, mental or chemical causes oxidative damage from too many free radicals that latch onto our cells and steal oxygen molecules, thereby damaging our cells. This oxidative stress causes a plethora of disease processes to go unchecked.

I’ve included a partial food guide in this book (see Chapter Six, the section titled “Eat Like a Caveman”) to help you to get your protein, whether you’re a vegetarian, vegan or meat eater. The complete food guide is available for download at [www.DrMitchellMays.com/foodguide](http://www.DrMitchellMays.com/foodguide).

At this time in my life, I have decided that a combination of veganism and the Paleo diet (consisting chiefly of meat, fish, vegetables, and fruit, and excluding dairy or grain

products and processed food) works best for me and most of our patients.

Mark Hyman, MD, who wrote *The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!* Says,

“The very fact that we are having a national conversation about what we should eat, that we are struggling with the question about what the best diet is, is symptomatic of how far we have strayed from the natural conditions that gave rise to our species, from the simple act of eating real, whole, fresh food.”

Chapter Fifteen, titled “How to De-Trance,” goes into detail why we need regular protein to maintain optimal brain and body function.

## Burnout

Below is a brief questionnaire that will help you determine if you have a typical form of adrenal fatigue known as “burnout.” We use a more extensive adrenal health questionnaire in our clinic, but this one will give you a fair idea if you have adrenal fatigue or not.

This questionnaire, designed by Dr. Herbert Freudenberger (a psychologist) helps you determine if you have a condition that is commonly known as “burnout.” This questionnaire has been adapted from *Adrenal Fatigue: The 21st Century Stress Syndrome* by Dr. James L. Wilson. Burnout refers specifically to a type of adrenal fatigue caused by lifestyle factors, such as working too hard or juggling too many activities.

### Burnout Questionnaire

Give each question a value ranging from 0 to 5, with “0” representing not being true to you, and “5” describing you very well.

- Do you tire more easily?
- Do you feel fatigued rather than energetic?
- Are people annoying you by telling you “you don’t look so good lately”?
- Are you working harder and harder but accomplishing less?
- Are you increasingly cynical and disenchanted?
- Do you often experience unexplained sadness?
- Do you forget appointments, deadlines or personal possessions more frequently?
- Have you become more irritable?
- Are you more short-tempered?
- Are you more disappointed with people around you?
- Are you seeing family members and close friends less frequently?
- Are you too busy to do even routine things, like make phone calls or read reports or send cards to friends?
- Are you experiencing increased physical complaints (aches, pains, headaches, or lingering colds)?
- Do you feel disoriented when the activity of the day comes to a halt?
- Is joy elusive?
- Are you unable to laugh at a joke about yourself?
- Does sex seem more trouble than it’s worth?
- Do you have very little to say to people?

The higher the score, of course, the more severe your burnout and adrenal fatigue are. For a complete questionnaire for adrenal fatigue, you can contact our clinic or go online to [www.adrenalfatigue.org](http://www.adrenalfatigue.org).

An easy but accurate test you can do at home is the pupillary reflex test for adrenal fatigue. We use this test along with others to determine the degree of adrenal fatigue. We, of course, utilize various lab tests, including saliva testing for excess cortisol levels.

### Pupillary Response Test

When your adrenal glands are not functioning well, the eye muscles that control the pupils aren't able to stay dilated. Adrenal fatigue is also a common cause of night blindness and the need for sunglasses during the day.

1. Stand in front of a mirror in a darkened room (best done at night) for at least fifteen seconds.
2. Look straight into the mirror without blinking.
3. Using a penlight or small flashlight, hold the light at eye level and to the side of your head pointing at your ear about eight inches away, taking care not to touch your eye.
4. Slowly move the light around your head and toward your nose, staying eight inches away.
5. Stop once the light is at a forty-five degree angle to the center of your eyeball (the retina). The light should not be pointing directly into your eye but should be at an angle.
6. Hold the light steady and count how long your pupil

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can stay contracted, up to twenty seconds. Once the pupil starts to “pulse” or loses the contraction, the test is over.

7. Repeat for the other eye.

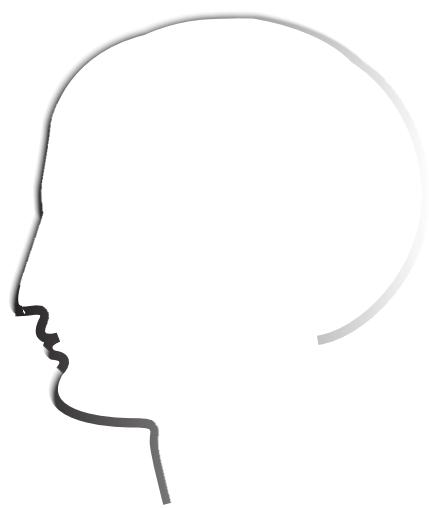
### Results

0–4 seconds equals adrenal exhaustion (severe)

5–10 seconds equals adrenal fatigue (moderate)

So, just in case you think you dodged the bullet at ten seconds, “moderate” is not a good score, and you are in need of adrenal nourishment and healing.





# CHAPTER 6

## Eat and Breathe to Prevent Anxiety

*“Your diet is a bank account.  
Good food choices are good investments”*  
—Bethenny Frankel

### Jennifer’s Story

Jennifer’s mother sat across from me and was on the verge of tears. She related how her fifteen-year-old daughter had been an “A” student and active in sports. She had been in the Spanish club, worked on the school newspaper and yearbook committee, and was now failing her classes. Her

mother related that there were only two months left before school was out, and she was upset that her daughter's grade point average was falling fast.

Jennifer sat to my left without expression as her mother went on about how her daughter was now losing interest in soccer, and even her coach didn't know what might be wrong. The family medical doctor suggested she might be suffering from depression or bipolar disorder since her blood tests were normal. He had recommended she seek counseling and also prescribed antidepressant medication.

I listened to her mother go on about how Jennifer had changed so radically following Christmas vacation but nothing she described seemed to be anything that I would call unusual. Then she said something that got my immediate attention. She said that she had **gone back to work after being a stay-at-home mom for the last few years.**

Since the first of January, dynamics had shifted at home. Jennifer had to get her breakfast now, and when she got home from school, she felt exhausted and would often take a nap, not waking until her mother got home around six. Jennifer's father arrived home about seven, so dinner wasn't served until seven thirty, sometimes later. Her parents were concerned about everything that parents are usually concerned about.

I looked over at Jennifer and asked her what she thought the trouble might be. Her mother interrupted here and told me how guilty she'd been feeling for going back to work. Her mother went on to say how she loved her new job, and the money she earned has been making a big difference in the

household finances. Then she said something that surprised me.

Her mother looked at Jennifer and then at me and said, “If I have to quit my job to help Jennifer, I will.” The love of parents for their children never ceases to amaze me.

I turned back to Jennifer and repeated the question. She related that she was tired a lot and that she couldn’t seem to concentrate on her studies. She lacked motivation, largely due to the fatigue that was worse by the time she got home in the afternoon. She was feeling troubled because her anxiety was getting worse as the fatigue worsened. She said that she didn’t even feel like being with her friends because they wore her out. She finally confessed that she was frightened because she thought there must be something “really wrong” with her medically and didn’t feel like she needed counseling.

Her symptoms were typical of many of my patients who are in a trance state much of the time. I asked her to hold up her left hand and pointed out that her left index finger was much longer than her ring finger on the same side. She was surprised when I held up mine, and she saw that my left index finger was much shorter than my ring finger. I explained that she had a genetic predisposition to hypoglycemia indicated by the extended index finger. While it’s an obscure finding from old research on hypoglycemia, it gave her something she could see and took the conversation out of the realm of a possible mental disorder. She became visibly more at ease, so I went over her diet and eating schedule. Since her mother had gone back to work, she usually skipped

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breakfast and sometimes had a granola bar between classes. Lunch consisted of a burrito or some other sandwich that she could microwave in the school cafeteria. After school, there would be soccer practice but she had been so tired the coach let her sit out.

She didn't eat again until dinner time and even then didn't have much of an appetite and often left the table with food still on her plate. She often fell asleep at her computer or reading homework in bed. I explained how our brain needs regular glucose, and our bodies need protein, especially when we are growing. I then talked to her about the fight-or-flight response and how the mind works and what happens when we go into waking/walking hypnosis.

She understood what I was saying and got it immediately. She was jubilant to hear that there indeed was "something wrong" but that something could be done to correct it.

"And," she cheered up, "I'm not crazy!"

I gave her a copy of our food guide and went over some protein and meal strategies with her. I also explained how shallow breathing caused more anxiety, and we practiced belly-breathing together. We used hypnosis for finding her inner strengths and taking her rightful place in the world and other processes to eliminate her negative and limiting beliefs about herself. She now understands how oxygen debt can send her into fight or flight.

Jennifer's fatigue improved in the first week, and her grades picked up quickly after that. Her family, teachers, and friends were so excited because they said they got the old Jennifer back. Jennifer is now a healthy happy seventeen year old and is an honors student once again.

## Eat Like a Caveman

We cannot function as a *fully awake* human being if our brain is in panic mode so much of the time. Now, you might not know this, but our brains use a lot of energy, 80 percent of our blood sugar or glucose as a matter of fact. *Blood sugar* comes from food we eat. The *best* food to maintain a steady supply of *blood sugar* to the brain and for the longest period is protein. When we go too long without a constant supply of blood sugar (more than three or four hours) from protein, our brain will begin to panic. It sends messages to the pancreas to slow down our metabolism to conserve the energy needs of our body. We start to feel tired and release insulin causing hypoglycemia (low blood sugar), which causes more panic.

Our adrenal glands then react by releasing adrenaline to boost our energy and to tell us to *get up and find some food!* This is our *fight-or-flight response* in the sympathetic nervous system so we might get a little jumpy and jittery, as if we've had too much caffeine and our blood pressure rises. The adrenal glands signal the pancreas to raise the blood sugar, but if there's no fuel available our blood sugar continues to drop, and we go into a sort of insulin shock.

We become confused and look for any source of blood sugar we can. We can get cranky and become *zoned out*. In other words, we often escape into a waking/walking hypnosis to deal with the biochemical stress to the brain. The bottom line here is that if you eat some protein (about four ounces or one-half cup, or more if you do heavy physical

work) you will be giving your brain what it needs, and it is much less likely to go into panic mode.

I am frequently asked, “What is protein?” or “What are examples of protein?” Before I answer that, let me tell you why protein eaten at regular intervals works. Proteins take longer to break down to be converted into blood sugar than carbohydrates do and, therefore, supply a more steady supply of glucose to the brain and body. Long before we had grocery stores and *fast food* restaurants, we were hunters and gatherers. *Paleolithic man* (Old Stone Age, 4.5 million years ago), also known as *Homo erectus*, were probably our (*Homo sapiens*) ancestors.

They were successful for millions of years, hunting meat, fish, reptiles, and all sorts of other forms of protein that I am sure you would not be too interested in eating today. They grazed throughout the day living on wild plants, fruits, and pieces of protein from earlier kills. When their *fight-or-flight response* was triggered they needed to have all their wits about them to survive, hunt and gather another day.

Modern humans are so used to this *fight-or-flight response* (information overload) happening that we are in a frequent state of hypnosis. Remember that we escape (flight) overload by going into a form of simulated sleep (called waking/walking hypnosis) when we are under a lot of stress. The longer the duration of our stress (chronic stress), the easier we go into trance because of adrenal fatigue.

Most Americans have become desensitized from too much adrenaline and have learned to ignore or turn off the brain’s normal signal to eat. As a result, there are many times we just forget to eat. I’m so surprised at how many poor food

choices, in otherwise healthy people, are made. When Terri and I travel by car, we will stop at rest stops, and I'm always interested in what's in the vending machines. I have to say they are quite clever at disguising pure junk in packaging that makes it look like it is good for you. Usually, there are three, and sometimes four, choices that might have a little protein in them.

People don't realize that when they grab that bag of chips or highly processed cookies, they are actually setting up their brain for a little panic attack and a trip to "hypnosis hotel" when their blood sugar drops hard, which it will, and soon. I am not even going to the tremendous amount of stress the adrenal glands and pancreas experience from this type of eating.

So, what are some good sources of protein? Since we have lost many of our *hunter-gatherer* skills over the ages and have gotten used to our so-called typical American or domesticated diet, we have to learn a whole new way of eating. Here's a partial list. You might have to become creative and plan ahead to have *protein snacks* available.

Now, I am not saying eat protein only because we need all of the minerals and vitamins that we get from fresh fruits and vegetables (I prefer organic everything). In fact, there are lots of plant-based proteins (and it's not all kale) where you can kill two birds with one stone.

Please check your library or the Internet for a complete list and meal planning ideas. If you don't like to cook, you can still do this. It is important to understand that *you must feed your brain* regularly with quality food to help it function optimally. I highly recommend *The Paleo Diet Revised: Lose*

*Weight and Get Healthy by Eating the Foods You Were Designed to Eat*, written by Loren Cordain, PhD, and *The Blood Sugar Solution The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!* by Mark Hyman, MD. The information in these books has been highly researched and puts it all together for you. Other books I recommend if you prefer a vegan or vegetarian diet are *The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health* by T. Collin Campbell, PhD, and Thomas M. Campbell, MD, and *Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss* by Joel Fuhrman, MD. But if you would like a *quick-start* guide to get you by for now, the following list will be helpful:

**Meats** (preferably grass-fed or organic), seafood, fish, skinless free-range chicken, or wild-game fowl are excellent sources of animal protein.

**Dairy products, eggs, cottage cheese, pot cheese, farmer's cheese, cream cheese, hard cheese, kefir, acidophilus milk, Greek yogurt (without honey or sugar is better), and butter.**

Hard cheeses contain twice the amount of protein as most soft cheeses.

**Nuts, seeds and grains** are excellent vegetarian sources of complete proteins.

Raw pine nuts, butternuts, Brazil nuts, pumpkin and squash seeds, walnuts, pecans, almonds, peanuts, sesame seeds, and flax seeds. Hemp seeds are now becoming more readily available and are an excellent source of protein.

Raw almonds are my personal favorite.

**Whole ancient grains (non-GMO)** include brown rice, millet, quinoa, oats, barley, rye, and buckwheat.

**Nut butters and tahini (sesame butter)** are good sources of protein and can be used for snacks, but read the labels to make sure no sugar has been added, especially corn syrup. If a product has sugar, make sure it is cane sugar or fruit sugar. If you are diabetic or severely hypoglycemic, then you must be suspect of all added sugars. So, read labels carefully.

## **Snacks**

Snacks should be eaten between meals or every two to three hours and must consist of protein. A serving should be one-fourth to one-half cup. Snacks are to be eaten between meals, however if a meal is delayed an additional snack should be eaten. Also, remember to eat a protein snack before bedtime, regardless if you had ice cream or cookies for dessert, or I should say, especially if you've had a sugary desert. A good before-dinner snack could be a hard-boiled egg or a generous tablespoon of almond butter.

I prefer raw almond butter because it has a unique flavor, and the protein is intact. Any processing, including roasting of nuts, denatures the protein, so it is not the quality nor quantity that it says on the label.

Choose to eat nuts or seeds, cooked cereal from breakfast, one half apple and a few slices of cheese, raw vegetables and cream cheese, hard-boiled egg, deviled egg, meat (three small slices), shrimp cocktail, Greek yogurt (unsweetened) with vegetable or fruit, peanut butter with whole-grain crackers, fruit, or celery sticks.

I will often hear concerns from a client that if they eat like this, they'll gain weight. I tell them that once the body gets used to regular protein intake, in about thirty days, they'll lose in the second thirty days anything they might have gained in the first thirty days. They are pleasantly surprised when they lose weight. Remember that the fight-or-flight response produces large amounts of cortisol to mobilize stored energy to get ready to fight or run. This stored energy, in the form of cholesterol, has nowhere to go if it is not used, so our body stores it again as belly fat. It is even called "stress-belly."

If you did nothing but eat *some* protein (four to six ounces) every three hours and belly-breathe (see the "Baby-Breathing" section below) for five minutes two to three times a day, that would probably be enough to keep you out of hypnosis all day. Also, your overall stress reactions to *adverse* life situations would diminish considerably, and your emotional tone would climb naturally up the scale. Your state of mind would also improve. Have you ever noticed how *grouchy* people—especially men—can get when they've gone too long without eating?

One of the greatest problems with today's teenagers, and I'm not picking on them, is their diet. Younger children, for the most part, have *attention deficit* problems and most will be helped quickly by making sure they get regular protein and NOT sugar—for goodness' sake! Giving candy to children to keep them quiet or as a reward is asking for big trouble later. Remember that children under the age of eight or nine years are already in the hypnotic state (see Chapter Three, the section titled "Theory of Mind").

**Note to Self:**

If you give children sugar as a reward, then you will program their subconscious minds to go for sweets when they feel cranky or stressed in the future. Give them a protein snack instead.

## Baby-Breathing

When we are over-stressed, we often forget to breathe in deeply. Instead, we do faster, shallow breathing to get ready for fight or flight. When we are babies, we naturally breathe into our stomachs and sometime along the way we quit breathing that way. We learn how to breathe shallowly.

Stand up and hold one hand on your chest and the other hand on your lower abdomen and breathe a few regular breaths. Take notice of which hand moves the most. Most likely, you will see the movement under your hand that is over your chest is moving more than the one that is over your lower abdomen.

We learn to breathe shallow from an early age because when we are stressed, our *fight-or-flight* response becomes stimulated. Our breath becomes more rapid and shallow to get us ready to fight or run. (Remember our cave days?) Unfortunately, in our stress-filled society, we get into a habit of breathing this way and so it becomes “normal” to us.

By taking at least five minutes, three times per day, to lie down (or even standing up) and breathe deeply into your lower stomach as if you are inflating a balloon, you will activate your parasympathetic nerve system, which then

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activates your *relaxation response*. When I studied pain management and hypnosis from Don Goodman, PhD, UCLA clinical instructor, abdominal or belly-breathing was stressed to reduce anxiety, which in turn lessens pain.

Many people have a difficult time with this, so instead of *imagining* that you are inflating a balloon that's in your lower stomach, try letting your back, rib cage, and lower stomach muscles go limp as you breathe in. This will release some of the chronic tension long enough for you to get the idea. It will feel strange to you at first but, it works beautifully to restore your body and your mind to a more relaxed state and, at the same time, pull you effectively out of hypnosis.

With that said, your diet probably needs improvement. I've had many clients tell me they eat well. Many say they don't eat junk food, which is good but, they often go far too many hours without eating protein. Many have said to me, "I get plenty of protein." But if they aren't burning it for a three- or four-hour period, then it will be stored as fat. Or, some think that a piece of fruit in mid-afternoon will sustain them enough to last to dinner, and they think that passes as a healthy diet.

Remember, when we go into hypnosis during our waking hours, we might become a little fuzzy in our thinking and have confusion of thought due to the mind gate disorganizing. Our sympathetic nervous system has already been triggered and put us into fight or flight, and then we go into waking/walking hypnosis. We, of course, think nothing of it. It's just *normal* to us because, almost everyone else is tranced too!

There's an old saying that goes like this: *It's hard to think about draining the swamp when you're up to your ass in alligators.* And, that's how it feels when we are in fight or flight. Can you imagine running from a predator and someone jogs up along beside you and asks for your opinion about something?

That describes a lot of the behavior we encounter on a regular basis, not only from ourselves but others as well. Eating protein every three hours is something you can plan, however, it is nearly impossible to plan how to react to a stressful situation that seemingly *comes out of the blue!*

It only takes a little bit of planning, but it would give you a jump-start to manifesting a higher emotional tone. So rather than starting from *fear, insecurity or anger*—you could start much higher up the scale, just from eating protein every three hours! I strongly encourage you to share this information with your family, friends, and coworkers. And please, if you have children, help them out.

It is not that hard to do. It will take three or four weeks for your brain's chemistry to settle down and begin to trust you to provide regular quality fuel. I have witnessed many people's lives turn around completely in as little as one week just by learning how to breathe and eat protein every three hours. If you have children who have any learning challenges whatsoever, just by having them do these two things alone can make all the difference.

Don't worry about gaining weight because, after your body and your brain chemistries begin to normalize, you will lose anything (and probably more) that you may have gained. And, you most likely will not gain more than two or three

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pounds. If you are underweight, however, you might not lose the small weight gain but—you will be much healthier.

*“Our minds have the incredible capacity to both alter the strength of connections among neurons, essentially rewiring them, and create entirely new pathways”*

*—Susannah Cahalan*





# CHAPTER 7

## Running from the Wolves Our Amazing Survival Mechanism

*“The greatest fear in the world is of the opinions of others. And the moment you are unafraid of the crowd you are no longer a sheep, you become a lion. A great roar arises in your heart, the roar of freedom.”*

—Osho

The fight-or-flight reaction is technically known as the “freeze, fight or flight” response or mechanism. It is truly a survival response that resides in the primitive area of our minds. Thousands of years ago, when our primitive

ancestors were confronted by predators with big teeth and claws, it was a good thing to react—immediately!

So, in the interest of survival, rather than trying to figure out if the predator meant harm or not, the analytical part of our brain got bypassed, and the amygdala was activated first. In other words, our ancestors' nervous systems learned to hit the accelerator and ask questions later. Otherwise, you wouldn't be reading these words, and I wouldn't be writing them now.

This response has evolved to focus more on what *could happen* and, therefore, ensure survival of the species. Rick Hanson, PhD, explains this idea beautifully in his book, *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*.

Our ancestors could make two kinds of mistakes: (1) thinking there was a tiger in the bushes when there wasn't one, and (2) thinking there was no tiger in the bushes when there actually was one. The cost of the first mistake was needless anxiety, while the cost of the second one was death. Consequently, we evolved to make the first mistake a thousand times to avoid making the second mistake even once . . . the default setting of the brain is to *overestimate threats, underestimate opportunities, and underestimate resources* both for coping with threats and for fulfilling opportunities. Then we update these beliefs with information that confirms them, while ignoring or rejecting information that doesn't. There are even regions in

the amygdala specifically designed to prevent the unlearning of fear, especially from childhood experiences. As a result, we end up preoccupied by threats that are actually smaller or more manageable than we'd feared, while overlooking opportunities that are actually greater than we'd hoped for. In effect, we've got a brain that's prone to "paper tiger paranoia." (italics in original)

When we are feeling stressed or anxious about anything, a part of our brain called the amygdala or amygdalae (there are two of them) responds by getting ready to signal our body to run away or defend itself. The amygdalae sit in the frontal portions of our temporal lobes, just about directly in front of the front part of our ear canal.

Our amygdalae are essential to our ability to feel certain emotions and to perceive them in other people. This is especially true of fear and all the changes it causes in the body. And, it isn't just reading body language in another. We can actually sense fear like a dog does, but we have lost a lot of our intuitive faculties because of "information overload," a result of our social conditioning and the overstimulating world, in which we live.

While this response mechanism worked quite well in our primitive ancestors' time, it is not so good in our modern world. It doesn't know we are overstimulated because it is simply a switch that gets turned on or off depending on our emotions. And, unless we are actually facing eminent danger, we are responding to an emotion or feeling of fear that we might be in imminent danger. And by now, my dear

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readers, we know what creates our feelings, don't we? That's right! It's *our thoughts that create our feelings!*

It is because of our fight-or-flight mechanism getting stuck on or off that we have or experience chronic anxieties. There is a plethora of damage and symptoms that are the result of too much cortisol and adrenaline in our bodies. It is my opinion that most disease is a result of the same mechanism that has run amuck causing our immune system to be compromised.

A way to think about how this mechanism affects us in modern society is to imagine yourself running away from a lion that has escaped from the city zoo, and is now chasing you. Next, imagine someone is running alongside you, as you are running away from the lion. They are asking for your best ideas for fixing your business or some problem with the kids. This is probably not the best time for a conversation, is it? And yet, this is precisely what is happening to us each and every day.

## Our Fears

The key base emotion that triggers our fight-or-flight response is fear. Fear of making decisions, fear of failure, fear of success, fear of not being good enough, ad infinitum. Besides the two fears we are born with, the fear of falling, and the fear of loud noises, most psychologists will agree there are only five basic fears that all the other fears are derived from.

They are as follows:

1. **Extinction**—the fear of annihilation, of ceasing to exist. This is a more fundamental way to express it than just calling it “fear of death.” The idea of no longer *being* arouses a primary existential anxiety in us. Consider that panicky feeling you get when you look over the edge of a tall building. Remember Neo in the movie *The Matrix*?
2. **Mutilation**—the fear of losing any part of our body’s structures or having our body invaded by predators, bacterium, a virus or parasites. It also encompasses the fear of losing the integrity of any of our vital organs or natural functions. Anxiety about animals, such as bugs, spiders, snakes, and other creepy-crawly things, comes from our fear of mutilation.
3. **Loss of Autonomy**—the fear of being immobilized, paralyzed, restricted, enveloped, overwhelmed, entrapped, imprisoned, smothered, or otherwise controlled by circumstances beyond our control. In physical form, it’s called claustrophobia but it extends to our social interactions and relationships. Can you imagine the fear that the elderly feel when they lose their driver’s license or have to rely on others to do even the basic things for them?
4. **Separation**—the fear of abandonment, rejection, and loss of connectedness, of becoming a non-person—not wanted, respected, or valued by anyone else. The “silent treatment” when imposed by a group can have

devastating psychological effects on the individual. I have, on several occasions, had clients who are shunned or outcast by a church, where most of their social ties are. It is called “dis-fellowship” by these churches and can cause severe anxiety disorders, including PTSD. Babies and toddlers can develop “separation anxiety.”

**5. Ego-death**—the fear of humiliation, shame, or any other mechanism of profound self-disapproval that threatens the *loss of integrity of the self*; the fear of the shattering or disintegration of the individuals constructed sense of lovability, capability or worthiness. This fear is real and prevalent among high school aged people but is also prevalent among others. Immigrants and the elderly are frequently subjected to fears arising from ego-death as well as those experiences that come from significant life changes, such as divorce, loss of a job, the fear of public speaking, fear of failure, etc.

These five fears represent a kind of hierarchy of sorts with **ego-death** at the top. A great example would be the fear of public speaking.

Next is **separation** where fear of rejection and jealousy is also primarily the fear of separation.

The next level is **loss of autonomy**. For example, someone who is suddenly confined to a wheelchair.

Then, we have **mutilation**, which often shows up as fear of doctors or “white-coat syndrome.” This is also manifested as fear of animals, bugs, snakes, and disease.

At the bottom is **extinction**. It should now be clear to

you the meaning of the saying; “there are things worse than death.” Fear of death is not all that scary for most people, but it is what keeps us from jumping off buildings and bridges. That is because the fear of nonexistence lies buried in heaps of denial about our mortality.

And, in this culture, it is not okay to speak about death. We hide dead bodies and pretend that death doesn’t exist. The whole idea is inherently frightening to us because the body is a survival machine.

So there you have it. The psychological reasons we escape into fight or flight. Our instinctual and inborn survival mechanism usurps the analytical part of the brain and nature takes over.

## Freeze, Fight, or Run

The same freeze fight-or-flight mechanism happens in the animal kingdom in response to a perceived danger. I have a form in my office that lists 144 ways that hypnotherapy helps. Most of the items on the list are fears or have at their root, one or more of the above fears. Managing our concerns and fears is necessary to stay out of waking/walking hypnosis. Other than immediate real danger or threat, do you remember where our fears originate? Yes, that’s right, most fears come from our thoughts!

Now please don’t get me wrong. If you are being chased by a pack of hungry wolves, whether real or imagined, your fight-or-flight mechanism is on the job and keeping you alive. The only fears I’m interested in demolishing with the information in this book are the ones that come from our

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subconscious programs. These fears are the ones that keep us from enjoying life to the fullest and cause illnesses of all sorts.

***“The enemy is fear. We think it is hate; but, it is fear.”***

***—Mahatma Gandhi***





# CHAPTER 8

## Our Built-In Guidance Mechanism

*“Feelings are really your GPS system for life.  
When you’re supposed to do something or not supposed  
to do something, your emotional guidance system lets  
you know.”*  
—Oprah Winfrey

*“To think according to appearances is easy; to think  
truth regardless of appearances is laborious, and re-  
quires the expenditure of more power than any other  
work man is called upon to perform.”*

—Wallace Wattles

I live in a world that is free from the FEAR of disease. At times, I feel great sadness for those who live with the fear and belief in illness. I don't feel sad because they will experience disease. No, I feel sad because of the imminent, abominable, and barbarous fear of disease they most likely will experience.

Fear suppresses the body's immune system and eventually the quality of one's life. You've probably heard it said that if you live in fear of the future because of what happened in your past, you'll end up losing what you have in the present. I would agree with that, however, just knowing that you have a fear of the future doesn't help you make the shift to always live in the present any easier.

Because, it is not a shift that can be made in your *conscious* mind, no matter how much motivation or willpower you think you have. You'll need the help of the rest of your mind. You'll need the other 90 percent of your mind, the *subconscious* mind to help you and not be sabotaging your efforts.

### The Law of Attraction

The law of attraction is stated in various ways but basically says that *like-thoughts attract like-events*. More accurately stated, the law of attraction is that *like-feelings attract like-events!*

*“If you don’t know where you are going,  
you’ll end up somewhere else.”*

—Yogi Berra

*“You create your own universe as you go along.”*

—Winston Churchill

Look at the emotional tone scale below. You could call it the *feeling range* or *state-of-mind scale* or *vibrational-tone scale*. It has been called by all these names and more. There are many such scales, and some are extremely detailed, but I think the one I’ve outlined here is accurate and suitable for our purposes. The trick to manifesting anything lies below—on this scale. We must learn this secret before we can move forward.

## We Are Emotional Beings

### Emotional Tone Scale

1. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment

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8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience
11. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

***“One could say that there are really only two feelings.  
One feels good and the other feels bad.”***

***—Esther Hicks as Abraham***

I've provided the emotional tone scale directly to help you get back in touch with *your feeling self*. It is what the law of attraction, the universe, God, or your higher self responds to and then mirrors or sends you something *like* those feelings! You must learn how to control this scale and deliberately move up the scale to better feelings or better-feeling thoughts, which always produce better *feelings*. In NLP (neurolinguistic programming) this is called “state management,” in other words, managing your state of mind or your mood to produce like results!

### Note to Self:

If I'm unable to stay out of fight or flight, thereby preventing me from going into a waking/walking hypnosis or trance state, not only will I not be mobile on the scale but any effort to control my level will be futile.

### Managing the Emotional Tone Scale

“The Diagnosis (State of Fear)” from *The Mind Gate Process of Empowerment*

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In 1980, just three years after starting my chiropractic practice, I started experiencing pain in my lower abdomen that was not going away. I had struggled to start my practice, like most new professionals, and my name was on the line for a lot of money. Between student loans and a business loan to start my practice, I had more debt than I ever thought possible.

The strain of realizing I was actually an entrepreneur. I was in an industry in which I had absolutely zero experience and no idea how to ask or who to ask for help. It eventually took its toll on my state of mind. I felt the heaviness that comes with being in over your head. I felt gut-wrenching emotional pain because of the stress. I knew that I had bitten off more than I could chew. My business was just beginning to cover its expenses when my emotional pain became physical. I lived with it for about a month, and then it suddenly changed from a dull ache to a sharp stabbing pain.

My practice had just begun doing well, and I thought perhaps I'd overdone it when adjusting the spines of some of my larger patients. It was not a severe pain, but I thought I'd better attend to it. I went to a colleague, a fellow chiropractor and asked him to X-ray my lower back and pelvis. When the X-ray came out of the developer and put it up on the viewing box, I could hardly believe my eyes. I thought there had been some mistake, and those couldn't be my X-rays. There, in my pelvis, in the front where I had been feeling the pain, was a large bone tumor, about the size of a tennis ball.

My heart raced, and I felt my face flush. My pain suddenly stabbed me, as if to say, "See, I told you I was serious." I remember hearing myself asking him, as my heart pounded in my ears, what he thought it was. He said he didn't know but that he would have his associate take a look later and that I could call him later that evening. I felt my knees go weak, and I felt as though I might pass out as my blood pressure climbed. I agreed to call him later and somehow stumbled out of his office. As I drove back to my office, the pain worsened, and the stabbing pain was coming more frequently now.

I had patients scheduled for the rest of the day, so decided just to go into denial, as I reasoned it would serve my patients better. My wife was working in my office and was at the front counter when I walked in.

"Did you get an x-ray?" she asked.

"Yeah" I replied trying not to let my face give away my fear. But it was too late; she'd read my face.

"Is something wrong?" she asked.

I was evasive and responded, "I don't know."

My head was spinning, and I was feeling a little queasy as I walked past the front desk and into my private office collapsing into my desk chair. She followed me in, and I related the story of the x-ray findings to her.

She tried to be positive saying, “Oh it’s probably nothing.”

If only that were true, I thought. I finished the day but struggled with each patient I treated, to push the image of the x-ray and the pain out of my mind. Before I left for home that day I called my colleague. His associate came on the phone. His associate was a chiropractic orthopedist with advanced studies in X-ray and orthopedic analysis.

“So what do you think?” I said in my bravest voice.

“Well, it doesn’t look good,” he said. “I think you should have a specialist look at it.”

“What do you think it is?” I persisted.

“Honestly, I don’t know” was his reply.

“Okay, thanks” hanging up the phone with a trembling hand. My wife had been listening to my side of the conversation and asked me what he thought “the thing” was? I related the conversation back to her. She was now beginning to lose her positive attitude.

The next day, I remembered that I had gotten spinal and pelvic x-rays eight years earlier by my old chiropractor. If he still had the films I thought, maybe he had missed it back then, and there would be at least a shadow of “the thing” on the older films. If it showed on the old films then this could mean that whatever it was it may be old, and there would be no need for alarm. I anxiously called his office to find out if he still had my films.

I was thinking, as his assistant went to ask the doctor

about my old x-rays that maybe the tumor was there back then, and he had missed it. Maybe it was a bone deformity from childhood. I was thinking about all the possibilities when his assistant came back on the phone.

“I’m sorry she said, the doctor says that all our x-ray films over seven years old were recycled. We don’t have them anymore.”

“Are you sure?” I asked. She put me on hold again but for just a minute when came back on.

“I’m sorry . . . the doctor says he is sure.”

My heart sank along with my hope as the feeling of fear began creeping back in. I didn’t want to see an orthopedic surgeon. I was scared to death, but I was determined that I was going to “will” this thing away. The pain was not bending completely to my will after a few weeks, but it had subsided considerably. I had reasoned that it could be something else besides a bone tumor. Maybe it was a prostate infection that only looked like a tumor. I went to my old family medical doctor, and he checked my prostate.

“Yeah it feels pretty swollen,” he said. “Let’s get some fluid and look at it under the microscope and see what we have.”

Now bear in mind, I was only 29 years old, but okay, if he thinks it may be a prostate infection, I’ll take that any day over the alternative. When he came back into the exam room, he said, “Well, there’s no infection.”

“What do you think it is” I stammered (I hadn’t showed him my x-rays, nor did I let him in on the immediate past events).

“I don’t know,” shrugging his shoulders, “but I think you should get a biopsy.”

Finally, I had the courage to make an appointment with the orthopedic surgeon. The doctor looked at the films, palpated my pelvis and said, “It looks a little like an “osteosarcoma,” but it’s probably a good idea to get a biopsy.” I almost passed out with that remark. “Now don’t let this interfere with your work,” he tried to assure me.

“Are you out of your mind,” I thought. I had to cancel the rest of my patients that day. I could barely see to drive home and then could barely walk up the stairs to my apartment. When I had cleared my head and was finally able to read, I went thumbing through my pathology books under bone tumors. “No Bueno news!” If it were indeed an osteosarcoma type of tumor, I was a dead man walking. The anxiety rose again and so did my blood pressure to an even higher level. According to the latest information on that particular type of tumor and its location, I had *less than a 2% chance of survival*—past one year!

As I read those words, my fear went into overdrive, and I escaped big time into my fight or flight response and then smack right back into denial. In short, I escaped into a *trance* state or waking-hypnosis. To preserve what sanity I had left, I had decided just to ignore it (since I was going to die anyway). Who knows, maybe I’ll be one of the 2% who survive, giving myself encouragement and all the while stuffing down the fear.

After several months, I was no longer able to push the pain aside, and I couldn’t stand living with the fear any longer. I was feeling a little hopeful because the pain was not worsening, and I was still alive. I thought I’d consult a different orthopedic surgeon this time. Sitting in the exam

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room of the second orthopedic surgeon's office a few days later, I was getting more and more frightened. The pain was switching from stabbing sensations to a deep dull ache, then stabbing again as I watched his face looking at my x-rays. He had an excellent *poker-face* from years of not telling people bad news unless he was dead sure. I admired him greatly for that.

"Let's get some other x-ray views," he said. My hope elevated a tiny bit.

I had begun to calm down some when he came out to where I was sitting and signaled me come back into the exam room.

"I'm not sure exactly what this is," he said. "It does have some characteristics of an osteosarcoma." I almost fell off my chair as I became a little dizzy.

He noticed and quickly added, "There are lots of things that resemble osteosarcomas, Mitch, so don't let your imagination run away with you."

"Too late," I almost blurted out loud. He was trying to reassure me, and I felt myself beginning to move up the emotional tone scale a little from "dead meat" to "still alive." Maybe even a little more chance than 2% survival, I thought to myself.

"I'll run these by some of my colleagues and get their input. In the meantime, I think it would be a good idea to get a biopsy." He got points from me by not saying "Don't let this affect your work." He knew I was scared, but he also knew not to throw out answers until he had them, and the tone of his voice helped calm me down. I was feeling a tiny bit better, not great, but better.

At his suggestion, and considering the location of the tumor, I made an appointment with a urologist for examination. After hearing the story, the urologist did a prostate exam.

“I think I know what it is, but I’ll call in my partner and get his opinion. If he concurs, then we have our diagnosis.” His partner (the other urologist) did yet another prostate exam on me, and the two of them left me in the exam room while they went into the other room to talk.

Head spinning again I was beginning to feel even more ill than I was already. After conferring with his partner, he came back into the exam room.

“Okay, let’s schedule a biopsy.” I didn’t bother to ask what he thought *the thing* was, and I probably wouldn’t have heard him even if he had told me. Once again, I was in and out of hypnosis and fighting to keep my spirits up. I knew it would be a losing battle if I gave way to my fear again. I did everything I knew to do to feel better emotionally. I watched funny movies and played board games when I wasn’t seeing patients. I hung onto hope with every ounce of courage I had.

A week later, I checked into the hospital for the biopsy procedure. It involved an overnight stay and numerous tests, intravenous X-rays with dye, chest x-rays, new pelvic x-rays, blood panels, etc. Under general anesthesia, my urologist performed a *needle-punch biopsy* and within a few hours of regaining consciousness he came into my hospital room.

“Well, we still don’t know what it is but I got a piece of it!” I sat there speechless as he went on.

“The lab tests came back negative . . . it’s not malignant.” He had a smile on his face, the first one I’d seen since meeting

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him. It was a beautiful and radiant smile. Tears of joy filled my eyes.

When he left the room, I sobbed with relief, releasing stuffed emotional tension that I had for so long, suppressed. Wave after wave of emotion came up and then joy surfaced. I was thanking God over and over in my heart and mind. When I was able to reason again, I assessed and took stock of the situation.

What I knew at that point was, yes, there was a tumor, and it was large and it was hard, like bone. But, here's the important part. My emotional state bounced up like a cork that had been held underwater and then released. As it bobbed to the emotional surface, I felt waves of appreciation for life! I was still among the living and very, very happy to be so.

Everything suddenly looked different. From my hospital bed, I noticed the bluest and most beautiful sky I could ever remember seeing. The grass was greener. The trees were awe-inspiring. There were dragonflies flitting around outside my window, and I realized what amazing creatures they are. As I basked in this state of joy, I felt more alive than I had in years, so very much alive. The dark cloak of the fear of death was lifted from me. The nurses in the hospital appeared as angels ministering to me and welcoming me back to the living. I still didn't know what *the thing* was, but I felt very strongly that somehow, I would survive this.

About three weeks later, I received a letter from orthopedic surgeon number two. He wrote to me that he had sent my x-rays to a specialist in bone tumors in Oakland. There was a copy of a letter addressed to him from the specialist that read something like this, "**The tumor viewed on your**

patient, Mitchell Mays is not an osteosarcoma but is an osteochondroma. This one is quite large and is borderline malignant. I'll be happy to see him here in Oakland if you'd like."

To make a long story a little shorter, I checked into the hospital in Oakland on Christmas day and the next day the tumor was surgically removed. The laboratory/pathology report confirmed it was not malignant.

Did the drastic change in my state-of-mind or my emotional tone, affect the outcome? I believe it did. I think that had I not faced my fear and moved up the emotional tone scale to Hopefulness (see emotional tone scale) when I went in for the biopsy and again, moved up to Positive Expectation after the biopsy, I would not be writing these words today.

It took me nearly a year to learn how to walk normally again, but I progressed quickly considering the extent of the tumor's damage and the amount of bone from my pelvis that had to be removed. I still believe that had I not been able to manage, at least to some degree, my emotional state of mind, I would have died.

It is critical that we learn how to control our state of mind, in other words, really care about how we are feeling emotionally. It is also essential that we care about how we feel about ourselves! Typically we are mobile on the emotional tone scale. We are usually going up and down, but it is where we chronically and habitually hang-out on the scale that is important here. If we are stuck in an emotional range, especially anywhere below Frustration, we will be attracting a lot of things into our lives that we don't necessarily want.

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*“The best way to overcome undesirable or negative thoughts and feelings is to cultivate the positive ones.”*

—**William Walker Atkinson**

The question becomes—what seems to be your chronic (long-standing pattern) emotional tone? And do you have the power to control “it,” or does “it” control you?

Let’s explore that by looking at the emotional tone scale again. Do you tend to hang out in a similar range of emotions (such as frustration—irritation—impatience—fear—grief—despair) or are you all over the place? Take some time thinking about where you are a lot of your time. Where are you right now? Are you emotionally numb?

### Emotional Tone Scale

1. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience

11. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

Going to sleep when any of these feelings is going strong means the *program* that created those feelings will become a little easier to stimulate the next time.

There's an adage about having a happy marriage that I always thought was excellent advice. It goes like this. "Never go to bed angry with each other." That, in my opinion is great advice whether you are living with a partner or not. I would take that a step further and advise you never to go to bed with negative emotions of any kind, and, especially, never go to sleep being angry with yourself."

Watching the news, reading the news, watching *negative* shows or movies or even reading a book with *negative* themes can stimulate adverse programs. I'm just saying—be vigilant and be aware! Dr. John Kappas used to talk quite a bit about what he called "the magic thirty minutes." He was talking about the last thirty minutes before sleep. Suggestions (thoughts or emotions) and especially visualizations or imaginings will be at their *most potent*. So, be aware

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of how you are *feeling* before falling asleep!

If you have children, whenever possible, don't let them go to bed with negative emotions. Bedtime is not the time to punish children. If you are feeling any negative feelings on a regular basis during waking hours and haven't observed the feelings but prefer to ignore them or *stuff them*—then you will be sending these *stuffed* feeling message units back into the subconscious mind anyway when you go to sleep. So learn how to process them as soon as possible by observing them. Then you can turn your attention to something more positive.

Jesus gave some great advice when he said to “turn the other cheek.”

For example, if you are going to bed worrying about the bills and how you are going to pay them, acknowledge to yourself that you feel you are in a jam. Then ask *your* higher power to take on the burden of your bills. Then thank this higher power—sincerely. Better yet, write it down before going to sleep. Then you can go to bed feeling better because you got the worries out of your head and down on paper. Doing this sends a strong message to your subconscious mind that all is well!

Even if you decide not to deal with your negative emotions and keep stuffing them, where do you think you've stuffed them? They are either in your body or already in the subconscious mind. They might have already started some negative momentum of their own and might already be showing up as negative thoughts. They can develop a lot of energy if they have been occupying your thoughts all day and probably have already been *dropped* into the subconscious mind when

you *zoned out* from the stress of it all.

## Mind Ye Well, the Mind Gate

Remember, from what you learned about mind theory, you go into the brainwave state of hypnosis (theta) before you go to sleep at night. You also come up or go through theta again as you wake. You are traveling through the mind gate at those times when you naturally go into and come out of hypnosis. The bigger the emotions you might be feeling, the stronger the *suggestion* will be to the subconscious mind and the more energy will be put into the universe or *field*. So, you will want as much *good feeling* stuff going on (emotionally) as you possibly can before sleep and when you wake up.

I'll give you a beautiful technique later on for clearing the day's negative emotions before sleep, so less negative energy gets into your subconscious programs. This is discussed in Chapter Ten, see the section titled "Unwinding Negative Energy." The good news is this: real feelings on the higher levels of the emotional tone scale (such as joy—freedom—love—appreciation—passion) carry a greater emotional charge than the lower tones.

There is an exception. Anger carries a huge emotional charge. Be careful what you are letting into your subconscious mind because your stronger emotions carry a lot of energy as they drop into your subconscious mind.

A good emotional tone to go to sleep with is appreciation. So, let's say you've been hanging out in the tone of frustration, irritation or impatience all afternoon. You won't be able to jump up to joy from there because it's too big a gap.

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However, you can think about how wonderful it is to lie down and how comfy the sheets feel. That's appreciation. Now, just hold those thoughts and feelings for sixty-eight seconds! You'll want to get rid of or at least try to dissipate any negative feelings you might be feeling as soon as possible.

But, never underestimate the intense emotions at the lower end of the tone scale, especially fear. Do you remember "the dark side" from the movie *Star Wars*? That is all about fear, or is fear all about the dark side?

Fear is so rampant in our societies that it can send out an adamant signal. I will give you techniques to *interrupt* these negative patterns so you will stop creating negative experiences for yourself and others. You can think of these signals as images that bounce off mirrors in the world. Other people and circumstances reflect to us what we have been feeling. You could think of them as radio waves or signals to the universal energy field that comes back to you in "like" experiences. Any way you want to think of it will work just fine, so long as you understand that it is YOU who is doing the *creating* here, whether intentionally or by default.

The stronger the emotion, then the bigger the mass and energy and the faster the momentum. So, learn how to observe those feelings as energy-in-motion and then learn how to control them. Do you remember my fear of the snowstorm and the mountain highway the night of my car accident?

***"Our entire biological system, the brain and the Earth itself, work on the same frequencies."***

—Nikola Tesla

Do you know what you have been transmitting into the universal energy field? What do you *want* to be transmitting into the universe? Once a negative or positive program gets going (attention put on it), it develops a momentum. So, *like* thoughts create *like* emotions. Then *like* emotions send out *like* feelings into the universal energy field much like a radio transmitter or sonar device. Then *like* physical matter and energy shows up in our physical time-space reality. As we notice our physical reality, we have thoughts and feelings about it, which then create more similar or *like* message units. And *like* message units (MUs) stimulate *like* subconscious “*knowns*” or programs and—did I cover this already?

If you are feeling unhappy but want to feel happy, then dialing into a channel on the radio that makes you feel better will begin to create more positive waves or vibrations in you. Soon, you will be feeling better, maybe not joyful or happy but definitely better. We are like radio transmitters that send out a frequency, looking for a match. And, it’s as if we are tuning into the same old station and expecting different stations to be playing!

These emotions of ours have energy because they are, quite literally, *energy in motion*. They are sending out signals throughout the universe like a powerful radio transmitter. If you prefer, they are like ripples on a still pond when a pebble is dropped into it. They go out to and affect your entire world and even the entire universe! It is imperative to learn about and then *master* your emotions!

***Physicists, the world over now accept that the butterfly effect is authentic, accurate and viable. It is now known as The Law of Sensitive Dependence Upon Initial Conditions.***

## **The Butterfly Effect**

According to the Urban Dictionary, the Butterfly Effect (Regarding Chaos Theory) is the phenomenon whereby a minute localized change in a complex system can have large effects elsewhere.

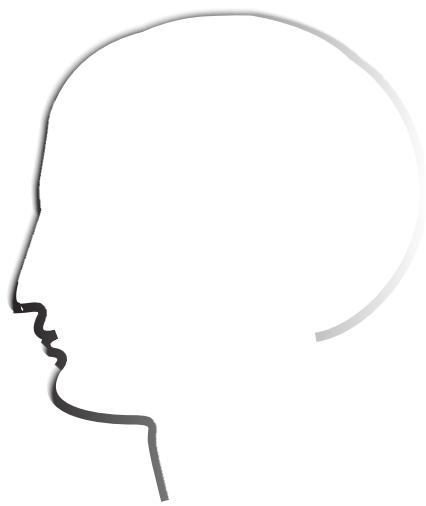
In other words, a butterfly flaps its wings in Hong Kong, and there is snow in New York.

Emotions create minor to huge changes in the complex system known as the human being. These changes emanate through every molecule and electron in your world and even the universe at (sixty to eighty thoughts a day) tremendous speed. Do you remember the first time you heard about light being energy? Energy cannot be created nor destroyed, it only changes its form, according to theoretical physicist Albert Einstein.

I remember shining a flashlight into the night sky and my father telling me that when I turned off the flashlight, the light I had already shone in the sky was still traveling through space! Wow!

My dad was a true scientist. He loved science and had been fascinated with it since he was a small boy. So did I.





# CHAPTER 9

## Self-Mastery - Mastering the Emotional Tone Scale

*“One can have no smaller or greater mastery than mastery of oneself.”*

—Leonardo da Vinci

It will assist you greatly to take a few moments and write down any stories from your past that might live in your memory as important or significant times in your history. You don't have to spend a lot of time here, but just make some notes about times in your past where you had challenges. It is even more valuable, in some ways, that you make notes about any happy times that you remember.

After you jot down your memoirs, see if you can identify the emotional tones you were experiencing during those

times. If you do this sincerely, you will discover the *why* of your behaviors back then. Remember, our state of mind drives our behaviors! You might even get an “aha” moment that will be an excellent validation of your past responses.

### Lisa’s Story

Lisa had been a client of mine for some time and had made wonderful progress with her chronic pain and often severe anxiety. In past sessions, she would take quite a while to get to her feelings. But, at this session, she got right to the point and root of her feelings. I sat across from her and was feeling the intensity of her need to get this out before another part of her would sugar-coat or water down the emotions. Lisa was well-versed in the emotional tone scale.

“I feel like I’m going crazy half the time,” Lisa said, with tears running down her face. After blowing her nose, she continued. “My emotions are all over the place. Maybe I’m bipolar.” She was clearly distraught. When I asked her to identify what she had been feeling (using the emotional tone scale), she verbalized that she had been feeling *grief, fear, and guilt* and sometimes feelings of *doubt* and *worry*. If you look at the emotional tone scale below, you’ll see that her emotions were hardly “all over the place.”

## Emotional Tone Scale

- I. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience
- II. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

This scale is what I've been talking about when I ask, where do you "hang-out" on this scale most of the time?

As Lisa was describing why she was feeling these feelings, I interjected, "It sounds like you're in despair."

"Yes," she nodded in agreement as more tears welled up

in her eyes.

I continued, “This must make you feel powerless in your life.”

“Yes,” she said sobbing again.

“Aren’t you getting a little fed up living like this?” I stated in a slightly edgy tone. She perked up at the question.

“Yes, I am,” she said, with a slight tinge of anger in her voice.

I knew that I could talk to her in this way because she already told me she experienced feelings of *doubt* and *worry* that are upscale from where she said she was at *despair* and *powerlessness*, so I knew her range.

When I know the range of emotions that clients experience, I can help them feel a little better and more empowered by leading them upscale from where they are at the moment. Not much upscale necessarily, but any tone upscale is an improvement. I knew that if she hung out at *worry* and *doubt* sometimes, then we could go there in the session and even have access to all the feelings between disempowerment and doubt.

But I needed more of an edge, so I enlisted her *anger* to break her out of her “emotional box,” so to speak. Using hypnosis, we were able to pinpoint where the blocked emotion of anger was in her body. I then had her assure that part of herself that she (the adult Lisa) was there for her now and that, it will be okay to move and come out of hiding. This is called “shadow work,” and I cover it in a later chapter. The emotional box that Lisa was stuck in was the one between *doubt* and *fear*. This “box” only allows a limited access to the range of feelings that are possible for a human being, so of

course she was miserable. I will show you how to transform anger into a force for good and help you see that there is nothing to fear.

After freeing her repressed anger, Lisa was able to have access to her anger, which at first got her in touch with more of it. And, the more anger that came up, the better she felt. She learned a powerful lesson that day. Anger is built into us for a reason. It is there to protect us from aggression. It is vital that we have access to this feeling in order to create and maintain healthy boundaries. Unfortunately, it has been suppressed and repressed in way too many of us, especially women. It is one of the main reasons that our societies are in the shape they are in today, in my opinion.

### Information Overload

Think back to my story, “The Diagnosis” in Chapter Eight. I had become so overwhelmed or *overloaded* with MUs (message units) daily after starting a chiropractic practice on my own with all the responsibilities, debt, and burden of the business resting squarely on my shoulders. Prior to starting my practice, I had been *overloaded* from taking national and state board exams. Prior to that, for at least four years, I was often in a state of *overload* from the intensity of professional college and before that, pre-med studies.

Also, I held down a job and worked all through my college years and had even gone through a divorce while still in chiropractic college. All the while, I was maintaining my grades, doing my internship, and preparing for the national and state board exams. In short, I was in a state of *overload* a

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lot, for many, many years. But, with school breaks, rest, and a hopeful state of mind, I always bounced back to an emotional tone of positive expectation.

Do you remember what happens when we become overwhelmed or overloaded? That's right, we go into hypnosis. When we are in hypnosis, we become *hypersuggestible*. When we are walking around in a state of hypersuggestibility, and especially if we get exposed to a lot of negative information, all that information gets *dumped* into our subconscious mind without being analyzed by our critical mind.

The mind gate is open, letting all this information or message units pour into our subconscious mind stimulating programs that are similar or the same or *like* all those message units coming in. If we get subjected to a lot of *negative* information, we are more likely to have *negative* thoughts uploaded into our conscious mind from our programs. These are always in the lower end of the emotional tone scale.

As a result of being in hypnosis for extended periods of time, my fear programs and insecurity programs were getting stimulated frequently. So when I began feeling the pain in my lower stomach, which in and of itself created massive amounts of information or message units coming from my body that overloaded my conscious mind, it sent me into hypnosis. The pain in my abdomen stimulated my fear programs that caused even more overload.

And, because of my training in physical diagnosis, I was constantly trying to *figure* out what was causing the pain. I was thinking a lot about it, especially at night before sleep. And, it was the first thing I thought about in the morning when I woke up. I was becoming obsessed. The more I felt

the pain, the more I thought about it. And, the more I thought about it, the more I felt worry and fear. If the Internet were available then, I would have been so overloaded that I doubt if I'd ever have made it out alive.

Remember, we naturally go into hypnosis when we go to sleep and again when we wake up, so these are not good times to be thinking or talking *negatively* to ourselves. Of course, there is no *good time* to be talking *negatively* to yourself, but especially not those two times. Having limited knowledge of the critical mind (*mind gate*) at that time, I did nothing to close the *mind gate* to protect myself from the vicious cycle and negative momentum that had already started.

I knew nothing about the *law of attraction* and only had a cursory understanding of the emotional tone scale. And I was compounding this adverse situation daily by trying to diagnose all my symptoms! And all the while, I was giving myself even more negative suggestions with every pathology book I read.

Finally, my pain had increased to a point where I could no longer ignore it. I went to a colleague to get an X-ray of my lower back and pelvis. At this stage, I was even in a more continual state of *overload* or *trance*. The stresses of my life situations in the previous years, prior to cancer, had served to put me in and out of hypnosis. As a result, I had not been *mindful* of my state of mind and had not been vigilant to guard against negativity.

I said in my story that I finally rose to the level of courage or irritation and impatience, which helped me to face the fear. At least, that is how I thought of it at the time and still do. It does indeed take courage to be hopeful in the face of

hopelessness, but I was nowhere near the emotional tone of hopeful. I was becoming “pissed off!” In other words, I had reached the emotional tone of anger, and anger gets things moving.

Reflecting on that time, I believe that I was getting irritated and impatient with my body and its continual reminders of my mortality. Eventually, the irritation drove me into the emotional tone of anger, which is an extremely powerful emotion and can serve us well—if used correctly. When I found out, following the biopsy, that the tumor was not malignant, I felt an enormous release of pent-up negative emotions. I then bounced up the emotional tone scale even higher—all the way to optimism.

Within a few weeks, I received the happy news from orthopedic surgeon number two in the form of a letter that matched my emotional tone of optimism correctly. The results from the pathology lab following surgical removal confirmed that the “osteochondroma” was indeed benign.

My emotional tone rose once again, to positive expectation, and I felt like I could finally get on with my life. I know, in my *heart of hearts*, that my optimistic state of mind and the sometimes higher tone of positive expectation and beliefs positively affected the outcome.

And, I want you to hear this. While recovering from my surgery, colleagues and friends came to my office in the evenings after they had finished with their patients and took care of my patients. They would not take any money for their services. My feelings of love and gratitude toward my fellow chiropractors allowed me to be even more appreciative of

the gift that life is.

When you are in a state of allowing, you are feeling the higher tones of love and appreciation, which is empowering. It validates life!

*“Your Father knows exactly what you need even before you ask him!”*

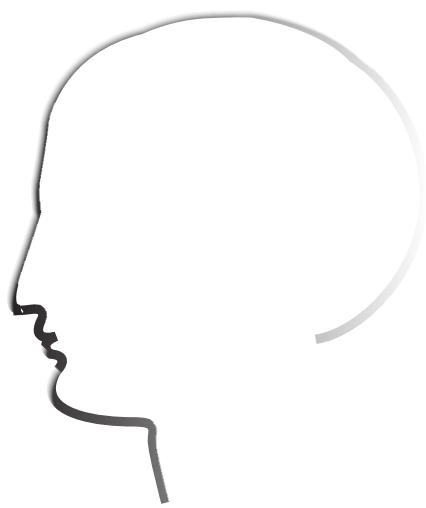
—*Matthew 6:8, New Living Translation*

Your good can come from anywhere so to allow, is to surrender to life, not like a whipped puppy, but like a subject bowing in honor to his queen or king. This would not be the last time I would be in a similar need. The happy outcome and healing from a critical illness and life situation, that from all earlier appearances looked as if it would end in my suffering and death—I attribute solely to the radical shift in my emotional tone and the grace of God.

## Emotional Tone Scale

1. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience
11. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment





# CHAPTER 10

## Master Processes for Controlling Emotional Energy

*“Only you can control your future”*  
—Dr. Seuss

*“To enjoy good health, to bring true happiness to one’s family, to bring peace to all, one must first discipline and control one’s own mind.”*  
—Buddha

The following pages are several processes that we teach in our clinic and our workshops. Most of these processes were developed by me to either stop or slow the momentum of negative emotional energy, and others were designed to help you climb the emotional tone scale more easily, effortlessly, and quickly.

Once negative emotional energy starts, it can gain momentum rapidly and once past a certain point, it will attract like negative energy. Trying to stop it, once it's developed momentum would be like attempting to stop a car while standing at the bottom of a hill after it has been rolling downhill for a few moments. Let's say someone released the emergency brake. If the momentum of your car (adverse idea) has been there long enough to manifest adverse events or circumstances in your life (and every negative event or situation is a runaway emotional tone), you need to get the hell out of its way, or you'll be run over.

The God List is by far the best way I know of to counteract the manifested form of negative emotions. If you do nothing else, please, for your sake and your loved one's sakes, learn and master the God List process. By the way, children get this quickly, so teach it to them. I would love to hear of any wins or turn-a-rounds you've had with this process. Please email me any comments about your results at [doc@DrMitchellMays.com](mailto:doc@DrMitchellMays.com). I would love to hear from you.

### The God List

I have to tell you. When I first wrote about the God List, I had only used it on myself and shared it with my wife, Terri,

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and a handful of clients. I knew it worked uncannily well, and yet I was still surprised and impressed by the results I personally got.

And I was hearing amazing results that our clients were getting as well.

And now, since publishing my first book, *The Mind Gate Process of Empowerment* in 2013, I'm receiving emails and calls about how the God List has made big differences in the readers' lives as well! We mostly teach this process to all our clients and patients now. And, about 90 percent of those who keep in touch with us, following our workshops, tell us about how the God List has had a significant positive impact on their lives

Without a doubt, I can honestly say that this is one of the most powerful processes I've ever used to move negative energy fast and, at the same time, create a positive energy vortex. This is the Ganesh, Shiva, and Shakti (Hindu gods) of the processes, all rolled into one. I call it the **God List**. You could call it the Higher Power List, the Universe List or My Higher-Self List if you'd like. It doesn't matter what you call it just as long as you have some belief that there exists some energy or force or power somewhere that knows a lot more than your little ol' conscious mind knows. If you think of this power as part of the same power that suspends the planets in their orbits you'd have to admit that is a powerful energy or force. Hmm... that might be a good name for it, I know, how about the Force List?

*“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”*

—*Matthew 17:20, New International Version*

The God List is all about *releasing* not only our negative thoughts, feelings, and energy but even more so, our entire control. It is the recognition of the powerlessness of our existence when we live through our identity as ego beings. In other words, the part of us that is always attempting to figure out everything. In other words, our monkey mind! And although our conscious mind is brilliant, it is not equipped to create anything because it has no power to do so.

### Note to Self:

**Our conscious mind has absolutely ZERO power to create anything, except more thoughts!**

Outside of the skills we've learned and accumulated, and intellectual properties we've inherited and/or sharpened, it has no power to create what we want to show up in our material world.

The only real power our conscious mind has is the motivation to do the work of focusing on and visualizing what we want long enough for it to become an obsession. When that happens, if we are not distracted by our monkey mind too

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much, then our obsession might materialize if we can *see it and feel it* as if it is already a part of our life!

**“*You must FEEL it real.*”**

—Neville Goddard

**“*Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.*”**

—Mark 11:24, King James Bible

Because of our social conditioning and constant “information overload” we are rarely able to stay out of the waking/walking state of hypnosis that futurist Alvin Toffler talked about in his 1970 book, *Future Shock*.

The God List is actually a shortcut to the Twelve Steps of Alcoholics Anonymous fame. The Twelve Steps are said to release you from the grip of the ego and help you gain spiritual peace of mind. The steps lead you to a conscious contact with God and unconditional abdication or surrender to your creator or higher power, whatever you perceive it to be.

Today, Twelve Step programs and support groups exist for nearly every support issue there is and assure anonymity for their members. They all use the same Twelve Steps used in Alcoholics Anonymous programs. In 1934, Bill Wilson, who founded Alcoholics Anonymous, relates a story that a friend, Ebby, who was an alcoholic, told him about how he

had found relief from the addiction to alcohol and the disease of alcoholism.

"I found I couldn't run my own life. I had to get honest with myself . . . I had to pray to God for guidance and strength, even though I wasn't sure there was any God." Then over and over Ebby would say something like this: "*Bill, it isn't a bit like being on the water wagon. You don't fight the desire to drink—you get released from it. I never had such a feeling before.*"

### Twelve Steps

1. We admitted we were powerless over [insert the vice or issue]—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him.*
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.

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11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other [people who suffer the same addiction or issue], and to practice these principles in all our affairs.

The “God” of your understanding is just that. Whatever you call your creator, or higher power is the God of your understanding.

Twelve Step programs also admonish their members, and this is no small part of the program, to never get too hungry, angry, lonely or tired.

The acronym for this is HALT. Great advice indeed!

*“Potential plus acknowledgment of the God-within equals activation of the God-within to produce form . . .  
And so it is on Earth.”*

—Michael G. Reccia

### How the God List Works

Anything that is occupying space in your conscious mind as a worry or concern affects the natural flow of good into your life. Take a sheet of paper and draw a line down the

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middle. Then draw a line across near the top. On the top left side write the word “me” in lower-case letters representing the ego or identity—indicating a lesser intelligence and power.

On the top right side write the word(s) GOD, UNIVERSE, HIGHER SELF, THE FORCE or any other name for the power that created the cosmos that makes you feel comfortable (I have one client who likes the word ENERGY). Write this in upper-case letters, indicating unlimited intelligence and power.

Then under “me” write one, two or three things you can do today! Keep it simple, like “eat healthy,” “give the dog a bath,” “call the power company,” “call Aunt Mimi,” etc. These are things that you know, without a doubt that you are going to accomplish today.

On the right side—under GOD or THE FORCE (or whatever you prefer) write anything that worries you, such as “money to pay the rent,” or “my low back pain” or “conflict with my child, spouse, employer,” etc.

The point here is this—by writing down your worry or concern you are using your subconscious mind. Writing is what hypnotherapists and handwriting experts call an *ideomotor response*—something we have practiced over and over, like tying our shoes and involves tiny conscious effort, which means it comes primarily from the subconscious. Did you ever wonder who or “what” was driving your car when you mentally “checked out” and missed the turnoff that you’ve taken innumerable times?

By writing it down in God’s column (in your handwriting), you are sending your message directly into your

subconscious mind. The message is that you are turning over these concerns to your higher power. Your subconscious has direct contact with this higher power so it can stop *boiling* up negative messages into your conscious mind about the concern.

You will be amazed how fast this works. And, this also works beautifully on goals you want to achieve or anything you want handled. I even have a client who calls this the DOG list because she has a bit of an issue with the word God.

“Besides,” she said, “DOG is GOD spelled backward.” “I figure God or Dog will know what I mean.” And, it works beautifully for her, so I guess God (or Dog) does know what he (or it) means.

The idea here is to get your monkey mind to stop its incessant chatter and let the higher source deal with it. You don’t need to figure it all out in your conscious mind. In fact, trying to *figure out* how you are going to pay the rent or score a great new job or relationship is futile. It only invites more torture from your *monkey mind*. In Alcoholics Anonymous circles, there is a wise saying: *Our best thinking got us here!*

So, when I first wrote about the God List, I thought it was great to use when we were overstressed or feeling powerless. I thought of it more as a tool to use that would give some relief from those helpless feelings. And, as a result, would allow for more flow from our God source, whatever you believe or perceive that to be.

But now, I realize that not only does that happen, but the God List process helps us (our identity or who we think we are) get out of the way. When we get “ourselves” out of OUR way, our natural state of joy and happiness, which is “what”

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we are in our essence, can flow through us unimpeded. When we are in the flow or the flow is in us, it (God) handles all our worries and concerns quickly and effortlessly. And, it handles situations much better than we could have ever have done, left to our own devices.

I received an email recently from a reader in the United Kingdom. The reader said she couldn't thank me enough for the God List. She had been living in an untenable situation with a man who would frequently get drunk and become verbally abusive to her. And, although he had never physically harmed her, he was making her life extremely uncomfortable. She said that she had wanted to move out for months but lacked the funds to do so.

"In one week after writing 'money to move out' on the GOD side of the God List, I received a phone call from a 'solicitor' who had been trying to track me down for some time now."

It seemed that a relative of hers had passed away and left her some money. Was it a fortune? No, but it was just enough for her to move out of her present living situation and get into a place of her own. Coincidence? Maybe.

One of my first clients that I taught the God List to called me to tell me that she was taking the God List seriously now.

"Dr. Mays, do you remember that dirty old man I told you about?"

"Yes," I answered.

About a week before, she had been crying over her stressful situation. She was a single mother of two and had to work two jobs to make ends meet. Her children were young with one still in preschool, so she was constantly running back

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and forth from work to grammar school to pre-school.

The “older gentleman,” as I shall call him, was frequently making suggestive comments to her about how she dressed. He would make comments about her children, and what he thought was best for them. He’d even parked his car in front of her drive so she couldn’t get back into her driveway. She had called the police, but he’d always smooth it over with the officers. He was harassing her, and he had become the focus of a lot of her daytime thoughts.

“Guess what?” she exclaimed.

“What?” I asked eagerly, listening for what she would say next.

“Two days ago, I wrote ‘dirty old man next door’ on the God List, and when I got home from work today, guess what?”

“What?” I said, the suspense was building, and I could hardly wait to hear what she said.

“There was a “for sale” sign on his lawn, and he is nowhere around,” she screamed excitedly.

Then she paused for a long time and finally spoke in a half-whisper as if confiding something confidential to an old friend.

“Do you think it was . . . the God List?”

“I would say so, yes,” I chuckled.

“I think so too” as she burst out giggling like a small child.

This technique, when combined with visualization is so powerful for creating change and achieving your goals that I could write a book just about these two processes alone. Go to [www.DrMitchellMays.com/thegodlist](http://www.DrMitchellMays.com/thegodlist) and watch my video, *The God List*.

### Emergency Brake

This technique is employed to stop our proverbial “car rolling downhill analogy.” To master the emotional tone scale you first have to understand that you actually can! This technique has to be *practiced* to build enough energy in reserve to not be thrown off balance when a momentum of lower-tone energy comes your way, which it will for a while.

For example, you might be thinking about all the bills you owe and how each month there is *not enough money* to pay them all. To stop the negative momentum of *not enough money*, you will need to halt, or at least slow, this momentum as soon as possible. How can you do this?

You need to employ the emergency brake at the first indicator or sign that you are going down the scale emotionally, in other words, when you begin to *feel* bad. Unfortunately, we usually wait until we *feel* sick physically before we even have any awareness that there is a problem. Do you remember how I went into the state of denial to deal with the other part of my life after receiving what I *perceived* as a diagnosis of malignancy from my cancer?

Let’s say your state of mind (your mood or emotional tone) this morning was worry and as the day wore on you began to have *feelings* of insecurity and unworthiness.

### Note to Self:

A common “thought” that triggers these emotions revolves around “not enough.” I am not smart enough, there’s not enough money, I am not strong enough, young enough, etc. That’s when you need to realize that your emotional tone has nose-dived, and *emergency action* is required.

Lisa Machenberg, host of *Amazing Mind*, a web television show interviewed me last year. She was asking questions about mastering our emotions given what I’d written about and the emotional tone scale. She asked me how I could use the emergency brake in a scenario she suggested. Although I am not relating this nearly as colorfully as Lisa did (see the Amazing Mind video at [https://youtu.be/-3xOPeM\\_uVg](https://youtu.be/-3xOPeM_uVg). The hypothetical scenario she gave me was this;

“You walk into a Starbucks coffee shop you never go into, and you see your entire tennis team, but you didn’t know they were meeting there. The scene brings up feelings of insecurity, jealousy, unworthiness, and even some fear. Now, what do you do?”

I responded by saying that she could go into the bathroom or back out to her car, and do the following: Take a moment by yourself and breathe deep into the belly for four or five times. Standing up is preferable here. As you are taking five deep breaths into the belly, exhaling a little more slowly than you breathe in, *call up* or *feel* some anger about these fear-based *programs* that are running. Raise your anger higher now about these programs trying to ruin your state of mind. I want you to be clear that even if there might be a vague

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reason for the fear, if there's no imminent danger present, then go ahead and get pissed off!

You'll want to direct the anger at the *programs* that are causing the negative emotions you are feeling. Feel the anger some more and, as it becomes more intense, direct it toward the negative programs (insecurity, jealousy, unworthiness, and fear). If you can, shout out loud and say something like; "Get off my back . . . get off my back" and move your body as if you are throwing an unwanted guest off your back. Or, if you simply scream loudly (or aloud to yourself), "No, No, No!" or "No More, No More, No More, you are just a program and I will not let you ruin my life!"

Whatever feels the most powerful to you is what you will want to be using here. Clench your fist if you have to. Shake inside as you *feel* the anger building in your body. Remember moving your body is a great way to change your tone. Do this as many times as it takes or even, however, many days it might take. Remember, each time you do this, you'll want to take a few moments to *observe* any other negative thoughts or feelings that might still be hanging around.

The idea here is to move emotional energy off the lower tones. From anger, you can usually *feel* your way to the higher tones of frustration—irritation—impatience relatively quickly. I have used this technique to move me off worry and discouragement, even though they are higher on the scale than anger. Feel the anger as it *snaps* you out of the abyss and lands you up the scale somewhere else—then let it go!

## Michelle's Story

Michelle, like Lisa, had an aversion to calling up her anger. She was not unlike a lot of women I see in my hypnotherapy practice. Not only did she have an aversion to it but didn't believe she had the capacity to even get angry. In hypnosis, we got her in touch with her anger, and it wasn't easy because it had been neatly repressed by Michelle when she was a little girl. Michelle's mother did not allow her or her three sisters to express anger.

If she did, she was shamed dreadfully. "Do you know what people call girls who are angry?" she recalled her mother saying. She had repressed and suppressed her anger for so many years that she would not even acknowledge that she might be capable of feeling anger, much less expressing anger. She was afraid that if she allowed herself to express or even to feel anger, "something bad could happen."

I taught her the emergency brake technique and she had a little success with it but was unable to feel it in her body. In order for the emergency brake to be effective, you must be able to get in touch with your anger. So, I suggested she try Tapping, one of the Emotional Freedom Techniques (EFT). I go into detail about Tapping in Chapter Fourteen, but I want you to know that Tapping is a wonderful technique to loosen up and move stuck negative emotional energy out of us. But Tapping is so much more than that. It works well with PTSD to discharge negative memories as well as helping some people to reinvent their lives. By tapping with your fingers on certain acupuncture points, one is able to make direct contact with the subconscious mind. Terri works with

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a lot of clients using EFT for chronic pain and enhanced performance or improvement in nearly any area you could imagine. Michelle's inability to get in touch with her anger was resolved with Tapping.

Once Michelle realized that anger is a normal emotion and that we have it to protect us, it became acceptable to her to feel it in her body. With Tapping she was able to use her anger to put in boundaries and confront situations that, in the past, she would have avoided, to her detriment. And, she is now able to use the emergency brake technique quite well. In fact, she has become somewhat of an anger specialist.

Anger, unless confronted with danger or a perceived possibility of loss, is always a subconscious program that gets repressed or suppressed. And, because we think we'll be safe if we don't express it, then it is not available for us when we might really need it. The idea that "if we don't express anger we'll be safe" could not be further from the truth. You need your anger. The trick is in learning when to call it forth.

Michelle is not unusual. Her repressed emotions of anger had caused her terrible headaches and stomach problems. When she was able to locate the suppressed anger in her body, she realized the price she'd paid for not having access to this emotional tone. In the past, she was unable to say "No" to certain people and had boundary issues that got her into trouble frequently because it also made her a "people pleaser."

Our anger is our power and it is there to stop the aggression and put in our boundaries. Without it, we are left to other devices or coping mechanisms to make us feel safe in the world.

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If you are gripped with fearful or guilty thoughts, and there is no immediate or imminent threat to your life or you haven't done anything to feel guilty about, that is substantial *evidence* there is a negative program running.

Remember that when using the emergency brake, you will be directing your anger only toward the negative programs and never at another person—especially yourself! Doing this in this way serves two purposes:

1. You will not be hurting yourself or anyone else, and
2. It is a powerful affirmation that you have control over your emotions while also affirming the thoughts that create the negative feelings are indeed just programs that are running.

When you are operating on or hanging out frequently on an emotional level between guilt and fear—you are treading on thin ice, my friend. I would advise you to go after those *negative* programs as soon as possible.

Remember the emergency brake technique and use anger or any other tone that will help you snap out of those lower tones and programs quickly. I know that some of you might have a *program* that goes something like this. “I am a terrible person if I express anger” or “It is a sin to express anger.” I assure you that there is no sin in protecting yourself or others from the harm that can come from being in fear.

### Note to Self:

A word of caution here would be always to remember that calling on this powerful emotional tone of anger, while a powerful tool, is like fire. It can badly burn you and others. So, always direct anger at your negative programs and never at other people, animals or things. And never, never, never direct it at yourself!

### Unwinding Negative Energy

This is a technique to get rid of the negative energy you might have accumulated throughout the day. Remember, never go to sleep with a lot of negative emotions or in adverse surroundings whenever possible because they can activate harmful programs in your subconscious mind right before sleep. This can often cause horrible nightmares that can affect your state of mind negatively for days or even longer.

If you are experiencing negative feelings before bed, for whatever reason, or if your mind is being too active, keeping you awake, try this. It's an ancient technique and reportedly was used by the Buddha quite a lot.

Right before sleep, breathe deeply into the abdomen for five minutes and then imagine or pretend that you are going through your day in reverse.

See yourself putting on your night clothes, then brushing your teeth, taking off your makeup, taking off your day clothes, eating dinner, and so on, all the way back to waking up to start your day.

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You start from where you are and go backward through the day, step by step until you see and *feel* yourself in the bed when you last woke up. With each remembered encounter with any type of negativity whatsoever (a difficult customer or coworker, etc.), you must remind yourself that you are watching a movie or observing the emotional responses you might have experienced. Then try to see this negative encounter as a learning experience. You might even say to yourself, “What did I learn from this?” or “What did this try to tell me?”

For example, if someone was rude and angry, even if it wasn’t directed at you, maybe your body responded with fear. Rather than feeling that fear again, which would actually be doing violence to yourself, remind yourself that you are doing this exercise to be the *observer*. You might want to think, “I attracted that mirror to show me that I need to raise my emotional tone so that I don’t attract any more of those experiences.” This is an excellent exercise to see these negative programs for what they are—just programs!

This technique will literally throw off negative emotional energy by the bucketful, and your subconscious programs won’t be stimulated nearly as much. You will sleep much better, and you will have a much better chance of waking up in a better state of mind. It’s important to remember that energy (and you) is never static and is always moving. You just want it to be moving in the right direction.

### Overcome Insomnia

I’ve had many clients and readers tell me that they love

this technique to overcome their insomnia. Unwinding negative energy is actually mind training to practice seeing your life as if it were a movie. If done regularly, it will get you used to the idea of being the “observer” of your life rather than being identified with your life as if it is who you are. I had one client who related to me that she had such difficulty getting to and staying asleep that she felt as if she were “sleep-walking” through her day sometimes.

Since learning and practicing unwinding negative energy, she says that as she goes through her day backward, she always falls fast asleep and awakes refreshed. No more “sleep-walking” for her. Becoming the “observer” of your life is to climb into the driver’s seat of your life and put your hands on the levers and dials of your destiny. It puts you in control of the most awesome reality-creating machine ever known.

### Emotional Preferences

We need to set aside at least 10–15 minutes a day when we will not be disturbed so we can *get in touch* with our emotional tone and energy. If we have some lower-tone emotions that might have already developed into a significant momentum (you are becoming aware of the physical manifestation of those feelings in your physical reality) then we must work on those negative emotions first.

For example, if you have a negative life situation continuing, such as being overweight, you must first understand that you have *thoughts* and *feelings* about the situation. If you are *overweight* and have tried various diets, and your body

seems to be resisting losing the weight, and this is disturbing to you every time you look in the mirror, then you can be reasonably sure that the situation has a lot of momentum going.

*Anything* that has already *manifested* in your world, including being overweight, has had a lot of mental energy (thoughts about it) and emotion (your body's response to those ideas) put into it until it eventually manifests. In other words, the momentum of these negative programs is going too fast to stop now (like a runaway train) because they have already manifested in your physical world. Bummer!

Many of these, hopefully, are just a matter of preference, such as you'd prefer a better work situation or you'd like to lose ten pounds. If how you are feeling about your life situation is above the emotional tones of frustration—irritation—impatience on the scale, then you can use the *Mind Gate process* to create a preferred work situation or quickly lose the ten pounds, more or less, at your leisure.

However, if you check with your feelings (using the emotional tone scale) about any situation that resonates at revenge or lower, then you must apply the emergency brake method to move that energy up the scale as soon as possible! Or, if you have the time you can use Tapping to raise your emotional tone.

Other unpleasant manifestations that have less *emotional intensity* around them need to be addressed eventually, but I would suggest that first, in the case of being overweight, write down on a notepad what you *like* about being overweight. I understand that you might not believe you like

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anything about being overweight, and consciously I'm sure there might not be anything you like about being overweight, but *subconsciously* you do!

Remember that our subconscious *programs* came from our (known) associations and identifications, and these known associations and identifications represent *pleasure* to our subconscious minds, and *unknown* information represents *pain* to our subconscious *programs*. For instance, eating high-calorie food could represent *pleasure* and exercise could represent *pain* to your subconscious mind.

So, if you are overweight and are not *consciously* okay about it, then you have a program in your subconscious mind that is running. And, it is getting enough attention and energy to keep it running. In other words, it keeps getting stimulated by thoughts and feelings you are having about it!

Now, look into a mirror at your naked body and say to yourself (or better yet, out loud) "Look what I created!" reminding yourself that you have *power* over this situation. And, if you created it, then you must be able to stop creating it! If you are really disturbed about a situation, do this. Look into your eyes in the mirror, and ask yourself, "How do I *feel* about this situation?"

What will surface will be an *emotional* answer or *tone* that you'll be able to peg somewhere on the emotional tone scale. At the very least, you will *feel* bad, or you will *feel* good. Of course, there is always the third possibility that you will feel neutral. If you feel neutral about your issue(s), then take that as a *feel-good* response!

When you can peg an emotion like frustration, then look at the emotional tone scale again and look to see what the

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next tone up is—pessimism. While it might *not* be where you eventually want to be emotionally on the scale in regard to your weight, it is still a higher tone than frustration so it will *feel* a little better to you.

It's okay to feel pessimistic about your weight, especially if you've been hanging out in a lower tone about this issue for a long time. Or, maybe you feel despair about your weight. Any tone further up on the scale will be an improvement, so maybe you could just get angry with the situation but not angry with yourself. It's okay to get angry about the life situation your *programs* have created for you.

Somehow and some way, you must get your energy moving up the scale. Emotions are quite literally energy-in-motion so you need to be working on changing your thoughts about any *life situation* that is a challenge to you. Even if it means calling up your anger. You could go into the woods or an abandoned building and scream if you need to, just as long as you direct the anger at your *programs* and not anyone or anything else. It is okay to direct your anger at the situation, as long as you remember, it is just a program you are using to deal with another program. Some people have subconscious programs that make them too thin to the detriment of their health.

Perhaps you could think of the emotional tone scale like a video game. When you've mastered one level, then you can move up to the next level. Once you're able to feel hopeful in regard to any issue or life situation, then you will make rapid progress from there. The tone of hopeful is like being in a hot air balloon with the sandbags dropped and the burners at full flame. You'll rise easily from there, so hopeful is a

great emotional goal.

When you practice the Mind Gate Process of empowerment, you might not be able to jump all the way up the scale to joy at first. But, if you have to climb one rung of the emotional tone scale ladder at a time, then that is perfectly okay. In fact, it is the only way you can reach the upper tones, although you might not be aware of the rungs as you climb the emotional tone *ladder*. All the masters have learned how to manage their states or emotional tones in this manner.

What *thought* do you think might bring you up a *rung* or two on the emotional tone scale? That's the thought you will need to be thinking about any particular subject or life situation. The negative energy will shift. When you can wrap your head around the emotional tone scale and realize that emotions are just your body responding to your *thoughts* (subconscious programs) and become the "observer" of those thoughts and emotions, you will *master* your mind.

Negative programs that have gained enough momentum to manifest are like runaway trains and the only way to put on the brakes and slow them down is to think consciously of a better-feeling thought about the situation (see Chapter Eleven, the section titled "Switching Pictures"). However, once they have become manifest (appear in your life) you cannot *un-manifest* them. But, you can take *your attention* away from them by focusing on what you want instead. Jesus said, "Turn the other cheek."

In other words, put your attention elsewhere. And, you can do this in a variety of ways, but, by far the fastest and the most efficient way is by enlisting your *imagination*.

## See Your Future

There are many tools to stimulate your imagination and help you to move up the emotional tone scale to joy, but few are as powerful as vision boards. A vision board is simply a *collage* of pictures that represent some situation or thing that makes you feel positive emotions when you imagine having it as a reality in your life. These images or visual images could be taped or pasted on a poster board, tacked to a cork board or even plastered on a wall. They just need to be someplace where you can see them, all together ideally. If you'd like, you can have more than one board. With today's technology, you can even have a digital collage of inspiring pictures on your smartphone or computer screen as wallpaper.

Here are the keys or tricks to effective vision boards. The pictures need to be something that means something *special* to you and not someone else. It will be important and necessary to spend a little time each day looking and daydreaming about them. Five to ten minutes is sufficient. And, if you can tie your pictures to your daily meditation and visualizations, in some way, then your *vision board* will be infinitely more powerful.

For example, I have a vision board picture of a particularly beautiful beach. I also have a picture of a beautiful home, and when I meditate, I visualize walking from that house and out onto my beautiful beach where I sit down at a table under a grass umbrella. When I feel good about that, then I might get in the small boat that has been pulled onto the

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beach. Maybe I'll drive out to the yacht that's moored about fifty yards out. I believe that yacht has a crew who is just waiting for me to . . . oh, I'm sorry, I got carried away.

I remember when I first heard about *vision boards*. It was back in the early 1980s. Pictures of what I wanted got put on the refrigerator. These images can be a *symbol* of what you want and not necessarily the exact item or circumstance. For example, a Rolls Royce parked in the driveway of a mansion, if you wish to be a millionaire, could represent more than enough financial wealth. But be careful because, your *monkey mind* might use it against you.

### Don't Monkey Around

What I call the *monkey mind* is all the mental noise or *chatter* that is going on in our heads. It is commenting, weighing, judging, and figuring things out most of the time. And because we assume it is we who are doing the so-called thinking, we are only vaguely aware of a constant stream of consciousness or what I call a *thought-stream*.

The *monkey mind* is the *conscious* part of your critical mind (mind gate). It is incessantly analyzing the message units that have been dropped into it from all sources, including your subconscious programs that have *bubbled* up thoughts. The picture of the Rolls Royce, for example, might be so far out of your subconscious mind's positive programming that it stimulates negative programs. These programs might be *wired* something like this, "I always have to struggle to make a living" or "Rich people are all crooks." So, a little word of caution is in order here.

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If the pictures on your vision board don't make you *feel* good when you imagine the reality the pictures point to, you could unwittingly be stimulating some of your negative programs. This can make you feel like you are paddling upstream or against the current and struggling unnecessarily.

One of my favorite sayings that my mother-in-law, Joyce, used to say, following a wildly positive statement made by her or someone else, was, "It could happen!"

### See It and Feel It Real

If the image of taking a cruise to the Bahamas still *feels* good when you imagine it while saying to yourself, "It could happen!" then it is probably a go. Keep in mind that the real value here will be in reaching for, and then attaining, a higher emotional tone. If you are *stressing* about an event or maybe even *addicted* to the idea of a particular outcome or a nearly unattainable goal, you might be sabotaging yourself. You could be creating even more resistance, which can drive your emotional tone into frustration or worse.

When I say *unattainable* goal, I am referring to an apparent difficulty that is unlikely to result in the feelings that you want. For example, I used to dream of being an astronaut. I just loved the idea of spaceflight since I was a small child. Then, on February 20, 1962, John Glenn became the first man to orbit the Earth. He circled the Earth three times and reached speeds of 17,000 miles per hour! My dreams had just gotten a little closer to becoming a reality for me. I would still love to fly into space, but most likely couldn't qualify to be an astronaut at this time in my life. But, I might

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have a chance to fly into space as a passenger someday. Hey, “It could happen!”

It bears repeating here that it is not necessary to know, exactly what it is that you want. When it comes right down to it, you might only want the *feeling* of having something, like a Rolls Royce or spaceflight. As you look at the picture of the Rolls, focus on how that might *feel* to be driving down the road in a Rolls Royce Corniche convertible with the wind blowing through your hair. Imagine the smell of the rich leather interior and the feel of the road melting under the car. Listen to the quadraphonic sound system while playing your favorite tunes. If you don’t have to have a Rolls Royce but enjoy the fantasy as you look at the picture, then that is still helpful to you. Who knows all the “good” those feelings might do for you.

So again, you might want to go generally here with pictures of beautiful scenery, such as a beautiful sunset, a tropical beach or a mountain meadow. Personally, I’ve always liked the idea of the Rolls Royce Corniche ever since I saw the movie *10* with Dudley Moore and Bo Derek. My tastes have changed, and the Rolls no longer appeals to me. However, any picture that represents the emotional tone of joy to you is still really good. Laughing babies, a bunch of helium-filled balloons rising toward the sky, a Tesla Model S sports sedan or a space craft are all excellent. I have a picture of the Starship USS *Enterprise* tacked on my vision board. Hey, I haven’t given up on that trip yet, and I’ve even taken it for a spin around the galaxies a few times.

It’s perfectly okay to use any and all pictures you want as long as the images *feel* good when you look at them. You’ll

want to spend at least five minutes a day looking at them, but ten minutes is better. It speeds things along to fantasize about them becoming or being a reality in your life, so have fun!

Again, I have to say that in the morning and before bed are the ideal times to meditate and visualize because the mind gate disorganizes naturally. If you search online for *vision boards*, there are a few websites that will give you lots of good ideas. In the 1980s, my waiting room magazines suffered terribly. Fortunately, we no longer have to go through magazines and cut out pictures. There are tons of images you can download and print from on just about any subject.

I love the “laughing babies” images or, even better, watching “Laughing Babies” on YouTube—talk about belly-laughs—OMG! Those videos will kick you right up the emotional tone scale to at least the tone of optimism. Watch these for at least five minutes. The point here is, you need to look at pictures that make you feel really good or even magnificent to raise *your* emotional tone.

### Go to the Movies

A new twist on the vision boards, are mind movies. They are PowerPoint collages with pictures, positive affirmations and inspiring music that can all be custom made for you. It’s a magnificent idea, but as always, check these with your internal *emotional guidance* (how do they feel to you?) before you choose the pictures and affirmations.

They must *feel* good to you and not trigger negative subconscious programming. I’m not too sure about premade

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videos because this is your subconscious mind we are talking about here. However, as long as they check out okay (feel good) with your *emotional guidance* and you *feel* positive emotions when watching them, then they are probably good. You'll only want to let what *feels* good to you go through your mind gate. With that being said, a mind movie could be a powerful tool—especially a customized one when used in conjunction with my *Mind Gate process*.

### Using Positive Self-Talk

*Affirmations* are positive statements or suggestions given to ourselves. In other words, they are “positive self-talk.” It is imperative to state your affirmations (or suggestions) in the present tense as if they are already a fact. For example, “I am so grateful and happy now that I have my own business.” Another form of positive self-talk is “reframes.”

*Reframing* is “restating” a previously *negative* self-talk statement or situation and then restating or seeing it from a different perspective. Reframes are more powerful when they are written down and are a little more believable to us. For example, “I now see that having been fired from ABC Company allowed me the opportunity to start my own business so that I can chart my own life’s course.”

### Suggestibility to Positive Self-Talk

Some people respond better to *literal* affirmations or suggestions, and other people respond more to an *inferred* affirmation. Once again, go with your feelings or emotional

guidance on this. Does it *feel* good—is it neutral—or not *feel* good?

Here's the trick with affirmations. Our subconscious minds do not hear negatives like our conscious minds do. For example, if you say, "I am NOT fat." Your subconscious mind hears, "I am fat." It doesn't hear NOT.

So, if it's a *weight issue* affirmation you are doing, then the *literal* statement could be something like this. "I am my perfect weight of 150 pounds."

Here's the *inferred* version. "I *feel* healthier at my ideal weight of 150 pounds."

You will respond better to one than the other. Even if you think you respond better to *literal* affirmations than *inferred* suggestions or statements—one will still *feel* more positive to you. Always check any tool you would like to use with your emotional guidance. Does it feel good or does it feel bad? Maybe you can't tell, so it feels neutral, which is still better than bad but probably will not be effective at creating or managing your weight loss goals.

### Powerful Self-Talk

A good way to test the power of an affirmation or a re-framed statement is to say it over and over while exercising. For example, while "power walking," you could say something like this—"Money comes to me easily and effortlessly." If you begin to feel *stronger* as you repeat the affirmation, then you have dialed it in!

In fact, stating your affirmations while doing intense aerobic exercise is one of the *most powerful* self-hypnosis tools

there is, especially if you exercise three to five days a week.

***“Physical exercise fuels affirmations with enthusiasm by supporting the discharge of emotional blockages, and harnessing the power of the present moment.”***

—***Donna Hamilton***

I agree with Donna (MFT, PhD) and her quote above. I often recommend saying affirmations while doing a little free-form dancing. Saying affirmations to energetic (not frantic) music for five to fifteen minutes while focusing on your positive central ideas works wonderfully to raise your emotional tone. The body movement combined with energetic music helps keep your *monkey mind* preoccupied and quiet—at least long enough to allow the positive suggestion to drop right through your mind gate and into your subconscious mind. Again, check your affirmation or reframe with your emotional guidance. Does it *feel* good or does it *feel* bad?

The following are some affirmations given to me to use in this book by a good friend, Ramona Henninger, CMT. These are just a handful of the pages of affirmations she gave me. These are great affirmations to do when you are exercising and are great self-esteem building affirmations. They help us remember who and what we are. Ramona likes words that flow smoothly with the same first two or three words. These types of affirmations, when exercising, are useful because you are moving your body, so your subconscious mind is getting stimulated at the same time.

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They can also be used with Tapping (see Chapter Fourteen, the section titled “Emotional Freedom Techniques”) for the same reason. With Tapping you are stimulating acupressure points while talking. And, even though these are all positive and not about fear or anxiety, by tapping and saying them to yourself or out loud, you are getting a positive message directly into the subconscious mind.

- I can change my thoughts.
- I can change my attitudes.
- I can change my habits.
- I can change my actions.
- I am productive, prudent, prioritized, and positive.
- I am efficient, economical, and effective.
- I focus on goal-oriented activity.
- I use my priorities to ignore cravings, urges, and appetites.

Like Ramona did here, affirmations that mean something to you are the best to use. Especially good are the ones that you create. The reason for this is because they have a more intimate connection with your personal psyche.

### Talking Head

I am a professional listener, which means I get paid to listen. After listening to a patient or client for ten to fifteen minutes, I can tell if their *negative self-talk* is habitual or transitory. Almost everybody, at one time or another, has used negative self-talk but unless they get stuck on the emotional

tone scale between blame and revenge, it is usually transitory. Well actually, that's not necessarily true. We can get stuck on the emotional tone scale anywhere below boredom with habitual negative self-talk.

Most people are giving themselves *negative affirmations* or suggestions all day long. All self-talk is simply suggestions or affirmations about how we see ourselves and the world. And these suggestions come from our subconscious programs!

We must be observant and aware of how we talk to ourselves, especially our negative self-talk. That is why I like using the phrase, “Look what I created!” rather than the often used critical phrases like “That was stupid” or “I can’t do it.” Other critical phrases like “I can’t afford that” or “I’ll never be able to accomplish that” or “That is too hard” or “I am too old” are all statements of negative beliefs or programs that somebody gave you. Learn how to stop giving yourself these negative suggestions.

Tapping, one of the Emotional Freedom Techniques (EFT), is a technique that we teach our clients and our workshops attendees. It utilizes acupuncture points that the individual “taps” on while reframing their self-talk. A lot of Terri’s practice is teaching Tapping to her clients to empower them to make the changes they want to make. Tapping works great and is fantastic to clear out these “broken records” or “endless loop” negative affirmations we give ourselves. The result is often nothing short of miraculous because negative self-talk is frequently the cause of an undesirable condition persisting. I’ll go into much greater detail about Tapping in Chapter Fourteen.

## Emotional Restore

A quick way to restore a state of mind from a time in recent memory when you were *feeling* better is to visualize that decisive or positive moment in time when you were feeling better, then *anchor* it to your subconscious mind. An anchor is accomplished by putting your left thumb and index finger together and breathe in deeply at least five times while visualizing the memory.

When you begin to remember how it felt back then, state to yourself the *feeling* or emotional tone of that memory. An example would be stating “joy” or “freedom” while putting your left thumb and index finger together. At the same time you breathe deeply five times and feel the feeling.

How does that memory feel when you visualize it? Does it feel like passion, appreciation or love?

Restore is a cool way to move you back into *present time* by using positive memories. When used with the *Mind Gate process* it can be incredibly powerful and deserves careful consideration.

### Note to Self:

It's highly recommended to prearrange or pre-remember which memories to keep handy or pre-thought-out. Because, it is nearly impossible to think of a “happy time” when you are in the throes of depression, grief or fear. So have two or three good-feeling memories handy for such occasions.

Do you remember Peter Pan? He taught the children that in order to fly they needed to have a happy thought! I like to have some happy thoughts written somewhere I can see them every day. I also put mine on my mobile phone. You must learn to plan ahead if you are to keep your emotional tone upscale.

When we are tranced, we are easily sidetracked and unable to focus well. I need to emphasize here, as strongly as I can that you must begin caring about how you feel—all the time! If you do not care enough about how you feel to have what you want in life, then you will continue to get what you have been getting. You must do something different if you want a different result.

Most psychologist would agree that a good definition of insanity would be this: doing the same thing while expecting different results.

### Note to Self:

**If you are to demolish fear, overcome anxiety and create the life you want, then you must learn how to use the tools in this book.**

You might have noticed that this isn't some airy-fairy book about positive thinking. Many of the masters who wrote books on positive thinking knew that if you were to succeed in this skill of "mind-control," then you must learn what the tools are for and learn how to use them. So, keep your "happy thoughts" handy and maintained. In other words, take time during your meditation hours to brush up on your

happy-thought software and be sure to check frequently for updates.

### Trojan Horses

When using memories for visualizations, it is critical that you do not let any attached *negative* associations come into the visualization. I call these negative associations “hitch-hiking ghosts” (from Disney’s Haunted Mansion ride) or Trojan horses. For example, if you see yourself playing with an old pet and a picture, feeling or thought pops up about the pet’s death, that might take you down the scale to grief and depression. So, you might want to change the memory or be really good at editing memories.

**“Choose wisely the memory you will use, mmmm?!”**  
—**Yoda (well, it should have been written into the script)**

### The Easy Button

The easy button is a form of emergency brake. The difference is, you are not using a whole lot of anger here. Most likely you will only muster up irritation or frustration. But, is it effective? Yes, if you can really “feel” the frustration or irritability and then become the observer of the negative feeling program that’s running.

When you have a negative train of thought or emotions running away with you, you must be able to hit the easy

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button. We must always have a way out if we can become *conscious* enough to be aware when we might be headed for or already are going into what I sometimes call “unauthorized hypnosis.” In other words, if we feel we might be rowing our boat into a storm (negative emotional tone) we must have a way that we can quickly turn in another direction. The easy button is an incredible and powerful affirmation for staying in present-time and staying out of hypnosis during our waking hours.

From now on, whenever you feel like you are sliding down the emotional tone scale try saying something like this: “Stop!” or “Cancel, Cancel!”—or—“WAAAAAIT A MIINIT!” Or, my personal favorite, “Easy Now.”

Anything that interrupts that train of thoughts or negative feelings are good! So, how badly do you want to feel good?

We get asked a lot of questions about these processes and the emotional tone scale, but here are two of the most common ones we frequently hear.

Q. “Sounds like you’re telling us to stuff our feelings.”

A. *Quite the opposite. I don’t want you to stuff your feelings. I want you to OBSERVE them rather than IDENTIFY with them.*

Q. “So you want us just to feel happy all the time?”

A. *Not at all. I want you to feel joyful, free, and empowered to be who and what you really are. It’s time to stop this silly game that enslaves so many. I want you to see what’s going on in the*

*world that has been created by fear and be happy anyway despite it all!*

Sometimes people will ask me things like, “If I’m in a waking hypnosis, how could I tell if there is a negative program running or not?”

That is the question of the millennia, is it not? It’s a great question, like when I’ve asked my chiropractic patients how they sleep, that is I want to know if it’s on the side, stomach or back.

Some will respond with “How would I know if I’m asleep?”

My answer to these and probably any other questions that arise in your conscious mind will be mostly the same all the time. And that is, how does it feel to you? If you feel bad, that is to say, feeling anything from boredom to fear on the emotional tone scale, assume the emotion you are experiencing in your body is a program. That is unless, you have a genuine reason for the emotion, such as running away from a vicious saber-toothed tiger or other real danger. Also, if you are experiencing grief and someone close to you has recently died, then, of course, that is a normal response.

Just by recognizing that the feelings you might be feeling are programs will put you in the position of the observer. You are “in the driver’s seat” of your consciousness. And when you are being the observer of your feelings, you are consciously in present time and in the “presence” of your higher self. Soon, you’ll become the observer of all your world. It feels like a gentle detachment from all the drama. In feels safer and more comfortable being in your own skin.

Einstein said (I’m paraphrasing here) that if we are to

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solve the problems that we have today, then we have to think different thoughts than those that created the problems we have today.

In other words, we need a new paradigm or perspective if we are to make truly transformative decisions that will improve our lives. Not only for our own immediate benefit but also for others at the same time. There is always a win/win outcome in every true solution.

We have to stand on the shoulders of our thinkers. It is from there that we can see the future. It is from there that we can see what they see. Remember your emotional guidance system?

If you have a challenge getting in touch with your feelings, then it might be more practical, as soon as possible, to try to *reframe* your internal conversation. Try writing down or say something to yourself that is more empowering but believable. For example, if you have ever caught yourself saying something like “I’ll never be able to do that,” try *reframing* it by saying this: “With the right training I could do that.” Or if you have a habit of saying, “I’m getting too old.” Reframe it and say, “With age comes wisdom.” Or if you are thinking something like, “I can’t afford that” then a great *reframe* is, “There must be a way that I can afford that.”

Reframing is something that requires awareness of our negative self-talk. Most of us are not even aware of what we are saying that is negative because our programs do this automatically. When we criticize ourselves or others, it is usually because a program is running but we have not learned to recognize it. So, pay attention and start noting your self-talk as well as your critical judgment of others.

## Demolishing Fear and Guilt

Fear is our natural reaction to an immediate threat or imminent danger. We are born with two fears—the fear of falling and the fear of loud noises. As we develop and can run or fight, we also develop fears of threatened annihilation or imminent threat to our survival and also other's survival. Remember our cavemen ancestors when a saber-toothed tiger showed up for dinner? Fear is a primitive emotion that can save our lives but when it gets stimulated, and there is nowhere to run or nothing to fight, it will send us immediately into a waking hypnotic state or trance. The fight-or-flight response has become normal human behavior now. It is still often referred to as attention deficit disorder. Many more human beings are ADD now than ever before.

## The Fear Program

Fear is usually felt in the heart or solar plexus and sometimes in both places. Many of my clients have described it as stomach pain while touching their solar plexus. It appears to be most intense in the diaphragm. If you've ever had the wind knocked out of you, then you know where this area of the body is!

If there is a lot of fear, and it seems to be running away with you, then first identify the emotion and state it in present tense to yourself. Something as simple as, "I'm afraid" can be enough or just imagine, for a moment, your emotions are like a small child (because they are). What could you say

to reassure a child and let him or her know that you hear what he or she is saying and feeling?

If you were a loving parent, you wouldn't invalidate the child's reality by saying "You aren't afraid, or there's nothing to be scared of." Remember, the subconscious mind does not acknowledge or hear the negatives in an affirmation so the statement, "You are (not) afraid" is heard as "You are afraid" in the subconscious mind. And this can serve to affirm the fear, making it escalate in intensity.

A powerful affirmation that validates the emotion but slows the energy of any harmful program that might be running is a statement of fact.

Saying something to yourself like, "You've been afraid before" is an extremely powerful *inferred* affirmation and reframe at the same time. The inference is this. If you've survived this emotion before, then you will survive it again. The affirmation "You've been afraid before" calms the intensity of the emotion and allows or creates a small gap in the running stream of thoughts as they are dropping into the subconscious mind. It is the "adult-you" or "parent-you" soothing the fearful "child-you." The child wants desperately to have someone take control because fear can paralyze us.

Fear can make a lot of noise in our head and create a lot of physical discomfort and pain, and what's worse is (remember my heart attack from Chapter One?), if you tend to process information more literally, something like, "I am brave and optimistic" might feel better to you. All this work with affirmations and reframes is about re-parenting ourselves. As long as these are stated in present tense, are believable to

you, and meet the litmus test of making you *feel* better, then you have just re-parented yourself successfully. You have soothed your “child-self.”

### Life without Guilt

Guilt is a *gut-wrenching* experience. In fact, it is probably as powerful as fear in many instances. Survivors of traumatic experiences (like that on September 11, 2001, or even child abuse) often have what is called “survivor’s guilt.” Survivor’s guilt is really PTSD. It is felt as real because there is a memory of the trauma. However, it is stuck inside the individual because they are feeling it as if the cause had just happened recently, even if it had been decades ago.

And, even though the trauma might have been decades old, the individual was thrown into a deep state of trance when it happened. So, the “hypnotic suggestion” that went into the subconscious, when the mind gate was open, keeps getting reinforced on a daily basis. The guilt has become a subconscious program through repetition, association and sometimes even identification.

If you have a lot of guilt and haven’t done anything to hurt anybody intentionally, then I need you to get this clear. The guilt is always coming from a highly negatively charged program in your subconscious mind! Meaning, it was given to you when you were young and suggestible. It was part of your conditioning. But, you must try to remember always, that it is *only* a program! It is frequently felt in the stomach, but it can also be felt in the back and pelvis.

Often, shame is mistaken for guilt. Counselor and educator

John Bradshaw, author of *Bradshaw On: The Family: A New Way of Creating Solid Self-Esteem*, makes the distinction between the two like this (I'm paraphrasing him here): Guilt says, *I made a mistake* and what can I do to correct it or make up for it? Shame says—*I am a mistake!*

The difference is huge! One is a normal response to a human mistake and the other has been *programmed* into us. If you are feeling a lot of guilt or shame, and it is running away with you, then telling yourself something like, “You’ve felt like this before” is a statement of fact and serves to put you back into the seat of the “observer” again. The statement creates a brief moment of silence or space away from the monkey mind and puts the emotion of guilt a little more in perspective. If you can, when the guilt program is running, make the statement, “You’ve felt like this before” then try observing where in the body you most feel the uncomfortable feeling of guilt.

You might have to say “You’ve felt like this before” a few times until you can fully step into the seat of the observer. The intensity of the emotion will die down after a bit. Doing this simple process will help you to observe the emotion for what it is, and it will loosen its grip on you. Making these kinds of statements as you are Tapping supercharges the affirmation, and, they become even more powerful and effective to reduce fear and guilt.

John Bradshaw speaks of shame as *toxic guilt*. Soothing ourselves or what I call “re-parenting ourselves” with the use of statements of truth like the above helps to move us back into present time. Guilt or shame is almost always about the past so that alone should tell you it is a negative

subconscious program. Just knowing that fact alone could help you learn how to become the observer. Being the observer is a paradigm shift that puts you in the driver's seat and not under the wheel. You'll move forward with more clarity and perspective.

### Evoking Emotions

If you want to use affirmations and reframes with the Mind Gate process, they should be written down and kept as simple as you can make them. I wouldn't suggest you do more than one or two affirmations or reframes at a time, because if you are saying them to yourself during your visualization, it is harder to memorize more than one or two and still be able to visualize.

Remember that our subconscious programs can be easily stimulated with vocal affirmations when you are visualizing and especially when it's *your voice* doing the vocalization, even if it's your *silent vocalizations* to yourself.

All hypnotherapists know that we are the most *suggestible* to our *own* voice. Some people, however, can do this more easily and with practice you will also be able to say affirmations while meditating. Saying them to yourself while doing the *Mind Gate process* can be extremely empowering. Do not get discouraged if you are not able to do this right away. Again, as I always say, check it out with your emotional guidance. Does it feel good or does it feel bad?

My experience with affirmations is that they work best if used to evoke emotion rather than an explicit desire so, once again, going general is always your best bet. For example,

*inferred* is “I always feel so much appreciation for nature. I feel calm when I visualize peaceful scenes.”

*Literal* is “I am peaceful and appreciative. I am grateful to be alive.” Sometimes the difference can be subtle but one will always feel a little better or ring a little truer to you. I have given some more examples of affirmations below. Some are literal and some are inferred.

### Note to Self:

**Be sure always to state your affirmations or suggestions as positive and always in the present tense. Say them as if the desired condition is a fact.**

*Examples Inferred:* “I love the way exercise makes me look and feel.” “I feel motivated when I exercise.”

*Literal:* “I exercise three times a week.”

“I am stronger and looking great.”

### More Examples

- I love the way exercise makes me feel. I feel motivated, and I feel great.
- I enjoy eating healthy low-calorie meals that keep my weight at ### pounds.
- I get so excited when I see, smell, touch, and feel my partner. I love making love to her/him and completely satisfying her/him.
- I am feeling so sexy whenever I see myself in the mirror.
- I love myself, and I love my life.

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- All the clutter is cleared away, and I am organized.
- I am so happy and grateful now that \_\_\_\_\_.
- I am so happy now that I am organized and motivated to succeed/meditate/walk/plan my life, etc.
- I am grateful that my body knows how to heal itself.
- I am so relieved that my relationship with my wife/husband/girlfriend/boyfriend/daughter/son is healed and happy.
- I am healed, whole, and healthy.

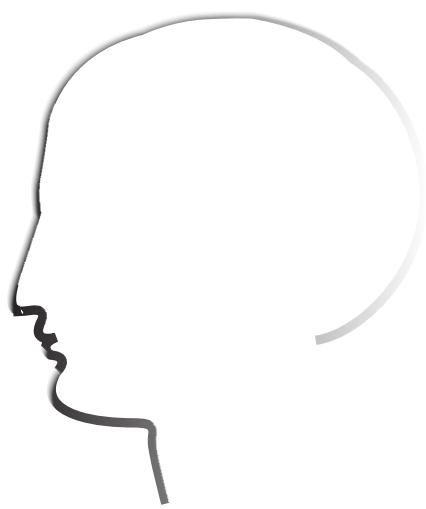
Neville Goddard quotes (some of my personal favorites):

*“Believing that imagining creates reality,  
dare to imagine you are now what you would like to be.  
Do that and you are turning water into wine.”*

*“Your life expresses one thing, and one thing only,  
your state of consciousness.”*

*“Feeling the reality of the state sought and living and acting  
on that conviction is the way of all seeming miracles.”*

*“An awakened imagination works with a purpose.  
It creates and conserves the desirable, and  
transforms or destroys the undesirable.”*



# CHAPTER 11

## The Secret

*“Logic will get you from A to Z; imagination will get you everywhere.” —Albert Einstein*

*“Unless you change and become like little children, you will never enter the kingdom of heaven.”*  
—Matthew 18:3, GOD’S WORD Translation

### The Mind Gate Process of Reprogramming

So, the question now becomes “How do we reprogram the subconscious mind so that only our *positive* programs get stimulated?” I have discussed several ways to stop *negative* program momentum once it is already created, and how to

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start a momentum in a positive direction—and this is not just about *thinking positively*. Positive thinking, while being a great idea does not work well on its own. There is way too much negative input coming into the conscious mind from the *news* (Never Ending Worry Source) headlines and other sources (including our own negative thoughts) on a daily basis to try to negate such massive amounts of negative message units. By the end of the day, we are often exhausted, overloaded, and completely deep in hypnosis.

There's only one way to stimulate the subconscious mind to *create* new positive programs. And, that one way is through the *power of suggestion!* You must learn how to control that power or it will run amuck and cause all sorts of damage. Not controlling what *suggestions* get through the mind gate and into the subconscious mind is like someone once said of politicians. It was either Will Rogers or Mark Twain who said, “Electing a politician to office is like giving a hammer to a four year old—you just hope you can get it away from him before he does too much damage.”

Come to think of it, that could have been James Whitmore playing Will Rogers. You, and only you, hold *the key* to your mind gate, but if you allow “the gatekeeper” to fall asleep (go into trance) without your supervision, a variety of damage can occur. In other words, you must be aware of and manage your emotional tone . . . all the time!

To install *positive* suggestions into the subconscious mind, we must be in a suggestible state of mind, in other words, be open-minded and willing (the mind gate must be open) to use our *imagination* to create positive images to send to the subconscious mind. However, you must be awake when you

use this process. In other words, you must be *conscious* while this is happening. Guard against overwhelm and overload.

If you are feeling overwhelmed, you are probably in or about to go into the state of hypnosis.

### Note to Self:

If you have adrenal fatigue or PTSD always make sure you have eaten some protein within the last two or three hours and have taken the time (at least five minutes two to three times a day) to belly-breathe as outlined in this text. If you realize or suspect you are tranced, you will need quick ways to snap out of it.

I've included a chapter (see Chapter Fifteen, "How to De-Trance") on how to stay out of hypnosis so please read that, otherwise, it will be that much harder to get the results you want. For your subconscious mind to respond to these *positive images*, they must carry a certain amount of positive emotional energy with them. When you are visualizing, imagining, or pretending a particular circumstance or scene, it must *feel* good to you, or at least, feel much better than you have been feeling. And, you must be able to sustain that picture and feeling for a few minutes each day.

### Night and Day

Because we naturally go into the state of hypnosis (theta brainwave state) before sleep and after awakening, these are the easiest times to do the Mind Gate process. However,

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it is possible to do the process any time during the day. Whichever time works best for you is okay, but remember, the subconscious mind was programmed through associations, identifications, and repetition. You can try different times and places but soon you will want to settle down to one or two times and places.

The adult subconscious mind also responds to the law of association and the law of repetition. Decide what works best for you and, as always, check with your emotional guidance to what *feels* the best to you. An easy chair, your bed or even a meditation cushion all work fine as long as you do not fall asleep during your session. I personally prefer to do the *process* first thing in the morning with my timer set for twenty to thirty minutes, depending on how much time I have before I need to get ready for my day.

**Note to Self:** If you are doing the *Mind Gate process* in bed, it is best that you sit upright or semi-recline with your back and neck well-supported with pillows.

Remember that our *mind gate* or critical area only opens under certain circumstances. Normally, when we go to sleep, we go through the brainwave states of alpha and then theta or REM (rapid eye movement) also known as hypnoidal sleep. It is the state of detached awareness where we are not quite asleep, but we are not quite awake. Remember, if the mind gate has had time to analyze all the information (message units) from the day's review, it will attach or direct any

of those bits of information that are “like” your programs, good or bad, and positive or negative to your current programs. (See Figure 4.)

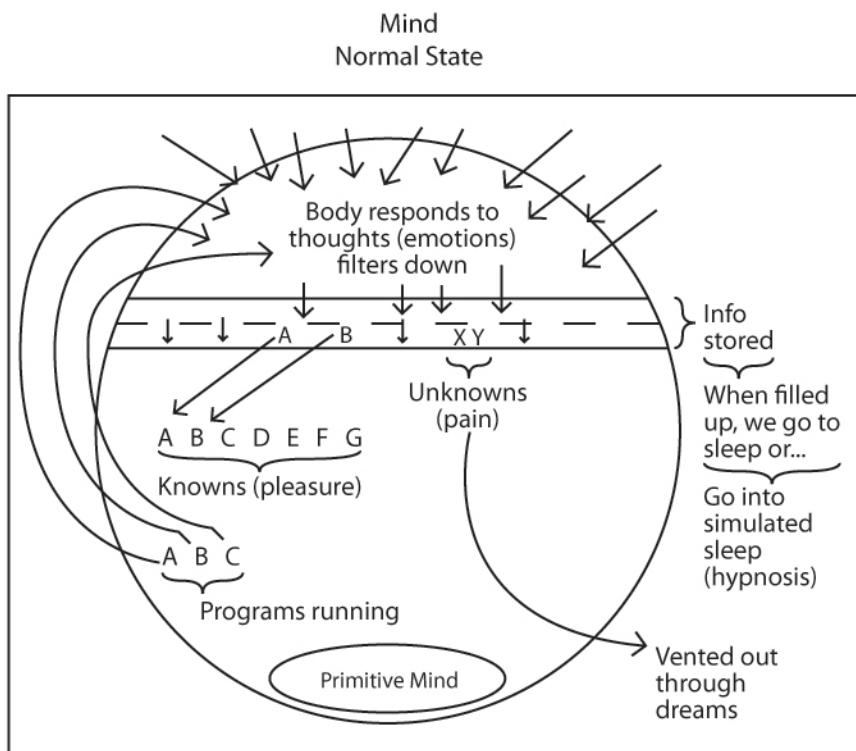


Fig. 4

When sleeping, mind gate opens & MU's drop through into subconscious (S.C.) if knowns. If unknown, they get vented out through dreams.

Remember that before waking, you have what are called venting dreams. These are often the ones you remember best because they occurred right before waking and are still fresh in your memory. While these dreams can be disturbing or

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not make any sense to you, remember that they are mostly made up from information that is not like any of your programs. They are thrown out as junk mail or spam. They are considered superfluous information by the subconscious mind so they are vented out in the form of dreams. Some neuropsychologists believe the purpose of sleeping is to dream. Dreaming is much like defragging our computer to free up disk space, and it releases energy back to us.

Some people have told me they don't think they dream. But, unless you are kept from going into REM (rapid eye movement) on the theta level, you will dream. However, you might not be consciously aware of dreaming. If you give yourself a suggestion before going to sleep to *remember* your dreams, then you will remember your dreams.

***“Energy cannot be created nor destroyed,  
it can only be changed from one form to another.”***

—Albert Einstein

Everything is energy, including message units (MUs) that get vented as dreams. The other time the mind gate opens naturally is when we are first waking up. Our consciousness moves from the delta brainwave (unconscious sleep) state and comes up through the different levels on its way toward awakening into the beta state. On our way up, we are in theta (rapid eye movement) again for about ten to twenty minutes before we come up into alpha and then beta.

So, the first thing after awakening is a good time to

reprogram the subconscious by visualizing with *positive* emotions what you want to feel or experience in life. In fact, this is probably the best time to do the *Mind Gate process* but you'll have to set a timer if you need to be somewhere, like work. Fantasizing is highly encouraged as long as it *feels* good to you so let the imagination run wild, especially along positive trails!

## **Waking Up to Chaos**

If you still use a loud annoying alarm clock that sounds like Neo's alarm from the movie *The Matrix*, please consider this: invest in something like an iPod or CD alarm so that you can choose the music you want to wake up to. I would highly recommend some gentle wake-up music. There is a reason they call alarm clocks, "alarm" clocks. Set your new "gentle, soft music wake-up device" for twenty to thirty minutes earlier so that you can go to the bathroom then quickly go to your meditation place and begin the *process*.

Davidji, in *Secrets of Meditation: A Practical Guide to Inner Peace and Personal Transformation*, always says to remember RPM when you get up in the morning. That is, rise, pee, and meditate.

Set a kitchen timer for fifteen to twenty minutes before you start. A kitchen timer works best because it's unlikely you'll sleep through its annoying sound. If you have nowhere to go, then a kitchen timer is unnecessary. The first thing in the morning is ideal to do the process and start your whole day out on the right foot. I highly recommend it. The only thing here is to make sure your wake-up device is set

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loud enough to pull you out of the process because you will be in self-hypnosis. I've often stayed in meditation two hours when not using a timer.

On the other hand, if you aren't completely exhausted by the time you hit the sack, doing the *process* before going to sleep works well also.

Dr. John Kappas referred to the last half hour before we fall asleep as *the magic thirty minutes*. He did so because our critical area will *always* open (disorganize) before we go into unconscious sleep. He said that the best time to do activities, such as his "mental bank" process would be right before sleep. I would agree that when it comes to getting information you want to go into the subconscious mind, like positive suggestions, before sleep is good.

However, first thing in the morning works best for the *Mind Gate process*. You have less to process in the morning or after awakening. The subconscious mind has already vented a lot of superfluous message units (junk mail), and your conscious mind has not yet been filled with negative information.

That said, I do have to say that when you first start using the *Mind Gate process* it is a good idea to do it at both times, after awakening and before sleeping. This will safeguard against dropping negative suggestions into the subconscious when you are drained and probably *overloaded* from the day's input of message units. So, at least until you are hanging out or operating more in the upper tones on the emotional tone scale, and on a consistent basis, it might be a good idea to do the *Mind Gate process* both times.

I have had my best sessions first thing in the morning,

but I usually go to sleep meditating to beautiful music and balmy shores. With practice, you'll quickly train yourself to go down into the alpha brainwave state of consciousness and then into the deeper level of theta brainwave state of consciousness without falling asleep. It's like the guy who was seeking directions, who asked a fellow with a violin case on a New York City street "Can you tell me how to get to Carnegie Hall?" "Practice, practice, practice," the musician said.

There is a trick to doing this (going into theta for extended periods without falling asleep). I will show you this method and with just a little practice, practice, practice you'll soon be a master at controlling your state of mind.

It is best when you begin using the *Mind Gate process* that you keep your positive suggestions general and not too specific. So, just imagine, picture or pretend that you are in a beautiful place or situation. Maybe it is a fantasy you've had or always wanted to have or maybe it's something or someplace that you remember where there were *good feelings*.

## Hitchhiking Ghosts

When using memories for visualizations, it is critical that you do not let any attached *negative* associations come into the visualization. As mentioned before, I call these negative associations "hitchhiking ghosts" (from Disney's Haunted Mansion ride). For example, if you see yourself playing with an old pet and a mental picture, feeling or thought pops up about the pet's death it could then evoke the emotion of grief.

That is why fantasies work best, but if you decide to use a memory, keep it on an endless *loop* of the happy feeling or mentally edit it to be just the positive part of the memory.

### Note to Self:

Don't allow any negative pictures, thoughts or feelings to come into my visualization time. If a negative image, thought or feeling does wander in I can quickly *switch* to an *emergency backup picture* that feels good. It's a good idea to write these good-feeling pictures down on paper to make them more real to me.

### Switching Pictures

You'll need to write down and practice switching to a pleasant scene as a backup plan. Memories, as much as we love them, are often attached to a variety of *negative* emotions we are not aware of consciously. Many hypnotherapists, including me, will *not* do "regression therapy." In regression therapy, under hypnosis, the client is directed to go back to a time in their life where they might have "blank" spots or obscure or dark memories. They are given *suggestions* to "be there now." Regression therapy (especially for those with PTSD) should only be attempted by qualified psychologists or psychiatrists. People who suffer with posttraumatic stress disorder can have a lot of avoidance behaviors, so special caution must be exercised.

The object is to find answers in the past to help resolve a current issue. It is potentially volatile and might open up a virtual Pandora's Box of negative memories and emotions. Personally, I believe "regression therapy" should only be conducted under strict supervision by a qualified psychotherapist who knows their client extremely well.

So, use your common sense and consciously think about the happy memory for quite a while before you decide to use it with the *Mind Gate process*. In my practice and workshops, I do not encourage using memories unless I need to help a client remember how to visualize, and then, for only moments and under my careful guidance.

## Firing on All Five Senses

A fantasy might look like this: imagine, picture or pretend you are lying on a massage table on a lanai in Hawaii. You are enjoying getting a massage (one of my personal favorites) and as you are imagining getting a massage, *see* if you can *feel* the feeling of your muscles relaxing under the massage therapist's hands.

Allow your muscles to release tension as you *feel* or *imagine* the hands of the therapist moving over every part of your body. Imagine the massage therapist is starting with your feet then moving up your calves and the back of your legs . . . then to your lower back muscles . . . now your middle back . . . your neck and shoulder muscles. The massage therapist is now moving down your arms, pulling all the tension out of those muscles as they then move down . . . to the hands and fingers . . . feeling all the tension in your body drain . . . right

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out through your fingers. As the therapist moves up the back of your neck and scalp muscles, you are feeling even more relaxation and appreciation . . . feeling the therapist's fingers now gently massaging your scalp and ears . . . releasing all the tension as you melt into the joy of being alive.

Now just imagine, picture or pretend you are feeling a slight cool breeze wafting over your hair and perhaps the smell of tropical flowers, like plumeria, and the musky aroma of teak wood mixed with the subtle scent of ocean in the air . . . Maybe you can hear the ocean or seabirds in the distance. Imagine taking a sip of a tropical drink as the cold glass and ice touch your lips with the heady aroma of rum, pineapple, and coconut wafting into your nose . . . then as the liquid teases your tongue you begin feeling even more relaxed and warm . . . swishing the juice around in your mouth a moment to take in all the flavors as the elixir floods your taste buds with pure paradise . . . then swallowing and noticing that warm feeling flow through every part of your body as the muscles relax and let go . . . even more . . . there are the sounds of Hawaiian music faintly drifting in and out in the background.

You'll want to incorporate as many of the five senses as you can into your fantasy to make it as real as possible. Your subconscious does not know the difference between reality and fantasy so it will just respond by running programs that are like your fantasy. Remember, the more real you can make this picture and the more *good-feeling* emotions you can elicit from your visualization—the stronger the suggestion will be to your subconscious mind to run programs that are *like* your visualization.

As this happens over a period of time and on a regular basis these fantasies or *symbols* of relaxation and happiness will become thoughts in your conscious mind that elicit calm, relaxing and soothing feelings in the body. The body will respond to these thoughts with good-feeling emotions, and your state of mind will rise to higher and higher levels on the scale automatically! As you begin to *hang-out* in the upper tones of the scale, it will become easier and easier to reach the highest tones or what I like to call *mind orgasms*.

## Templates and Forms

So, let's look at the emotional tone scale again. It is critical that you understand how your emotional tone or state of mind creates your experiences and your physical reality or your world. Many, if not all *spiritual* teachers will say that joy is our natural state. When we quit resisting that state, by ridding ourselves of negative thoughts, we bounce right back to our natural state of joy automatically. Think of babies! Unless they need food or their diaper changed, they are in a state of joy.

Go to your search engine and type in “laughing babies images.” Or again, for some real belly laughs go to YouTube and type in “Laughing Babies.” If you have children or are around small children much, you might remember when they were babies. I had nearly forgotten how amazing their laughter is until I watched “Baby laughing at paper tearing” on YouTube. Videos about dogs and laughing babies are hilarious as well. OMG, what a hoot!

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Thoughts become habitual and are often accompanied by our own little mind movies and images. It's important to remember that our emotions trigger more of the same kind of thoughts! We have developed *patterns* of thought because, according to neuroscientists, *neurons that fire together—wire together*. In order to interrupt these old patterns, we must give the subconscious mind regular input (law of repetition) and preferably at the same times of day or evening and preferably in the same place (law of association).

You now know that you go into hypnosis when you go to sleep and again when you come out of sleep, so that gives you two times that work great for this process. The goal is to raise your emotional tone for at least ten to fifteen minutes a day. That will start a *neural net “rewire”* in the brain that will create a whole new pattern and even an entirely new YOU in only a few weeks. But, the good news is that even within a few days, you will begin to notice positive changes in how you *feel* and start to *see* evidence of changes in your outside world. Colors will be a little brighter, and people will start to respond to you in a more positive way because you will be attracting people who vibrate or resonate at your new emotional tone level. You might not even (or barely) notice those people who are on a lower tone level.

## Catching a Wave

A sure sign that the *Mind Gate process* is working and that your subconscious mind is making the changes you want is that you will have more early-morning dreams or more dreams before waking (venting dreams). And, your critical

mind or mind gate is doing what it's supposed to be doing, and you are in the flow!

Your goal will be to imagine, visualize, picture or pretend that you can see, hear, taste, touch, and smell images that evoke strong positive emotions. Strong positive messages are the ones from the top six levels on the emotional tone scale.

Remember that the real power that affects changes in the physical universe, especially our own universe, is emotion. The images have to evoke emotions to invoke the law of attraction. When our body responds to thoughts, those physical body responses are known as our emotions! So, go crazy here with your visualizing and incorporate your five senses as much as possible until you feel a feeling above contentment on the emotional tone scale.

## Emotional Tone Scale

1. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration—Irritation—Impatience
- II. Disappointment
12. Doubt
13. Worry

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14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

### Learn How to Feel It

Do not be disappointed if you cannot feel a higher emotion at first. In fact, at first you might not be able to feel any emotion at all. It's perfectly all right as long as you continue to work on a picture or visualization of a pleasant scene. The feelings will start to come as your subconscious mind begins to float little positive thought bubbles up to your conscious mind. Remember, your body responds to these so-called thoughts with emotion, so the process will happen quite naturally.

Try to get in touch with what part of your body is feeling these emotions. Is it in the area of the heart, the solar plexus, the stomach, the groin or someplace else? How does your body feel when you think of something exciting? Learn to get the connection between the body and the mind by observing your thoughts and feelings. Where do we feel things anyway? Well, we feel with our body!

## Reality, Really

Our emotions act just like a powerful radio transmitter and will attract to you those circumstances, people, places, and things that are in that same emotional tone level!

For example, if you feel angry a lot, you'll notice a lot of angry people in your world. Everywhere you look there will seem to be angry people or angry dogs or even angry birds.

It is critical that you understand how important it is for you to feel good emotionally!

I don't know any other way to say this other than this. You must realize by now that you are a "reality-creating" being! You create your reality through your emotions. It (your reality) is all you! It is you who created your physical world! It is you who created your perceived reality through your programs (at least in this lifetime), so if you don't like what you are experiencing, then learn how to change the channel!

Determine if you are habitually looking outside yourself at the world and seeing things that disappoint you. Things that make you doubt, worry or have judgment about people, governments or companies that are to blame for your circumstances. Until you change your focus, you will keep on seeing those things in *your* world. And, *your* habitual thoughts will cause interference patterns that will affect *my* world, to a greater or lesser degree depending on how close you are to me.

Yes, I know, there are some people (maybe you) reading this material that might be saying to themselves, "Yeah, well, if I think like that, then I'll be living in a dream world."

Or, "If I start being optimistic or turn my back to all the

bad things happening in the world, then I'll be lying to myself."

But, quantum physics and neuroscience tell us that if we do not start living in that *dream world*, or as some might say, "lying to ourselves," we will never draw into our experience anything above what we are feeling and thinking about right now! And, nothing will change for the better because reality is not "out there." The reality is "in here," where we live emotionally!

Think about this a moment. How are you feeling right now? Are you feeling good, feeling bad or just feeling neutral? Next, notice what you are thinking. I guarantee that what you will shortly begin to feel will be a mirror image of those thoughts emotionally.

Viktor Frankl, an Austrian psychiatrist and neurologist, wrote an amazing book called *Man's Search for Meaning*. Dr. Frankl was interred in a Nazi prison camp during World War II. It's my opinion that his book is a strong argument for living in a *dream world*. And, he would know because he documented, beautifully, his personal experiences of his life while in the camp. He survived while others who succumbed to the emotional tones of fear, grief, and despair perished. He did this by visualizing memories of happy times from his life before the war.

He would go over every detail of his life with his wife and family before he went to sleep at night. He also *fantasized* about how they would laugh and hug when they reunited after the war. Unknown to him, his wife had died in another camp and both his parents had been killed by the Nazis while he was living in a different camp. The only one of his

family, beside him, who survived the camps was his sister. She had escaped to Austria and from there, immigrated to Australia.

In the movie *Life Is Beautiful*, a father had smuggled his young son with him when he was arrested and taken to a Nazi prison camp during World War II. The father knew that if discovered by the Nazis, his son would be taken from him and then taken to another camp and would most likely be killed or worked to death. To protect his son, he fabricated an elaborate game of *hide and seek* (actually the game was more like hide from the Nazis). Whenever the child would question his father about why no one else seemed to know or acknowledge that they were playing a game, his dad would convince him that this was a *special* game. He'd say that they (the father and son) were very fortunate to be able to play this game because almost everyone else *was* in on it. But, a big part of the game was to not let anyone else know that they knew they were playing a game.

The way you could win the game was to not be found out by any of the soldiers, or any other people who could "rat them out" to the guards. The boy and his father were playing a game and the competition (the Nazi soldiers) was fierce and so, they must have a *game plan*, or central idea to win the game. The father knew that if he allowed his son to see the "reality" of what was actually happening and *not* live in the game (dream world), they would probably act out of fear and both be done for.

*“The Force has a powerful influence  
on the weak-minded.”*

—Obi-Wan Kenobi, Star Wars

You must remember how to imagine and how to dream *consciously* and how to pretend if you are ever to experience the states of joy, empowerment, freedom, love, appreciation, and empowerment on a regular basis. Once you've reached the emotional tone level of hopeful for a few weeks, your momentum will be unstoppable, and you will move even higher up the scale. In fact, it will be quite rapid.

**Note to Self:** You must stop being so practical about what you want and begin fantasizing—like when you were a small child. You must learn to have fun again with the greatest tool there is to create change—your imagination!

Did you play grown-up as a child? Do you remember having tea parties with your stuffed animals as guests or maybe your imaginary friend? Were you a superhero? Or maybe a knight in shining armor slaying dragons? Perhaps you flew starships across the galaxy and discovered strange new worlds.

## What Visualization Does

A mental picture or visualization can only be done in the

conscious state and under the right conditions so that when it drops into the subconscious mind it becomes symbols of emotions or feelings. These symbols then will stimulate or activate your positive programs or become new positive programs with enough repetition.

Visualizations that evoke the higher emotional tones or feelings will activate *like* programs that create higher tone *thought bubbles* that percolate to the conscious mind as thoughts that can carry images or movies themselves. As the feedback loop occurs, the body reacts to those thoughts with emotions that will create more feelings or emotions that create more message units that eventually will become our way of experiencing our world.

Positive Vibes

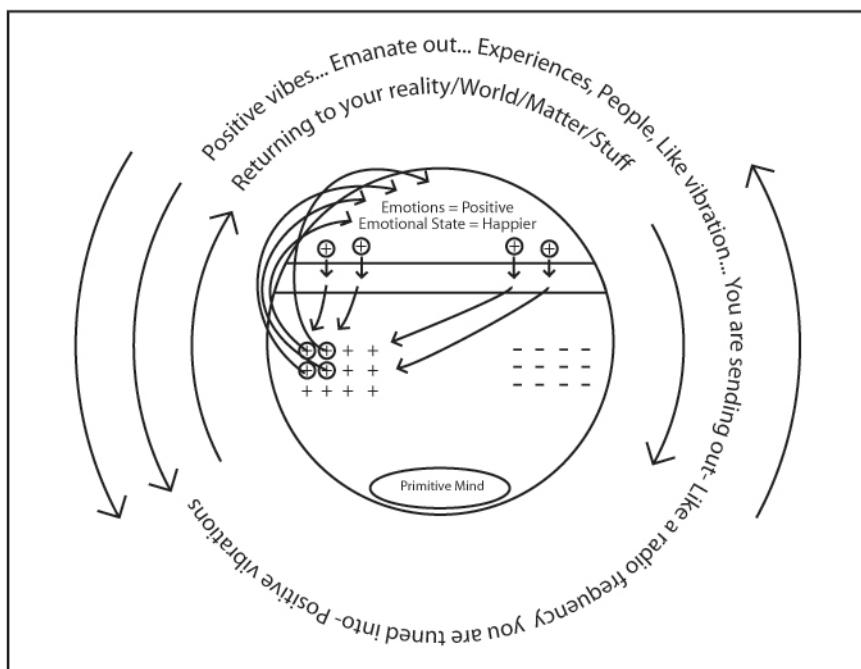


Fig. 7

Positive thoughts cause positive emotions.

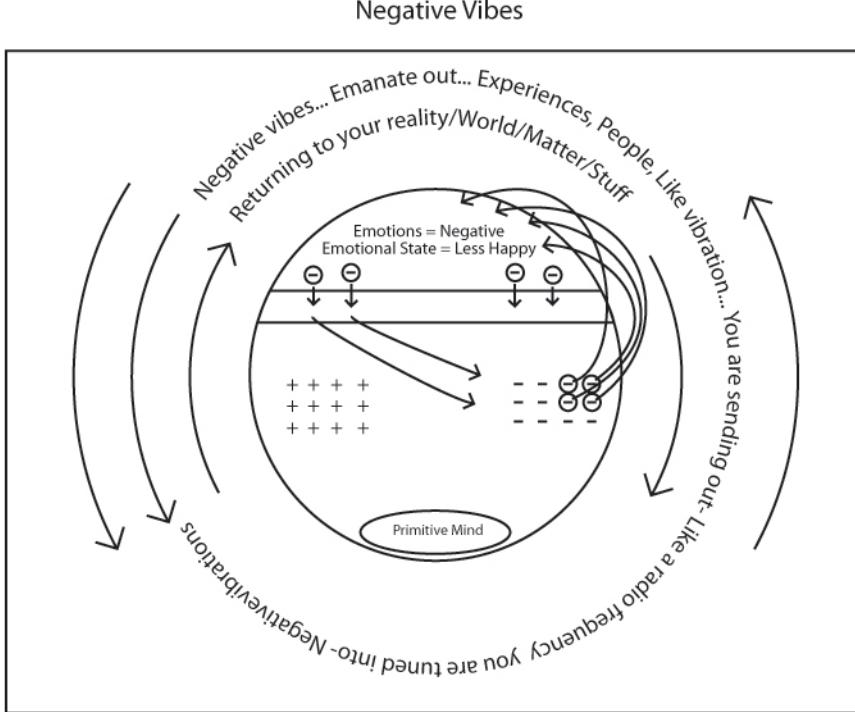


Fig. 8

Negative thoughts cause negative emotions.

In other words, our reality is being created over and over again unless we break the cycle or interrupt the circuits of these neural pathways or feedback loops (see Figures 7 and 8). So, which *programs* do you want to *activate*? Remember, your subconscious mind does not reason or decide which programs should be activated. Only your conscious mind gets to decide that by the thoughts and feelings it entertains.

It's crucial to our well-being and the welfare of the world that we find ways to experience the higher levels of the emotional tone scale in our daily lives. If we are to create "a beautiful life" for ourselves and help those we love, we must

care about how we feel. Indeed, our efforts will ripple out across the universe as a rock dropped into a clear pond. Our beautiful offerings will reach the distant shores of the world and affect everyone and everything in positive and dynamic ways.

## Quantum Computer Model

The subconscious mind is like a supercomputer or “quantum” computer, and the conscious mind is like a monitor so that we can see what it is that we are creating. If we want to have good thoughts and good feelings, we must be feeding our subconscious minds good thoughts and feelings! There is no other way to do this.

There's an old computer axiom: GIGO. That is, GARBAGE IN—GARBAGE OUT.

By now it might be clear to you that our mind is like a computer, a *bio-computer*. And our bio-computer was programmed a long time ago. It can, however, be reprogrammed to create the life we want. We must do this consistently, and we must really *care* about how we feel emotionally. I can't stress this enough.

You might have to change some bad habits you've developed over the years. You might have to stop hanging out in certain places, stop reading some materials or listening to certain broadcasts, or maybe even stop hanging out with certain people. You must stop entertaining any thoughts, whatsoever, that are anything less than what you want to show up in your life!

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If you want to know what you have been thinking about on a consistent basis, or what your *thought patterns* have been habitually, then I invite you to take a really good look at your world. What have you been experiencing, and what has your reality of the world been up until now? Are you absolutely thrilled with what you see? If so, then give this book to a friend, because you are there! Or, perhaps it might be more accurate to say you like some of what you experience and don't like other things you experience. However, if you are not regularly thrilled and pleased with your life or what you experience, then read on, because there is room for improvement.

What I am saying is that we need to take a long, hard, honest look at the patterns in our lives, especially our *thought life*. Are you constantly amazed or entertained and excited by what comes to you and what shows up in your life? Or, do you dread the morning and what the day might bring? Perhaps you are hopeful in the morning and by lunchtime filled with despair, anger or irritation.

Do you catch yourself blaming the economy for your woes? Do you often find yourself in conversations about how disappointed you are in our current government administration and the state of our country or even the world? Or maybe things are great in your world, and you just want them to be even greater!

Researchers in neuroscience (brain science) are now observing that positive physical changes can occur with as little as ten to fifteen minutes of keeping our mind on a *central positive idea* for a few weeks. The brain can and will change its *shape* (neuroplasticity). In other words, your *perceived reality*

and *physical world*, including your body, can be transformed and manifested, as fact, in your physical world.

Brain researchers and neuroscientists have been discovering that the brain can change its shape in as little as eight weeks! And, this has been documented using brain imaging technology like functional magnetic resonance imagery (fMRI) and computed tomography (CT). There are others as well, like positron emission tomography (PET), electroencephalography (EEG), and, most exciting to me, magnetoencephalography (MEG).

Depending on the strength of your *positive feelings* and your ability to keep yourself focused on what you want and how it would *feel* to have it, changes can occur and usually do much sooner than eight weeks. I've had many clients, once they get the hang of the process, see significant positive changes within a few days. Remember the power you wield can be used for good or for bad, because energy doesn't think, it just is.

***“A change of circumstance happens as a result of  
a change in your state of consciousness.”***

***—Neville Goddard***



# CHAPTER 12

## Mastery over Matter

*“Can you accept the notion that once you change your internal state, you don’t need the external world to provide you with a reason to feel joy, gratitude, appreciation, or any other elevated emotion?”*

—*Joe Dispenza*

### Sixty-Eight Seconds

Most of us cannot possibly imagine focusing on a central idea for ten to fifteen minutes without our minds wandering but, we can easily accept that it can be done for sixty-eight seconds. Why only sixty-eight seconds? Because, that is the time it takes for your brain’s neurons to fire 21 times! The actual number is  $3.14159265359 \times 21$ . In other words, pi. It is

commonly known as the ratio of a circle's circumference. In other words, a complete cycle.

That the universe is entirely mathematical is no news to scientists. In fact, it was around 250 BCE that Archimedes observed the mathematical precision of the movement of the stars around the Earth. Only sixty-eight seconds of sustained and focused thought and feelings is the goal.

Initially, start by visualizing something wonderful for sixty-eight seconds. After doing that for a few days in a row, you will be able to hold on to your *positive visualization* for an even longer period. The important thing is to be able to experience this positive visualization enough to elicit or stimulate an emotional tone or *feeling* at one of the higher levels. In other words, you'll want to be *shooting for* at the very least the feeling of hopefulness.

Visualization just helps you stimulate these higher emotional tones. Once you can feel hopefulness on a relatively regular basis, it is a natural step to the tone of optimism and even easier to reach the tone of positive expectation and beliefs. When you have that tone nailed, you'll almost fall to enthusiasm, eagerness and, yes, even happiness. Once you have felt and experienced these feelings, there is absolutely no stopping you from rising or floating to passion. And, when you are at passion for a time, it won't be long before you get catapulted into appreciation.

## Passion

So, what is *passion*, and why is it so great?

Dictionary.com says this about the noun passion:

1. Any powerful or compelling emotion or feeling, as love or hate.
2. Strong amorous feeling or desire; love; ardor.
3. Strong sexual desire; lust.
4. An instance of experience of strong love or sexual desire.
5. A person toward whom one feels strong love or sexual desire.
6. A strong extravagant fondness, enthusiasm, or desire for anything: a passion for music.
7. The object of such a fondness or desire: Accuracy became a passion with him.
8. An outburst of strong emotion or feeling: He suddenly broke into a passion of bitter words.
9. Violent anger.
10. The state of being acted upon or affected by something external, especially something alien to one's nature or one's customary behavior.

Passion is an intense and powerful positive feeling of enthusiasm that cannot be contained so must be expressed in some way, whether it be in a relationship or work and play. Passion helps us appreciate more of life. It is a catalyst to help us move into a state of grace or gratitude.

What are you passionate about or what makes you feel passion? It's worth some of your time to meditate on this frequently until you know what that is for you. Then cultivate the feeling as often and however much you need to keep the fire flamed. Am I saying to become obsessive about your passion? Yes, I am. It is what makes life worth living! It keeps

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us feeling appreciative of the day we have to be passionate and live again.

When you can appreciate all the good in your life, you will be looking for things to appreciate all the time because that emotional tone creates joy for you. After some consistent practice with the *Mind Gate process*, you will be able to hold your visualizations and feelings quickly for sixty-eight seconds!

So, what about contentment, you might ask. It is an easy slide from contentment to boredom and then our *monkey mind* starts looking for something to entertain itself, and it's not usually looking for something in the higher registers on the emotional tone scale. It loves dragging up past mistakes or worries about the future —so if you find yourself going there, you will know it is trying to figure out some program that bubbles up a negative thought.

Sometimes our *monkey mind* might seem or even *feel* a little positive but it won't be long before it's got you sucked into a thought stream that will invariably lead to negative feelings. So, watch that little sucker because it's smart, but you are a lot smarter than you know.

Remember that hopefulness is the feeling you'll want to focus on initially. The higher levels on the emotional tone scale are sometimes difficult to reach, at first, but it won't be long before you are moving up the scale. So don't become discouraged, because you are learning a new skill and all it takes is a little patience and persistence, and you'll get there much sooner than you might imagine.

As you reach hopefulness and keep doing *the process*, within as little as a few days to a few weeks your state of

mind and emotional tone will change. And this will happen more rapidly as you get the hang of it.

## Cheetah Chatter

Our conscious mind contains all the *chatter* or so-called *thoughts* that are going on in our awareness and is what I call the monkey mind. It is always chattering about whatever it has its attention on at any given moment. It chatters about environmental awareness, like the room temperature. It chatters about our body's sensations and even information in the form of our own thoughts. I call my monkey mind, Cheetah.

Cheeta bounces around all over the place and is always *thinking, thinking, thinking*, and trying to *figure out* my problems and dilemmas. It can take many years of practice meditating to get the *monkey mind* to calm down. When it does calm down, you can introduce a new idea and have it delivered *powerfully and intact* into the subconscious mind without using the *Mind Gate process*. However, if you don't have or don't want to devote years to the discipline of meditation, then, you will be excited to know that you can accomplish the same thing in about thirty days using *Mind Gate process of empowerment!*

## Hypnotherapy

In hypnotherapy, the conscious mind becomes *overloaded* by the words of the hypnotherapist. As a result, all these words expressed as ideas and pictures cause the critical

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mind or mind gate to become overloaded. It then disorganizes or opens up. When the mind gate disorganizes (opens up), all the accumulated MUs (message units) drop into the subconscious mind without being analyzed by the critical mind (mind gate). All of the day's information and the hypnotherapist's *positive* suggestions drop into the subconscious too!

However, the most recent information including the hypnotherapist *suggestions* will be the strongest and will be the ones acted on by the powerful subconscious mind. If the subconscious mind accepts that idea or suggestion, then the subconscious mind will act on that suggestion and those positive ideas or information will then *bubble* up into the conscious mind as *thoughts*.

Those thoughts cause our body to respond with emotions (energy in motion), and that is how change is accomplished with hypnotherapy. However, the *Mind Gate process* incorporates *self-hypnosis* along with *yoga* or *diaphragmatic breathing*, *meditation* and *visualization* techniques. With the *Mind Gate process*, you can accomplish amazing changes by just allowing yourself a few minutes of time before sleep or first thing after awakening. You do this while the *mind gate* is still open (disorganized), and then you introduce a *central idea* (suggestion) by focusing on a central idea. Some of the monkey mind's chatter will be blocked, with music.

For example, a positive opinion can be a picture or image of getting a massage in Hawaii (like I described before) or any pleasant fantasy as long as it gives you the feeling you want. You might not like getting a massage so it is okay to have anything else that feels good in your visualization.

Anything that makes you feel any positive emotion whatsoever like optimism—hopeful—enthusiasm—happiness—eagerness—or even passion for another person or cause is all good.

When you can visualize something that makes you feel the highest levels of human experience, such as joy—freedom—appreciation—love on a regular basis, then you will have empowered yourself to receive whatever good things await you at those *frequencies*. And the law of attraction will bring to you, as Jesus said “even greater things than these.”

Real empowerment is all about you *empowering* yourself! You will be *taking* your power back. And then you will know that you are, and always have been, the actual source of your life! You will be *reprogramming* your subconscious mind to create all the bounty and the beauty in your physical world that you have always wanted.

## The Secret to Getting What You Want

So, what is it that you want? What are your goals, your hopes, and your dreams?

If you have something you really want, and you know what that is, that's great. But, if your wants are more general, such as better health, better relationships, better income or maybe even, just more free time, then that is great also! In fact, doing the *Mind Gate process* just to raise your *emotional tone* is all you might ever need to do because of the most incredible *secret* of all!

**The secret is this:** ever since you arrived here, on this planet, you have been exposed to *contrast* or, as the Buddha

might say, “*the field of duality.*” The human Earth-experience is all about contrast and duality. Contrast like good or bad, right and wrong, hot or cold, moral and immoral, north and south, Democrat and Republican, tastes good or tastes bad, smells good or smells bad, etc. It goes on and on and on. That is how we created our subconscious programs in the first place!

When I discussed the theory of mind, you might remember that your subconscious mind learned by *associations* and *identifications* through the laws of association, identification, and repetition. For example, you might associate pistachio ice cream with feeling loved or happy. Or you might associate pistachio ice cream with feeling sick to your stomach, depending on your exposure to pistachio ice cream (especially before the age of eight years old).

Or, you might *associate* eating chocolate cake with the negative feeling of guilt because your mother might have caught you sneaking some chocolate cake. And maybe you were chastised and told what a “bad little person” you were.

Chances are good that you don’t remember most of these associations and identifications but, I can assure you, they are there.

**“25,000 hours of pure conditioning in early childhood  
just from verbal cues alone.”**

—Deepak Chopra

## The Deeper Secret

Every experience you've ever had has been judged by you to be either good or bad. And, if they are *bad* experiences, the bigger part of you then wishes for something better. That *desire* becomes a *thought* that has an *emotion* attached to it, which goes *somewhere* into your energy field. And, it still exists as a potential reality or possibility! That idea is not so far-fetched, in fact, it is pure quantum physics. Because, "it" (the wish) is still living somewhere as *energy* in your energy field! Or maybe it lives in a parallel universe! Do you remember when I told you about shining my flashlight up into the night sky? My dad told me then about how energy (the light from the flashlight) cannot be created nor can it be destroyed. It simply changes form. Your wishes, dreams, and desires are energy!

*"Energy cannot be created nor destroyed,  
it can only be changed from one form to another."*

—Albert Einstein

There are places in your energy field that are full of wishes (bundles of energy) you've had throughout the years. And, they are *trapped* in a sort of *emotional energy escrow account* that I like to call a mental bank account. For example, if someone is rude to you, and you wish they were not rude, your mind will catalog that wish of wanting to experience *love* instead of rudeness. *Love* is a high emotional tone or *vibration*. Or let's say, you wanted a motor scooter when you

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were younger. You might have *identified* or *associated* motor scooters with the emotions of freedom or joy. The desire you might have had of riding the motor scooter and feeling those beautiful feelings also got *cataloged* away in your *emotional escrow account*.

Because you are connected to (or one with) the *unified field* as an *energy field* yourself—your wishes and desires are *held* there for you. It's kind of like backing up your computer to the Cloud. Anything you have ever wanted, or at least its essence (the feeling of having it) is there, in your energy field!

And, it is just waiting for your state of mind to rise to the emotional tone or *vibration* associated with it. Like the motor scooter's vibration is there at freedom and joy. It exists in the unified field as a *possibility*, according to quantum physicists. You need only learn how to *tune in* to its emotional tone or frequency!

Teal Swan, a spiritual catalyst and healer, says she often uses the analogy of the radio dial when she's talking about the law of attraction. Basically on an emotional level if you are feeling joyful then you are tuned to the frequency of joy. So, if you tune to joy, then your life will reflect to you things, people, and situations that are joyful. But, she cautions that this analogy only works if you see yourself in your entirety as one dial.

I would agree with her because I know we are multidimensional beings. In fact, we have several "dials." When it comes to money, for example, otherwise happy-go-lucky individuals, in some areas, might be tuned to happiness. But, they might have their radio station set to despair when it comes to the subject of money. That's why, in hypnotherapy,

we often have to take one or two suppressed or repressed parts at a time. These parts are limiting our beliefs, causing us to suffer, and denying us full expression as human beings.

So, if you want to know in what areas your limiting beliefs are active, pay attention to how you are feeling in different areas of your life. How do you feel in your relationships, your work, your physical health, and finances or money? So, what station would you rather listen to when it comes to your health? Just like tuning your radio to the correct station, if you want to listen to 98.7, and you tune to 88.7, you will not hear the station you wish to hear.

By the same token, if you want all the *good stuff* available at the emotional tone of appreciation—but you are only able to *feel* the emotional tone of optimism—you will not see evidence (manifestation) of the emotional tone of appreciation in your reality. It just won't show up! For example, if you want people to feel appreciation for what you are or do, but are only able to *feel* optimistic, you might attract a lot of *optimistic* people or situations into your life but few, if any, who appreciate you!

So, all you have to do is hold an emotional tone or state of mind consistently, for a short time. How long is a short period? Most teachers agree that you need to maintain an emotional tone level or a thought that evokes the emotional tone of what you want for approximately ten to fifteen minutes a day. And, to make it a subconscious program, you will need to do that for at least twenty-one days in a row. Again, there are some teachers who would say that you need to hold the emotional tone or “feeling” for only sixty-eight seconds per day for twenty-one days. I would agree with that, more or

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less, depending on what other stations you might be tuned to in other areas.

But, for the sake of example, I would agree that you only need to hold the emotional tone or feeling of what you want for sixty-eight seconds. However, it will take a few minutes for you to settle down the monkey mind long enough to experience the feeling of what you want. That's why I teach to listen to theta brainwave (4–7 Hz) music and then, "watch or observe" all the chatter from the monkey mind. Terri and I call playing the music, "throwing a banana to the monkey." You'll want to do this for at least twenty-one days. It is a kind of magic number that most experts agree on to develop new habits. But, current brain research is pointing now to it being more like eight weeks to "rewire" our brain's neural net. This is exciting because it means that it looks like we can effect permanent changes in our conditioned subconscious programs! Let the law of repetition do the work for you here.

Remember, the universe (and you are an integral part of the universe) is mathematical (there's pi again). That does not mean that you could not manifest something you want much sooner than that, especially if you can put a lot of emotional energy into it. The greater the intensity of the feeling, then the faster the momentum goes. But that said, spiritual teachers, as well as neuropsychologists and neuroscientists, are usually referencing the manifestation of something specific.

## Keeping the Faith

So, here's the deal. We need to muster just a little faith or trust in the energy that maintains the universe. If we can, then maybe we could trust that energy (your higher self or God, etc.) to bring us anything (or the essence of any good thing) we want. And then, maybe we could just "pretend" that we believe that the universe wants nothing but good things for us. And, if that is true, then we would take it on faith that there is a power greater than us. And, if it is benevolent, then why sweat the small stuff?

When we start getting too specific about our wants, we might become disappointed easily when they don't show up as quickly as (or different from) what we thought they would. But, when we strive just to be happy because it plain feels good, then whatever comes to us will feel good too because there were no attachments to specific outcomes. Everything then becomes perfect because it is life and life is in divine order.

*"Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."*

—Matthew 17:20, New International Version

The evidence is all around you whenever you experience beauty in the world. And, I'm not looking through

rose-colored glasses. Along with all the beauty, sometimes even right next door, can be all the ugliness of humankind. You can focus on either. You are your freedom of choice—that is your birthright. So, do you make the choice for love and beauty or fear and ugliness? The sooner we become the “observer” or “noticer,” the sooner we wake up to our power, or I could say, the power of God, the universe, etc.

An excellent way to prove this to yourself is to do the first experiment in Pam Grout’s book, *E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality*. Just ask for God to show you a sign! However, if you want to be a little too specific in your wants, it just might backfire on you.

The reason I say this is because when you are focused on a particular item or situation coming to you, it is easier to *slide down* the emotional tone scale to disappointment before the situation shows up in your physical world. The emotional tone of disappointment can pull you down quickly to doubt and worry—like holding a cork under the water. If you are feeling *disappointed* about your desire not manifesting, I guarantee you, it will not. At least, not in the way you want it to. What will show up, are more *disappointing* parades of people and situations filing into your life!

### **Emotional Tone Experiment**

The following is an experiment that my wife and colleague, Terri (a certified massage therapist and certified hypnotherapist), created and conducted that proves this

point beautifully. You can easily do this yourself, starting tomorrow. Here it is in Terri's own words.

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I was recently inspired to do a law of attraction experiment after hearing Pam Grout be interviewed discussing her book E-Squared. If you can manifest a cup of coffee as easily as a bow and arrow I imagine this energy is happening through-out my day not even recognizing it. Dr. Mays teaches in his book *The Mind Gate Process of Empowerment* and our workshops about keeping out of waking hypnosis or trance state I decided to spend the next two days in sort of a mini experiment. The basic Mind Gate Steps to stay out of trance is; eating protein every 3 or 4 hours, take deep belly breathes during the day, drink plenty of clean water and meditate or visualize something that feels good to you each day. I also remember he says more people are tranced in the afternoons from not having protein regularly and more information stresses or to do list growing. So here is what I did and what I discovered.

To put it to the test I actually got out our Mind Gate work-book to make sure I followed the steps to stay out of hypnosis. So after my usual morning routine I set my timer for 20 minutes to visualization/meditate, breathing and then have a breakfast protein smoothie. (I like Garden of Life RAW and add different fruits and veggies to change it up). I decided I would be on the lookout for anyone, including myself, that may appear functioning in a tranced/zoned/waking hypnosis call it what you want state, and how that may affect me and observe how I feel during the day.

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Today is a day that I don't have any clients scheduled so I usually run errands and do some shopping down town. I gather my bags, laundry & water bottle get in my car and head downtown to first errand. I drive out of the neighborhood I actually see a neighbor and we wave to each other. Well I guess he's not tranced. As I drive out of our circle I'm thinking this may be harder than I think seeing tranced people especially since I have been doing the steps Dr. Mays teaches most of the time... So I remind myself I want to find people or an experience that confirms many living tranced which in my mind is a symptom of adrenal fatigue and information overload or stressed...

I start watching every driver that is driving around me especially at stop lights. Now I'm not kidding you only couple blocks down the road and a driver doesn't see the light changed green and I hear a horn honk to hurry them. Now I know she could be getting something out of her purse but usually to me that means zoned. So my day goes on...probably pretty boring for most people it's not like I have kids to get to school or anything but busy enough for me. So I will just give you highlights I found 19 instances that clearly defined to me a person in some kind of overload trance, mostly people that just looked stressed and staring in thought. What I did observe was many people looking strained, some talking to themselves, generally not the happy campers and most definitely more unhappy as the day went on. If I smiled at them or engaged them I got what I'm sure Dr. Mays would say is a program response. You know like when we were kids and our parents always reminded us "Now what do you say? Thank you" or "tell them you're sorry". I started to remember how we really weren't "sorry or thankful" we just were

taught to say the words at the appropriate times. My most clear experience of being tranced was the woman at CVS scanning my items and started to total it before I showed her the other items on the conveyor I was purchasing. Almost an automatic response “Oh” then continued with the other two items and gave me my new total. I pay with cash reminding myself I’m looking for tranced state, it was almost as if she knew what I was looking for, she had to make 1.87 cents change and lost track of .10 cents giving me 1.77 in change. She corrected it when I mentioned it. She looked obviously stressed and I told her she should make sure and eat some protein and take some deep breaths it could help her feel better, she agreed.

I have to say I did have a harder time than I thought for I was sure this was going to be easy since I have noticed lots of people zoned in the past. When I get home for the day I write in my journal all the things I observed and in doing so (looking for negative) led me to realize I was lowering my emotional tone just remembering the day felt bad. I do not recommend looking for the bad for the world has enough without seeking it, even in this silly experiment. What started out as an okay day ended up leaving me sad and disappointed in myself to even think up this stupid idea? I get home and work to change my tone and put on some music to finish my evening. I look forward to tomorrow when I plan to look for people that are less stressed perhaps even happy and positive.

I start my day as usual visualizing, asking for abundant goodness in my day. After my protein smoothie I head out on my adventure looking for happiness and appreciation. Again as I drive out past my neighbor who is so often in

his front yard we wave. The day feels good. I notice today a driver beside me at the stop light looks like she is tapping to music on her steering wheel. I look to the sides of the street with the many trees that line it and feel appreciation for the cleanliness and well-kept streets of our community. I notice a person waiting at the Grapeline bus area looking up at the cars as they drive by seeming content and feel happy we have this service. I decide to go downtown again if my experiment is to see good or happy people around me I should go where there are more people. I was just down this street yesterday but I wanted to see if I would see the same strained people today. What I discovered was I saw one man talking to himself perhaps on medications in his “own zone” but actually not bothering anyone. I looked for people as I walked into the different shops that looked like they enjoyed what they were doing. When timing felt right I brought up how good it is to get regular protein during the day and people agreed, wondering if they were pleasant because they had had something to eat. I had more people smile or exchange pleasantries than in a very long time. It almost seemed like a time warp or something out of a movie. A couple times I was tempted to tell them that I was doing an emotional tone experiment and wanted to share how I felt talking to them and what I was noticing but I think that would be best for another experiment. I felt excited to write in my journal all the different things I experienced today.

What I learned from this experiment is what I focus on, I shall find. If my thoughts are negative and complaining about my life, I attracted disgruntled and zoned people. I began to imagine perhaps the crankiness any kids may be expressing was probably asking for protein in their own way.

It really does matter about the protein throughout the day to help relieve anxiety. I also feel better during the day when I consciously take a moment to deep belly breath, even in the car. When I start my day visualizing the goodness I want to see, more goodness than I even imagined showed up. I recommend you to put Dr. Mays Mind Gate suggestions to the test. Visualize, Breathe, Eat regular Protein and look for your emotional tone of Happiness or Appreciation. If you really want or expect to see blessings and appreciation in your life it will be. And so it is!

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It's easy to become disappointed when we first begin this law of attraction work because we are usually too specific when trying to manifest better conditions or material objects. This disappointment is experienced by a lot of us when we first start doing this kind of *transformational work*. Rather than trying to manifest a particular item, person, or situation, it is far better to work on our state of mind. Doing that alone will attract all the good stuff that is in our emotional escrow account already!

We need to be focused on, whatever it takes for us to feel better emotionally. So don't sweat the specifics of what you want, instead, go for the *feeling* of what you want. In other words, if you want a better job, then ask yourself, "How would it *feel* to have that better job?" Why we want what we want is always about *the feeling* of the desire being realized or manifested in our physical world. In other words, we know we will feel better when we have this thing we want!

For example, if we want a new car, we must ask ourselves

first, “What will I *feel like* when I drive this new car?” I know, a lot of people answer “good.” But, take some time to explore that image and the feeling associated with that image. If we can experience that *feeling* or *hold* that feeling *consistently* and forcefully for only sixty-eight seconds for twenty-one days in a row—the car will be on its way to us. Or, it has already manifested and is now sitting in your driveway!

And, if you are unsatisfied with your current situation, job, or whatever, was there a time that you were satisfied? If so, use Terri’s “Emotional Tone Experiment” to look for things you can appreciate, wherever you are and in whatever circumstance you find yourself. So, rather than continuing to focus on what might be wrong with him or her or them, etc., begin looking for something you can appreciate.

I never said this was going to be easy. I did say it is simple but, because we have been conditioned to look for danger and what’s wrong, this will feel at first completely counterintuitive to our survival and well-being. It will challenge your notion of who you are in relationship to the universe. This is where your faith gets tested, and it does require a leap of faith and trust in God, whatever you believe that to be.

For a long time, one of the biggest challenges I’ve noticed in myself is that I was afraid to appreciate. I was afraid to appreciate people and things in my life that I had judged as “not acceptable.” When I became aware of certain things I didn’t like, I found myself thinking things like, “that shouldn’t be there” or “that’s plain wrong,” etc. We must, as Ernest Holmes (founder of the Religious Science movement) said, “Look for the good and praise it.” Even if we think there is nothing good about it!

When my wife's beautiful grandmother, Theda, passed away (transitioned), her son, Don, said about her. "Mom always said that whenever you meet someone, look for the Christ in them first, and then you'll never get off on the wrong foot." Those are words of wisdom indeed. Thank you, Theda.

Sometimes people are afraid to appreciate other people or things because it triggers a loss. This future loss doesn't exist, but they're afraid they might lose the object of their appreciation. So, they don't acknowledge it, thinking, in this way, I won't experience the feelings of grief that come with the loss. But we all experience grief. We are supposed to. It makes us more appreciative of the higher tones. By fearing loss, we fear life. Life is all about loss! Although, it is really about the loss of a "form." Things and people are changing from one form to another, constantly.

## The Deepest Secret

Back to wanting the new car analogy, if you pay attention, you'll be able to peg that *feeling* of owning the new car on the emotional tone scale. When you do the Mind Gate process with your visualization, you will know exactly what *feeling* to attempt to achieve. If visualizing or *seeing* yourself driving the new car generates a high enough *positive* emotional tone in you (joy—empowerment—freedom—love—appreciation—passion—enthusiasm—eagerness—happiness) and if you can sustain that tone for ten to fifteen minutes a day (or at least solidly for sixty-eight seconds) for a few weeks—then great, go for it!

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However, if you are doing the *Mind Gate process* with the sole intention of just raising your emotional tone (state of mind), you will experience amazing positive *side effects* (actually direct effects) and you will be cultivating lots of appreciation for all that you already have. The *Mind Gate process* then becomes a prayer of gratitude. Because you will attract whatever is in your *emotional escrow account*, or something even better will manifest that is like the *essence or feelings* of what is in your emotional escrow account at those emotional tone levels!

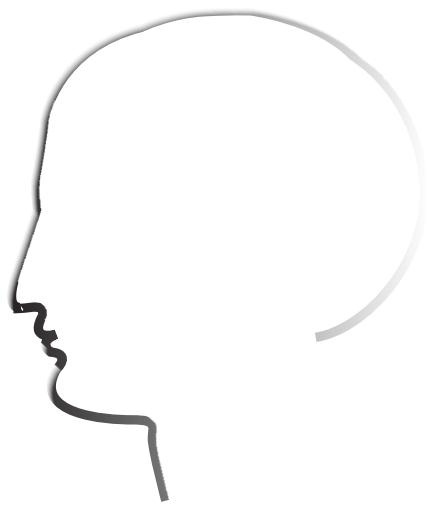
***“The truth is that the universe has been answering you all of your life, but you cannot receive the answers unless you are awake.”***

—Rhonda Byrne

Either way, it can be (and probably will) be even better than you could ever imagine. So, have fun with this, and go for the *feelings* of joy and empowerment because you will experience and feel the freedom you've always craved. We always want to *appreciate* all the love that's coming to us from our source. It comes in the form of friends, events, material wealth, and circumstances, even if we can't see how that might happen.

Whenever we encounter a kind clerk at the grocery store, a helpful bank teller, or some person who goes beyond their duty to help us in some way, and we feel appreciation for the service we received—we radiate out to the universe the

emotional tone of appreciation. And, the “energy waves” of appreciation will attract more of the same to us. When you’ve mastered the emotional tone scale, you’ll be mostly able to manifest anything you want—quickly.



# CHAPTER 13

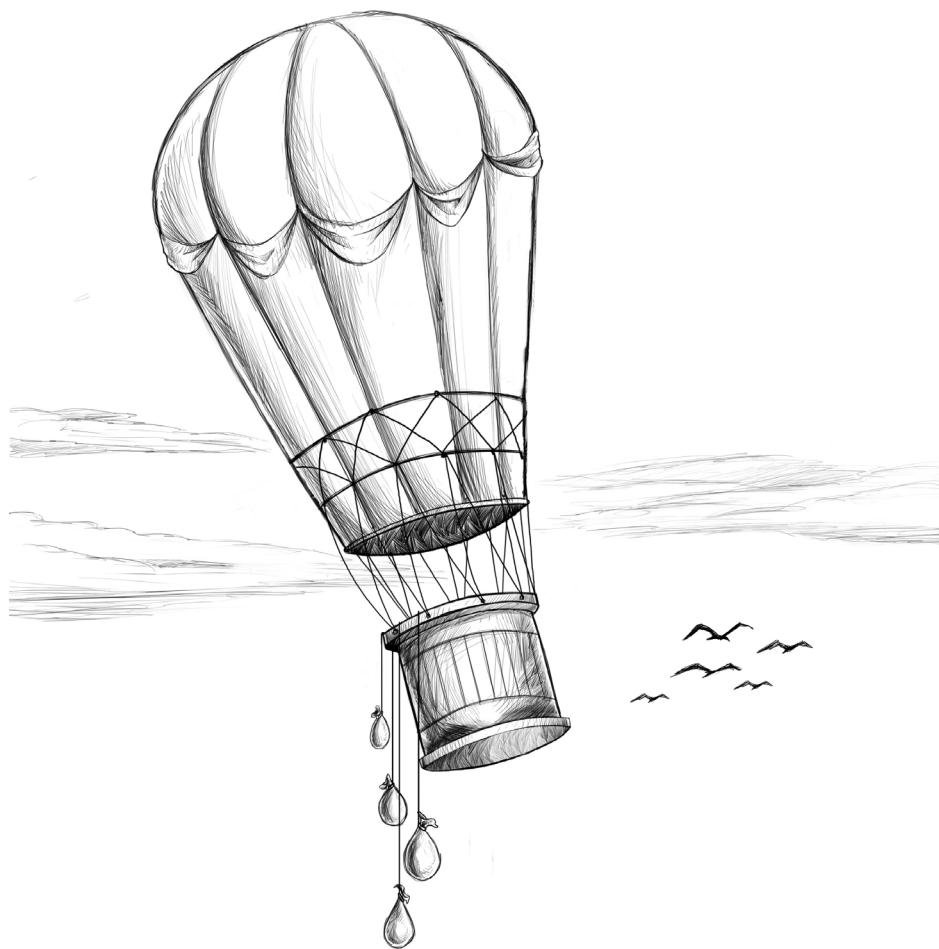
## Guided Imagery

*“Dare to visualize a world in which your most treasured dreams have come true.”*

—Ralph Marston

*“[Use] the thought process that invokes the senses: vision, audition, smell, taste, the sense of movement, position, and touch.”*

—Jeanne Achterberg



“The Balloon” is an elaborate example of a visualization that opens what I call a “portal” (to higher consciousness) or what some esoteric orders call the *Gateway to Heaven*. A portal is an opening to the higher levels of consciousness, namely positive emotions that invoke our higher power or

source to flow through our lives unimpeded.

When we keep this portal open, everything we have ever wanted that is an emotional match to the portal (positive emotions), such as happiness showing up as a new puppy, or whatever, will manifest in your physical reality. I wrote “The Balloon” story as a *guided imagery* to use specifically for those who have a *working knowledge* of the emotional tone scale. I was doing the *Mind Gate process* one morning when this story came to me in a vision.

After being deep in a trance for nearly two hours, I came out of self-hypnosis with a warm feeling throughout my body that cannot be described as anything other than pure love and appreciation. I was so moved that I asked Terri to listen as I described, in as much detail as I could remember, the vision I experienced.

So, read or record the following and then visualize the story. Your imagination will begin forming pictures automatically if you take your time reading it. So, go slowly and savor the pictures and feelings that come up for you. Remember to incorporate as many of the five physical senses as possible. For example, the smell of the carpet of dew-covered clover and the sound of the breeze or honking of the flock of geese are senses that the imagination can create to make it real to the subconscious. Our imagination can do so much more than just visualize in “technicolor.”

You can fly up the emotional tone scale easily for a few minutes at a time if you use your imagination to create something beautiful. “The Balloon” is imagery that came to me as a “psychic download” from a higher source. It is a way to speak to the subconscious mind in symbols. It speaks of

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the lower emotional tones as weights (sandbags) that tie us down.

And, it is a powerful suggestion to the subconscious mind to let go of the things (programs) that keep us from experiencing all the higher emotional feelings. Feelings of happiness and love are all things that we crave as human beings, and by using our imagination, these feelings can be there for us to experience any time we want!

*“The Balloon” is available as an MP3  
guided imagery recording and we will be happy to email it to  
you by requesting it at  
[www.DrMitchellMays.com/theballoon](http://www.DrMitchellMays.com/theballoon).*

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### The Balloon Guided Imagery

Imagine, picture, or pretend that you are walking in a beautiful green field of clover. You feel the softness of the carpet of clover as it gives way under your steps and you notice the moisture collecting on your shoes from the dampness left by the dew. There is a light, slightly cool breeze that plays with your hair and gently brushes your face.

The sun is burning low in the eastern sky as you inhale the sweet, crisp, early morning air. There are a few clouds floating across the pale gray blue sky. The sounds of birds in nearby trees provide a contrasting background to the early morning quiet, when suddenly you hear a *whoosh* from

powerful propane burners. It is a perfect day for ballooning and as you look to the west, just up ahead, there is a small hill.

On top of that hill, not more than a hundred feet away is a magnificent hot-air balloon, now almost fully inflated. Its nylon envelope appears metallic with beautiful gold and silver stripes that run the length of the balloon from the parachute vent to the skirt. Clearly, this is no ordinary hot-air balloon. As you approach more closely, you notice there are several ropes tied to the gondola or basket of the balloon with heavy bags of sand at the other end of the ropes, lying on the ground.

The bags of sand surround the gondola, except where the entry door is located. The basket floats above the ground maybe six to eight inches as the heavy bags of sand act as anchors to keep the balloon from lifting off the ground. There is no crew around, only the balloon, the bags of sand, and the balloon pilot. The door to the gondola is open and the pilot signals you to come aboard. You step inside as the balloon pilot is checking the instruments and pressure gauge, but she needs your help.

“How can I be of assistance?” you ask, shouting above the noise of the burners. She points to the open door, and so you reach out and latch the door closed. She then points to the ropes that are tied to mooring cleats inside the basket. She fires the burners again and the balloon fully inflates now. The basket begins to shudder but is unable to lift from the ground. The pilot is once again pointing at the ropes, but more fervently this time.

## MIND GATE

You notice that attached to each rope is a ribbon. Each ribbon has different words printed on it. The rope she is pointing to is a white ribbon with the words *fear* and *grief* written in black letters. She makes signs with her free hand to untie the rope and throw it overboard. You struggle to untie the rope, but it's difficult to untie because it's knotted so badly and it resists your efforts. You pull and tug at the knotted rope as the pilot looks on. She finally speaks.

"Get that rope untied," she shouts, "or we'll never get off the ground."

You work frantically to untie the rope from its cleat and you're feeling frustrated and irritated, but the knot still will not budge.

"Get that rope untied, now!" the pilot shouts, even more loudly and with an urgency that is impossible to ignore.

Anger is beginning to well up inside of you. Once again you pull at the knotted rope, harder and harder, and it seems even more difficult. You're feeling more *anger rise up inside of you* as the adrenaline is flooding through your body now. Your heart races as you become even more determined to loosen the rope. The *anger* makes you feel powerful, giving you strength, and finally—the knot begins to come undone. Still feeling the strength of that emotion, the knot loosens even more and then comes undone. You watch as the rope and the ribbon that says *fear* and *grief*—slip over the side of the basket. The balloon suddenly jerks and shifts, and you feel the basket rise a few feet.

The sudden movement of the basket throws you off balance and you fall onto the floor of the gondola. Sitting back on the floor of the basket with your arms and hands stretched

out behind you, the pilot shouts out at you again—“It’s lifting!” and smiles at you broadly.

The balloon has only lifted a few feet more when the pilot points to the other ropes. You look at the rope with the ribbon that says *insecurity*—*guilt*—and *unworthiness* written on it. She signals you again to untie that rope.

Getting yourself up and off the floor of the basket quickly, you find that this rope is also knotted up tightly but gives way more readily as you are still feeling the power of your *anger*. The knot releases and you watch it slip over the side. The basket shudders and rises a few feet more before stopping once again. The pilot is shaking her arm and pointing to the other ropes.

With the power of your *anger* still pumping adrenaline through your body, you go to work on the other ropes. Quickly and easily untying *jealousy* — *hatred* — *revenge* — *discouragement* — *blame* — *worry* — *doubt* — *disappointment* — *frustration* — *irritation* — *impatience* — *pessimism* — *boredom* — and even *contentment!* “Phew,” you say, wiping the sweat from your brow.

Looking around the gondola you notice there are no more ropes left to untie, but the balloon has only risen a few more feet. The pilot is pulling the handle that operates the valve allowing more propane to ignite. The balloon strains to lift as the hot air bulges at the seams of the nylon envelope to near bursting. Warm air is escaping through the parachute valve at the top, and the balloon is straining and struggling to lift—pulling upward but still barely moving.

The pilot then glances back at you with an amused but somewhat empathetic look and shouts again above the roar

of the burners —“Let go of the anger!”

“What?” you say.

“I said—let go of the anger!” pointing to the last rope in your hand. You look down at your side and see the rope wound around and around your arm. At the end of the rope, there is a black ribbon with big red letters that spell the word *anger*. The feeling of *anger* is so powerful and strong that you are already feeling some anxiety at the realization that you have to let it go. You unwind the rope from your arm, but your grip on the rope tightens, and you still hold onto it with your fist clenched tightly around it. The weight at the end of the line is feeling heavier now, and the gondola is tipping under the strain as you hold onto the edge of the basket, still breathing hard.

The pilot looks at you compassionately and says “It’s okay, you can let go of it now.” She reaches for your hand that is still holding the rope.

“It’s okay,” she says again, “just let go . . . let go.”

You release the rope and it quickly slips over the side. You catch a glimpse of the black ribbon with the red lettering and then reach for the pilot’s hand—trusting that everything will be all right. The balloon rises quickly now—higher and higher and even higher. The balloon continues upward, and you begin to feel *hopeful* as the pilot navigates the balloon. Using her skills, the balloon moves up and into the clouds above a flock of geese. Looking down at the Earth, now seeming farther and farther away—the pilot touches your shoulder and points upward.

When you look up, you see that you are about to clear the atmosphere as blue sky is giving way to black and

then—suddenly stars appear everywhere and seem almost close enough to touch!

“Are we in space?” you ask.

“Yes,” the pilot answers with a twinkle in her eye.

*I'm feeling... lighter and... happier,* you think to yourself. “Is this the . . . universe?” you ask incredulously.

“Part of it,” she replies.

“Which part?” you ask as the balloon moves through the Milky Way. “It is all so beautiful.”

Then the pilot turns her eyes to meet yours and waves her arm around in a sweeping motion and says “This part is you” as she smiles even more brightly now and watches your reactions. Your heart leaps in your chest and there’s a profound sense of what can only be described as the feeling of pure *love*. The feeling of *love* is growing bigger as the balloon drifts slowly toward a beautiful golden platform.

The golden platform is lit up with millions of beautiful brightly colored lights. The pilot skillfully lands the aircraft on the platform and you feel the basket come to a stop, and the door on the basket opens up.

“We’re here,” the pilot points to the open door.

Before stepping out, you turn to the pilot and ask in wonderment, “Where am I?” You feel the smile on your face as if you’d smiled for the first time.

With twinkling eyes, she says, “this is where all your wishes of joy—freedom—love—and appreciation have all manifested. Everything here and everyone here, has been waiting, just for you to show up.”

“I’m not sure what you mean,” you exclaim puzzled.

The pilot goes on to explain. “In your life there were many

times you experienced things and people that you wished were different. When someone was rude to you, another part of you, a higher energy level part of you wanted them not to be rude but more loving.”

Continuing, she says, “When you felt discouraged because life was not turning out the way you had hoped, and you felt sad or disappointed the higher energy level part of you wished to be happy. All of these wishes from you, over the years, were like *bundles* of energy—that moved to this place. They have been kept here as they were wished by you. They are here in a kind of *emotional escrow account*.

“This place is the higher energy level part of you. It is who and what you truly are, a complete energy or divine being! In your essence—you are—pure love and joy. As you can *feel* feelings of joy, love, and appreciation, you will naturally be elevated to this place—and have access to all of this.

“But, should you *not allow* yourself to have these better-feeling emotions, then all of the ropes get tied on again—and this place will become just a faint memory to you. It’s time to go now” and she motions you to step out of the gondola —smiling warmly.

Stepping out of the basket, you notice that all of the colors on the platform seem to become brighter. There are beautiful sounds coming from everywhere, like choirs of angels. A familiar figure is walking toward you. This being appears to be filled and surrounded with light. The image moves closer and you recognize the being. Your heart flutters in your chest and tears of joy fill your eyes. This is someone you thought you would never see again and yet, here the individual is!

Everywhere laughter and joyous sounds fill the air.

Beautiful, bright lights are coming from everywhere. Other beings are coming toward you now. Your heart fills and overflows with joy as you recognize everyone.

Looking back at the pilot, who is now standing at the door of the balloon's gondola and waving goodbye to you, you excitedly shout back to her, "Am I in heaven?"

She laughs and shouts back to you, "Are you feeling joy, love, and appreciation for all that you have created?"

"Yes, yes, yes," you shout, jumping with excitement.

"Then yes, you are in heaven."

For a moment you become a little somber and say "But, have I died?"

"No, no silly, you are just beginning to live."

Looking back at the gondola you notice for the first time the outside of the closed door. A shiny brass sign is affixed to the door of the basket with black engraved lettering. The lettering spells out the name of the aircraft—FORGIVENESS.

The pilot laughs as she fires the burners again and shouts out "heaven is—and always has been—just a state of mind."



## Right Where You Are

Visualizing images that evoke positive *emotional feelings* in you, even if they are general in nature and without expectation of receiving a particular item will be more efficient in the long run, but sometimes we need to *prime the pump* of our imagination. Priming the pump can be a recent good-feeling thought about someone or some current positive situation.

## MIND GATE

Listening to guided imagery recordings, reading stories like “The Balloon,” and even a happy memory that evokes a smile all work to achieve a feeling of appreciation, right where you are.

Always bear in mind, however, that we are often in a state of waking/walking hypnosis, so read Chapter Fifteen, “How to De-Trance,” and follow the suggestions there to stay out of the “tranced” state during your awake hours.

### Guided Imagery and the Tranced State

There are basically two ways to recognize if you are in hypnosis during the so-called waking state.

1. You will tend to *hang out* frequently in the emotional tones *below hopefulness*. This is because, more than likely, you are unable to focus your thoughts on things that would allow you to *experience* the higher tones.

2. If you are feeling confused or overwhelmed quite often, know that you are escaping (fight-or-flight response) into hypnosis. This means that the *critical area* or *mind gate* is *hemorrhaging* tons of message units into your subconscious mind without them being analyzed. When this happens, all hell can break loose. You need to learn how to *snap out of it* (waking hypnosis) as soon as possible. In other words, your gatekeeper is *asleep at the wheel* and you are *tranced*.

Confusion along with feelings of *being overwhelmed* are *red flags* for you and require immediate action. I know I am harping on this point but, you must realize when tranced, you are attracting all manner of negative possibilities. If left

unchecked, they eventually take *form* and *manifest* as a reality in your world!

When you are in a waking state of hypnosis, you have become a walking *time bomb*. And, when it goes off you could take others with you. This year (2015), by May 15, there were more than six reported train derailments by the Department of Transportation. The cause of some of these accidents has been attributed to “highway hypnosis.”

In other words, the driver was tranced. In December 2013, there was a news story about an airline passenger who had fallen asleep in his seat when the plane landed. He was still asleep when the flight attendants did their sweep but they didn’t see him. Even the clean-up crew missed him sleeping in his seat. He woke up to a dark airplane. He did have his cell phone so he called his wife. After relating his story and overcoming her skepticism, he convinced her to call the airline. Eventually, someone came and let him off the plane. Was this a case of “sky hypnosis”?

Please remember, when your *mind gate* is *open* during your *waking hours* and left unattended (tranced), there will be nothing but trouble. This is because you are walking around in a hypersuggestible state and literally anything (often negative message units) can drop down and stimulate any of your programs

Have you ever experienced being in a group of people, or just talking to someone one on one? And, “from out of nowhere” something rolls right off your tongue, and, before you can stop it, it’s out there? I’m sure you’ve had more than a few experiences when you wanted to bite your tongue as you’re thinking to yourself, “now why’d I say that?”

## MIND GATE

Unfortunately, the programs that usually get excited are the negative ones (70 percent).

So, unless you are at Disneyland and are in a *trance* of pure bliss, you can be dangerous to yourself and those around you so get out of hypnosis as soon as possible! In other words, wake up the gatekeeper!

When we are in a hypersuggestible state, and not directing what goes into the subconscious mind, we are at the mercy of any and all negative influences. This is especially true of our own negative thoughts.

“How will I know if my *negative* programs have been stimulated and are running?” you ask.

You can simply ask yourself something like, “How do I feel?” Or, you can “muscle test” yourself to check your reality (see Chapter Fourteen, the section titled “Applied Kinesiology”) by saying something like, “Does this feel good?” If it does not feel good (the muscle weakens), then it’s a safe bet there is a negative program running, and you are tranced.

Letting yourself go into trance, and not checking it as soon as possible could be compared to leaving the barn door open and allowing all your livestock to run away to get attacked by hungry predators. Chapter Fifteen, “How to De-Trance,” is a priority, a true *must read!* If you have children, it is imperative that you help them as much as possible to stay out of the “tranced” state. Because children under the age of eight are already in hypnosis, without regular protein and belly-breathing (from playing) they can go into the negative state of “mind wandering” more easily if allowed to be sedentary and eat junk food. Children get much better grades

in school and have less behavioral issues when attention is given to these simple precautions. You will also help your older children immeasurably by teaching them some of the principles in Chapter Fifteen in addition to the Emotional Tone Scale.

**Note to Self:**

Your first priority must always be to raise your emotional tone as quickly as possible. That is the *key* to tuning into the power that creates worlds, and your world—the power known as the law of attraction. Remember how the flight attendant on an airline instructs adults to put on their oxygen mask first, in the event of the cabin losing pressure? That is because you cannot help your child or others who are weaker if you are disabled yourself!



# CHAPTER 14

## Demolishing Our Limiting Beliefs, Applied Kinesiology, and Emotional Freedom Techniques

*“Did you choose your identity consciously, or is it the sum total of what other people have told you, significant events in your life, and other factors that occurred without your awareness or approval?”*

—*Tony Robbins*

### Applied Kinesiology (AK)

We must always be willing to ask ourselves, about anything—“How does this feel?” When we are asking this, we’re asking our physical body. Our physical body has an energy

field in and around it that is quite ready and willing to give us information about what it believes is right or wrong for us. In other words, what is true or false to the body is the same thing as good or bad. We can ask the body to give us the information we need about a particular subject. So, it can be effective whether it's buying a can of beans, or deciding if we should stay in a relationship, or sign a contract.

Applied kinesiology (muscle testing), or AK for short, is a way to test our body's energy field and connect to our subconscious minds or the subconscious mind of a willing participant. AK was developed by Dr. George Goodheart Jr., a Michigan chiropractor, who began writing and lecturing about his ideas in 1964. Professionals who use AK in their practice are often chiropractors, but might also be osteopaths, dentists, or even medical doctors. Some acupuncturists incorporate AK as well to enhance their practices. What's great about AK, while it only takes a few minutes to learn, is that it is incredibly accurate. That is, if the right questions are asked. The practice of AK can take many years to master, but you can quickly learn it. At least, well enough (with the information from this book) to be able to help yourself tremendously. Once you get attuned to your body's subtleties and responses, you'll be able to master this technique in a relatively short period. So why would you want to take the trouble to learn AK?

- Because you can get the response to any question that you desire to know what your high-self feels about it, as long as you formulate the question so as to elicit a YES or NO response.
- Because our subconscious minds knows exactly what our custom-ordered bodies need to survive or thrive.

- It is simple to test our body for the one answer that is for our highest good at that particular time.

Think about it. If you knew exactly what to do about any situation or circumstance or even a simple purchase decision, how great would that be? What's even more exciting, is you can know within a reasonable certainty what your body needs at any given time. Now I realize that as I'm writing this, traditional medicine would take exception to that statement.

**Okay, so I need to say this right now—if you have any health concerns whatsoever, it is important you understand that applied kinesiology (AK) does not take the place of a licensed healthcare practitioner's advice or diagnostic expertise.**

When someone isn't sure about what's bothering him or her, in other words, what's bothering the subconscious, muscle testing is an excellent way to find out where they are on the emotional tone scale.

### How to Muscle Test Someone

With a partner, stand face-to-face, or just behind the person to be tested (whatever feels more comfortable). Have him or her hold out their dominant arm, straight out to the side, at shoulder level. Make sure the arm is locked—straight at the elbow and not bent in any way—with the palm down.

## MIND GATE

You will be testing their resistance only, not to see who is stronger.

Use the forefinger (index finger) on your non-dominant hand and place it on the wrist of their dominant outstretched arm. Ask them to resist as you push down steadily for about three seconds. You are testing their general resistance. Make sure you are not forcing their arm down and that they are not forcing their arm to stay up. This must always be done gently; avoid bouncing their arm up and down. Once you determine their general resistance, then use that as a baseline for your testing.

Test for strengths and weaknesses while saying “yes” and “no.” Their arm should remain strong when they say “yes” and go weak or down when you say “no.”

Test for strength and weakness while stating a “truth” or “untruth.” For example, have them say, “My name is Janis” (their real name), and then muscle test them.

Then have them say, “My name is Tom” (or some other name they are not), and muscle test them again. Their arm should stay strong when they say their name (truth) and go down or go weak when they say they are someone else’s name (untruth).

**Exception:** They might not like their name! Of course, there are other exceptions, but these are relatively easy to figure out if you are in rapport with your partner. In other words, if you genuinely like each other or at least don’t have any history together. Having a history with your AK partner can muddy the waters.

If you are not getting a clear “yes” or “no” answer, then you or your partner (or both) might be dehydrated. Both of you should drink a glass of water and then resume testing.

You both should notice that the testing is much clearer and definite answers are now readily discernible. In other words, it just works better.

Remember you are testing your body's energy system (or electrical system) and water is the best way to conduct electricity.

Test for strength and weakness while saying positive and negative words. Have them repeat after you, a positive word and then a negative word. Try it on a few different words. It's fun and demonstrates, in a tangible way, how our thoughts, words, and emotions affect our body's energy system.

Here are some words that are fun to practice testing:

Flower, grateful, mountaintop, and freedom for all positive words.

Now for some contrast: anxiety, hurt, war, and worry are all negative words.

Here are some easy questions to help you figure out what emotional blocks might be in your way. Muscle testing is an incredible way of getting answers from your subconscious mind. Make sure to state your issue clearly and concisely.

1. Do I have an emotional component that is contributing to \_\_\_\_\_?
2. Do I have any limiting beliefs that are preventing me from healing completely from this\_\_\_\_\_?
3. Is the primary emotion preventing my healing?  
(Try whatever resonates with you, such as anger, grief, resentment, etc.)
4. Is the event or incident blocking my healing, an event that occurred between the ages of birth to 8, 9 to 20, 20 to 30? And so on.

## MIND GATE

5. Am I completely willing, able, and ready to let go of this \_\_\_\_\_?
6. Is there a person I need to forgive in order to heal from this \_\_\_\_\_?
7. (You can start asking who it is, but most often, it's the person you're asking!)

### How to Muscle Test Yourself

You can muscle test yourself by using your non-dominant hand and placing together your middle finger and your thumb, so they make a circle, a circuit (OK sign). Now using your dominant hand, use your pointer finger and your thumb on the inside of the “circle” to try to separate the middle finger and thumb on your non-dominant hand. Test for your baseline as discussed earlier and find your own resistance “baseline.” When the circuit breaks, it’s a weakness and represents “no.” When the circuit holds, it is strong and represents “yes.”

Muscle testing gives us an extra edge to directly ask the subconscious what it feels, believes, and thinks about an issue. You can also use it to ask yourself just about anything.

“Is this muffin good for me?”

“Will this movie make me feel better?”

You can also check your responses by holding something detrimental—sugar, for example—while self-testing and seeing what response you get. Put the container in your pocket or hold it under your arm and test. Then hold something good for you—an herb you need or an organic vegetable—and test that. If you think your mind is influencing the

results, you can have someone else put equal weights of both items in identical nonmetal containers.

So, say you get asked to watch a movie with a friend. You check the reviews, and you're not sure if it's a movie you actually want to see. Do you go to the film anyway, from the old program of I "should" because my friend asked me? How do you check in with the feeling you're having? Take a deep breath and ask yourself, as you are thinking about the movie, "How do I feel? Am I feeling pessimistic, doubtful or am I feeling hopeful, enthusiastic?"

Now muscle test yourself again. "Will watching this movie make me *feel good*?

"Yes" should test firm. Your "gut" innately self-knows if you want to go. That being said, if your friend asks to watch a movie with you, and you instantly *feel good*, thinking, "That's awesome. I wanted to see it." Do it! If you feel neutral about "it," then take that as a feel good answer!

Go easy on yourself. I'm just saying muscle testing is another tool to help empower you to choose to create the life you want in the higher emotional tones of joy and freedom.

***"Your present circumstances don't determine where you can go; they merely determine where you start."***

—Nido Qubein

## Emotional Freedom Techniques (EFT)

Have you ever rubbed your head when you had a headache? Or have you pushed hard between your eyebrows or rubbed your temples when you were stressed or worried? People touch, hold, pat, and rub themselves for comfort. We feel powerful emotions . . . some feel bad, some feel good. We talk to ourselves . . . even though it is often negative. The Emotional Freedom Techniques (EFT) are soothing techniques that release feelings of stress, anxiety, pain, and distressing thoughts. EFT, commonly called Tapping, is a gentle form of soothing touch that works with the body's energy system. This electrical or energy system that runs through the body is carried through tiny pathways called meridians. The same meridians are used in acupressure or acupuncture.

The research is in now and EFT clearly demonstrates that the human mind stuffs emotions into our bodies until they get some attention or are acknowledged for the psychic wounds they are. Just think about the name, Emotional FREEDOM Techniques. By using this process, you can literally free yourself from limiting beliefs, hurts, and fears that cause so much anxiety, pain, depression, and stress.

### EFT History

Roger Callahan (a psychologist who studied applied kinesiology with Dr. George Goodheart Jr., the founder of applied kinesiology or AK) had been doing psychotherapy for more than thirty years prior to his "aha" moment in 1979 with his

client, Mary. He had been working with Mary for more than a year. She had such an overwhelming fear of water that she could not even bathe her children with it precipitating an anxiety attack. She had constant nightmares about water. Although he had tried every anxiety reduction technique at his disposal with her, Mary couldn't even walk by the swimming pool on his office grounds without suffering.

Then one day, while working with Callahan on this fear, she complained about a feeling in the pit of her stomach, whenever she thought about water. Interestingly, there is an acupuncture point located directly beneath the eye that is linked to the stomach meridian. Callahan asked her to tap on that point while having that thought and they continued to talk about her fears. His thinking was that it might lessen her stomach pain.

When she did, instead of merely feeling relief in her stomach, she told him she knew her fear of water was gone. Quickly, she got up and went outside and walked into the courtyard that led to the pool and fountain. She walked near the edge of the pool at first and said that she felt totally free of the panic she'd felt for so many years. She then splashed water on her face with absolutely no panic feelings whatsoever!

As strange as it seemed, the process of tapping under her eyes, while she was talking about her fear of water, had eliminated her fear. Her associated nightmares and headaches also went away and never returned! Needless to say, after this experience with Mary, Callahan deepened his study of meridian endpoints, combining traditional psychotherapy with Tapping on different parts of the body. This was the

beginning of what Callahan called Thought Field Therapy or TFT. This was an important turning point and ushered in a new era of “energy psychology.”

Gary Craig was one of these pioneers of “energy psychology.” He developed the Emotional Freedom Techniques (EFT) that most people know today and he was the one who simplified the “Tapping points.” He shared all his case studies with psychologists and lay people. His research, along with his incredible results, are available to anyone who is interested in this new healing modality. His dream was to share EFT with the world.

In 1995, he developed the procedures of “reminder phrases” and “reframes” using neuro linguistic programming (NLP) story processing. He retired in 2010 and released EFT to the public domain with the intention to allow people around the globe to be aware of Tapping and the hope that they would use it in their daily lives.

Mainstream medicine is just now starting to research how Tapping works. Research at the Harvard Medical School found that tapping on selected meridian “acupoints” decreases activity in the amygdala and other parts of the brain associated with fear. Though the mechanism is unclear, Tapping seems to turn off the amygdala’s alarm, sending a calming response to the body and the amygdala recognizes that it’s safe.

What’s more, tapping while *feeling* the experience of or *verbalizing* about your stressful event counteracts that stress and reprograms the hippocampus. The hippocampus then compares past threats with present signals and tells the amygdala whether or not the present signal is an actual

threat. This sends a calming response, if the anxiety you feel is not a real tiger, so to speak.

In another study, researcher Dawson Church, PhD, discovered, in randomized controlled trials (the gold standard of scientific research), that cortisol levels, the stress hormone, dropped after an hour-long EFT Tapping session and the drop was significant. Cortisol dropped from 24 percent to as much as 50 percent! He was so much in disbelief and dismayed about the lab findings that he didn't even share them at first.

We can use Tapping to take the “stress and strain” *out* of our responses. We can train our body and our mind to *feel* surprisingly calm and confident. In this state, we have access to choices we simply do not have when we’re stressed. We can *choose* what is a *yes* for us rather than *should* on ourselves. When we feel a little relief, our emotional tone raises and life just gets better.

For our own protection, our brain has actually evolved to focus more on negative outcomes than on positive ones, so we assume the worst first. Science now knows part of this is social programming and part is actually the hardwiring of our subconscious brains. When we are feeling stressed or anxious about anything, our amygdala reacts and stimulates the fight-or-flight response. This worked well in caveman days when we had to run from saber-toothed tigers. But today, we experience this with everyday life, and no saber-toothed tigers. For example, this includes our “to do” lists, phone calls from the supervisor, phone calls from the school about our kids, or maybe a sick pet that we have to take to the veterinarian, etc. The list goes on and on yet we “deal with it” (stuff it into our bodies), creating feelings of

overwhelm and the buzz word “stress.”

To give you an idea how crazy this all becomes, I want you to picture running from a saber-toothed tiger and someone comes up and is running alongside you. They are asking for your best ideas about what to do for your business or resolve your kids’ problems. This is probably not the best time for that conversation, right? This is what is happening to most of us every day! With Tapping, we quiet our amygdala’s response so that change or reaction to change is easier. You make better choices because you are not in fight or flight and you are not reacting to a saber-toothed tiger that might be hiding in the bushes. And, it just feels good.

### Fear Is the Key

If 70 percent of our conditioned subconscious programs are negative, then that leaves only a few that are positive. And most, if not all, of that 70 percent is a fear of some sort or another—fear of decisions, fear of not being good enough, fear of success, and the list goes on and on. Do you remember the story of Mary and her fear of water? She was able to eliminate entirely the fear by tapping while she talked about what she was feeling. The opportunities to use Tapping are endless. Our oldest son, Robert, told us he used Tapping to help him overcome his college test anxiety.

After hearing about Gary Craig’s work, the US Department of Veterans Affairs invited him to come to a VA hospital to work with some of vets who were suffering from PTSD, to see if EFT could help. The vets at the hospital were outwardly unemotional (numbing) but went along with the new Tapping procedure. I guess they must have figured, “Why

not?” even though they had no idea if it would work.

First, Craig had them describe to him their most painful memory. He then had them assign the memory a number of “emotional intensity” on a scale of 0–10. Ten being extremely intense, and zero being no emotional intensity. Even though many were suffering from emotional numbing, when they were allowed to speak about the painful memory, they snapped out of it and the number ten was their most common answer. Craig had them “tune in” to their painful memory and then had them tap the “acupoints” as they described it. After going through their story a few times while tapping the points, their numbers began to go down from ten to eventually zero.

Here’s what Craig discovered. These vets were telling their stories as they always had done for years in psychotherapy, only now, they were balancing their brain’s energetic system by Tapping. In only a half an hour, or less, of Tapping, each vet could recall and tell their painful and traumatic memory without the negative emotional intensity they had experienced before.

An important point to note about EFT is that it’s not a “mind eraser.” You are not erasing memories or emotions, you are processing them. This is an important and vital distinction. For example, often when tapping about anger, that anger might become sadness and then move up the emotional tone scale to hopefulness. It might eventually lead to feeling gratitude for the lesson or experience. Once the negative emotions that are tied to our limiting beliefs and programs are cleared, you will have the emotional freedom to make good things happen a whole lot faster. Now, let’s start Tapping.

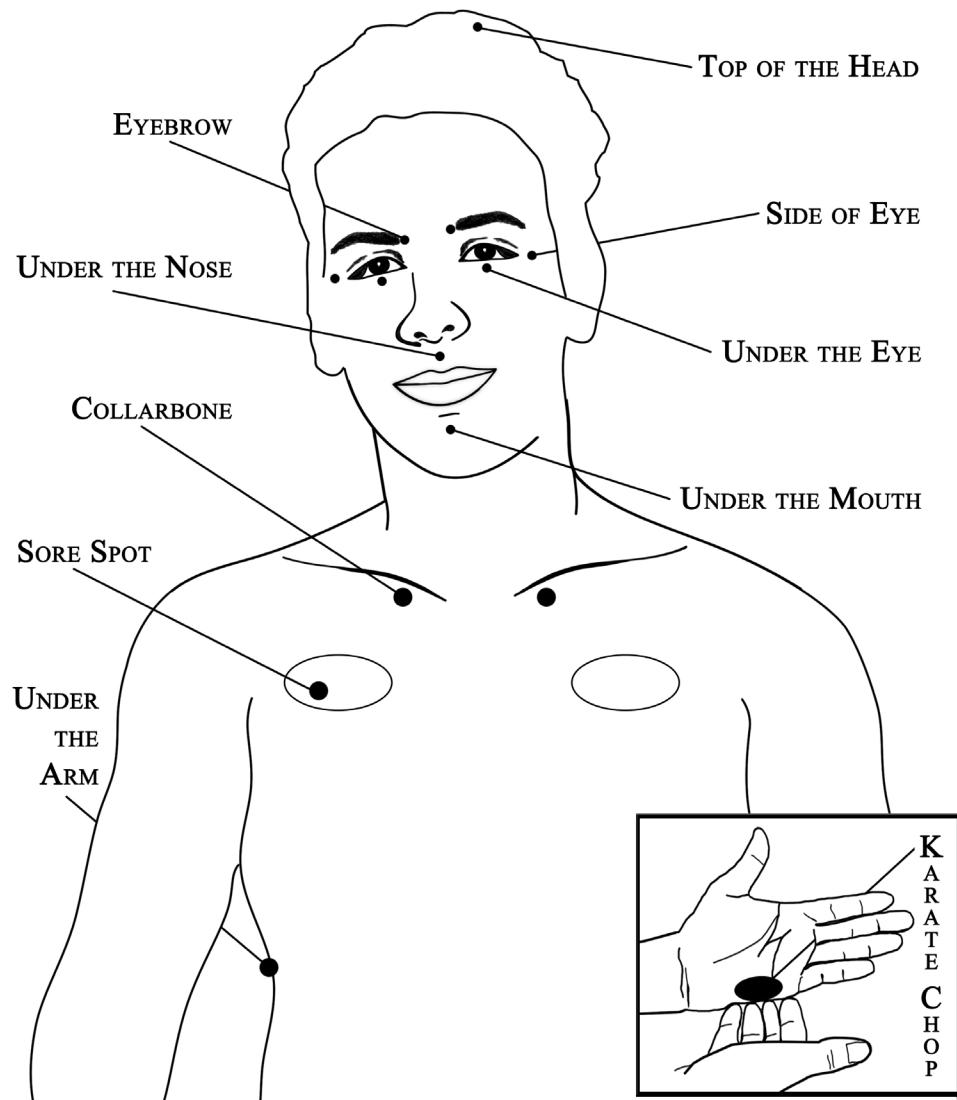
### The Tapping Points

It's easy to do Tapping! Express your feelings as you tap solidly yet gently on the acupuncture points explained below, using two or three fingers with either hand or both hands. As long as you stimulate the points, it doesn't matter. This is why Tapping is called "acupressure for the emotions." Use the same pressure you would if you were to tap your fingers on a table. You want to make contact, but not cause discomfort. Tap roughly three to seven times on each point. While there are many more Tapping or acupuncture points you can use, I will just describe the most commonly used points. If one point is uncomfortable to do (like the one under the arm), then just skip it. The order is not crucial either and you can even do the points in reverse. Tapping is quite forgiving. The important thing to remember is this. You can't do Tapping wrong!

Go to [www.DrMitchellMays.com/tapping](http://www.DrMitchellMays.com/tapping).

### The Basic Recipe

Often Tapping begins with what's called "the setup." We start by tapping on the "karate chop point," named for the part of the outside of the hand used to do a karate chop. Tap the outside of the hand with your other hand using your fingertips. Some people rub what is called the "sore spot" as an alternative to the karate chop point. It is located three to four inches down from the point of the collarbone. You can usually find it because it is a little sore when you gently rub it with your fingers. Either location, karate chop or sore spot,



# Tapping Points

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will work fine. Just use what is easiest for you. Personally, I prefer to use the karate chop point.

Typically, you start with “even though” statements. This is where you acknowledge your negative emotional or physical problem, then follow it with a positive statement. In this way you are acknowledging how you feel about an issue, followed by a choice you’d rather feel, such as self-love and forgiveness.

Be specific where possible and point the Tapping at the particular emotional events in your life that might underlie the problem. It’s not about saying the perfect words, just verbalize what the little voice in your head is probably saying anyway.

- 1. Tune-in . . .** Where do you feel discomfort or distress? What does it feel like? Be as accurate as possible. Reference the Emotional Tone Scale if you are having a hard time identifying how you feel.
- 2. Note the starting intensity (0–10),** with 0 being no intensity and 10 being very intense. If you don’t know, just guess. Your number helps you tune into the feeling and how it has shifted after tapping.

### Now, take two or three deep breaths

- 3. The setup . . .** The setup begins as a two-part statement. The specific stress or issue statement, followed by a statement of self-acceptance. Just use whatever specific detail of the issue causes the most intense

reaction in you. Repeat the setup three times while continuously tapping the karate chop point.

*“Even though I have this \_\_\_\_\_,  
I deeply and completely accept and forgive myself.”*

4. **The sequence . . .** Tap about five to seven times on each of the following energy points while repeating your “reminder phrase” (statement of your problem in a few words) or just talk about your *feelings* on whatever problem you wish to address. Repeat the sequence as many times (rounds) as needed to lower the intensity (0–10) when you think about the issue. Usually it takes one to three times (rounds) but could be much more if the issue is deep.
5. **Re-assess your intensity level . . .** Note your ending intensity (0–10). If it’s above a three, continue to repeat the steps above. You’ll need to tap long enough to feel like it’s to a manageable level of three.

When the intensity level is down to about a two, use a new setup affirmation (like the one below) and then continue the sequence (rounds) to get to the intensity level of one or zero.

*“Even though I still have **some** of this \_\_\_\_\_, I deeply and completely love and accept myself.”*

By tapping and verbalizing your fear, and then saying you accept and love yourself anyway, you are allowing your

subconscious program to “put down the stick” that it’s been beating you with and causing you pain. Even if it’s just for a little while, this process will create a pathway for a new program of love and forgiveness.

People often say, “I don’t know what to say when tapping the points.”

There are numerous Tapping scripts on the Internet for a plethora of conditions. Terri frequently refers her clients to Nick Ortner’s site at [www.TheTappingSolution.com](http://www.TheTappingSolution.com). Nick and his sister, Jessica Ortner, have dedicated their lives to helping improve other people’s lives using Tapping, and they have numerous scripts and audios available. They also host the Tapping World Summit every year, where hundreds of thousands listen free to international Tapping experts. The scripts can be used when you just need a little help to get started.

But, you need to know, scripts are just a guide to stimulate your own words and feelings. There are no perfect words, so you can’t get it wrong.

And, that’s why I say, “Tap on whatever monkey mind chatter is coming up.”

“I’m not good enough;” “This throbbing pain in my leg;” I can’t get it right;” “Another stupid process to learn;” etc. You will be amazed at how fast you can lower the intensity of the negative feelings with Tapping.

One more thing. As you tap and verbalize your story, you will notice when the intensity seems to start to reduce a bit because your story will “soften” a bit. So, saying things that acknowledge that these feelings are just a program, help facilitate a change in the intensity. Usually it lowers the

intensity but it can also increase the intensity. If that happens, then you know you are onto something deeper. Saying things like, “All these beliefs are causing me to hold on to stress” or “It’s safe to move forward and relax” are all helpful.

As you get the intensity to a one or two, you might be tapping to things like how much you accept and forgive yourself or whoever seemed to have caused your pain. It will eventually move organically on to zero (0) where the original issue is not a problem at all. So, forgiving ourselves is a huge game changer.

The goal with Tapping is to clear away that which is not wanted so we can attract those things that we do want in our lives. When we learn tools that can quickly clear away the negative, we can begin to create our future filled with more fun, joy, happiness, and freedom. Below is a sample Tapping script that is a great script to practice with. This is one we use in our workshops and is relevant to most people, at least occasionally in their life.

### **Sample Script to Get You Started**

We are purposely keeping this example general and simple. As you become more confident with Tapping with this script, feel free to change any words that fit better for you. The more specific you can be about the feelings that point to your personal experience—such as, when it happened, who was involved, and how that makes you feel—all helps you rewire your subconscious programs in a positive way. Feel free to copy the Tapping chart and have that handy as a reference for the Tapping points as you use this script.

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By clearing the negative or limiting programs from your subconscious mind, you'll respond differently next time you are in a situation that would otherwise stimulate those old programs and limiting beliefs.

So here's a sample script for the feelings of fear or feeling stressed. **First**, rate your truth about how you're feeling afraid or stressed emotionally. Give your truth, about how you feel, a number on a scale of zero to ten—with ten being the most true for you and zero is completely untrue. For example, if the idea of a fear you have about a situation or person, or whatever, won't stop you from moving ahead into that situation, then your truth might be a number seven. However, if the fear is paralyzing, and would keep you from moving forward, then your truth might be a ten.

Write the number down and see it change as you tap on the points.

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## Karate Chop

*Even though I feel afraid and stressed, I deeply and completely accept myself and how I feel.*

*Even though I feel afraid and stressed, I deeply and completely accept and forgive myself.*

*Even though I feel afraid of getting hurt and stressed out about it, I deeply and completely love myself and how I feel.*

**Eyebrow:** *A part of me is afraid to let go of this hurt.*

**Side of Eye:** *I'm scared of even being aware of my feelings.*

**Under Eye:** *It doesn't feel safe to relax.*

**Under Nose:** *I feel so afraid.*

**Under Mouth:** *I feel so stressed about this.*

**Collarbone:** *This fear is running my life.*

**Under Arm:** *It's exhausting feeling this way.*

**Top of Head:** *What if I could find a way to release some of this fear?*

**Eyebrow:** *I wonder what difference it would make.*

**Side of Eye:** *Seems I have always felt stressed and afraid.*

**Under Eye:** *I don't know how to turn it off.*

**Under Nose:** *I must have a part of me that fears something is going to happen.*

**Under Mouth:** *Are these beliefs really true?*

**Collarbone:** *Maybe I picked up these false beliefs somewhere.*

**Under Arm:** *What if I could find a way to release some of this fear?*

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**Top of Head:** *What if I could be safe and make this change?*

**Eyebrow:** *I can choose to control some of my thoughts.*

**Side of Eye:** *I've decided I'm going to learn to manage my fear.*

**Under Eye:** *I am open to learning how I can forgive myself and how this has run my life.*

**Under Nose:** *I know that will make a big difference in my life.*

**Under Mouth:** *From fear and bad habits, maybe to a whole new way of feeling good.*

**Collarbone:** *I'm ready to have more peace in my life now.*

**Under Arm:** *It's safe for me to give it a voice and let it go.*

**Top of Head:** *I am already feeling a little better. Thank you, (God, universe, Buddha or whatever designation you prefer to use).*

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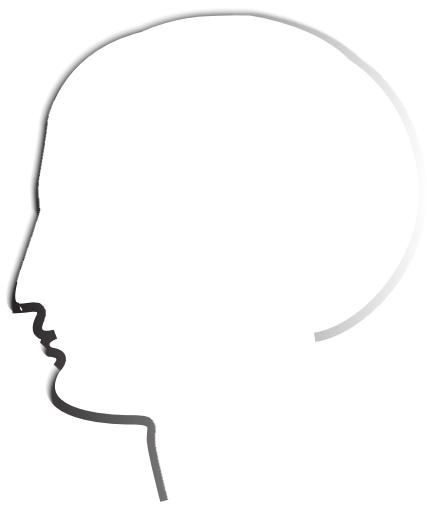
Take a deep breath. How do you feel about it now? Give your truth a number again on the scale from zero to ten. Keep tapping until your emotional intensity is a number three or lower—even if it takes twenty minutes of tapping. As you work through your fears, stresses, and what is not working in your life, you will start incorporating new ways of thinking, being, and expanding your self-love and self-acceptance

naturally.

Feel free to alter or replace any of the script's words you like. You cannot do it wrong, so feel free to put whatever words work for you. The main things to keep in mind are forgiving yourself and loving yourself. So, give it a try in the privacy of your own room. I think you'll like it.

*“When you forgive, you in no way change the past—  
but you sure do change the future.”*

*—Bernard Meltzer*



# CHAPTER 15

## How to De-Trance (First Ourselves and Then Our Children)

*“Through the many years of what I thought was ‘searching,’ was really the process of ‘awakening.’”*

—*Ka Chinery*

When I finally understood that during times of great stress, I was in a state of waking/walking hypnosis, wholly absorbed in the fight-or-flight response, a whole new world opened up to me. So, if you haven't guessed it by now, you are probably running around, for the most part, in a state of hypnosis. And so is nearly everyone else you know. I know you probably don't want to hear that but as comedian Ernest T. Bass would say, “facts is facts!” My colleagues

in hypnotherapy would tell you that most of our clients are already in hypnosis when they come to see us for the first time. I actually have to dehypnotize these clients before we can hypnotize them!

Why? As *cave people*, when we were sitting around the *cave fire*, cooking some *woolly mammoth* steaks on a spit, if suddenly, a saber-toothed tiger decided to join us for dinner, we had to be able to fight or run away really fast!

Known as the fight-or-flight response, we still have that same reaction and, as a matter of fact, we experience that reaction quite often. Our hearts beat faster, and our breathing rate increases as adrenaline is pumped into our blood stream.

Remember that the fight-or-flight mechanism or response is a function of our *sympathetic* nervous system. Our *parasympathetic* nervous system is the part of our nervous system that relaxes us and calms us down. The fight-or-flight response was necessary for survival in *caveman* days but is rarely essential for survival in today's world because there aren't any more saber-toothed tigers around. But then, our ancestors didn't have the constant demand on their attention that we have today. As cave people, our fight-or-flight response was not stimulated on a regular basis, and we had time to recover from such reactions.

Today, between the Internet, television, commuter traffic, school activities for our kids, insurance issues, economy unknowns, and aging parents, we don't have much recovery time, except when we sleep. And, no matter how much time we get for vacations, it's never enough time to offset the daily routine assaults of information that we experience from

regular *fight-or-flight* responses in our everyday lives.

And, even worse, many find their vacations so overwhelming and stressful that they are in a state of trance or waking/walking hypnosis through most of the time. Our vacations often feel like they are over just as we were starting to unwind. I'm sure you are aware by now, that these feelings of "overwhelm" or "information overload" cause the fight-or-flight response. This response gets triggered more easily, and we escape into a form of simulated sleep called waking/walking hypnosis. As a result, we become hyper-suggestible to any negativity that might be in our environment, including (and especially) our own thoughts.

Being in hypnosis during waking hours is probably the biggest cause of an adverse state of mind or low emotional tone there is. People rarely if ever get overloaded or stressed by having too many positive message units, although it can happen—for example, teenagers "in love." No, you don't have to be a teenager to be in love. The point is that we are bombarded with information on a daily basis coming from the environment, other people, situations, and activities. And, if we don't plan ahead, we can easily go into a trance.

Just think about how much information you receive every day. For example, let's start with waking up to an alarm clock, giving you information about what time it is. As you go through your morning routine to get ready to start the day, you might have to go to the bathroom, get a cup of coffee, or make a cup of tea.

And, don't forget to open a can of food for the cat and let the dog out, while you check your phone for voicemails, emails, and text messages. You might look at Facebook, take

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a shower, and pick out your clothes to wear for the day. You might put on your makeup, get dressed, go back to the kitchen to fix some breakfast (if you even eat breakfast).

You eat your breakfast or wrap it up to go, put on your coat, grab your car keys and briefcase, and then you head out the door. You drive whatever distance to work or walk to the bus stop or the train station. You encounter other people commuting, negotiate traffic, and listen to the radio news or a motivational CD. And then, arriving at work, you park the car or step off the bus with the morning newspaper under your arm, having read it on the bus or train with the latest *negative news*.

Finally, you settle into your work routine. Or, maybe you have a big meeting, a deadline, or that asshole down the hall who's been hitting on you is walking your way. You think, hurriedly, to make up a quick excuse why you aren't available for lunch.

I didn't even touch on all the other possible stimulation, such as employers, employees, partners, kids, pets, etc.

In addition to all the information coming at us from the environment through our eyes, ears, nose, mouth, and skin, there are also voluminous amounts of information coming into our conscious minds from our own physical bodies! For example, the meal we had last night might not be settling well in our stomachs. We might notice we are uncomfortable or have an itch somewhere that we can't scratch.

And, if that is not enough, the subconscious mind might be reacting to the events that occurred the day before. As we ruminate, our subconscious is sending incredible amounts of messages in the form of "thoughts." Of course, as you

know, our body reacts to these “thoughts,” and we become aware of a “feeling” or emotion. These feelings or emotions might or might not be pleasant.

Dr. John Kappas, in his book *Professional Hypnotism Manual*, writes,

“A hyper-suggestible individual is in a waking “trance-state” and can easily be affected by negative influences in the environment . . . hypersuggestibility then, is a state in which the person consciously responds . . . in the same way that he would respond to stimuli in the hypnotic state. When a person is in the hypnotic state [as when they are under hypnosis in the hypnotists’ office], his receptiveness to what he experiences, through his senses, is intensified.”

So, here’s the bottom line. You are probably in a state of hypnosis a good deal, or possibly even most, of the time. With as much chaos as we are exposed to on a daily basis, not to mention all the information coming into our conscious awareness from our “thoughts”—how often do you think you are not hypnotized? In other words, how much of what you experience as “reality” is real? Probably not much, because neuropsychologists estimate that, at best, it’s only about (maybe) 5 percent. So, to experience more *real reality*, it would be desirable to be awake!

## Change Your Physiology, Change Your Thoughts

Let’s wake up a moment, shall we? Reach your hands toward the sky (or ceiling) and stretch. Then, move your

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extended arms to one side and then the other. Do this three to five times so you can feel an excellent stretch. If you'd like, at the same time, think about anything that feels good. Thoughts like, "How great it is that I am learning this," or even something that you are excited about or grateful for are usually excellent thoughts.

Instead of trying to find a positive thought, you could just feel your body for a few moments. Whatever feels good to you is okay. So, as long as you move while you're thinking, you're good. You can stretch or make goofy faces in the mirror (my personal favorite).

Another great way to change our physiology is to do what we call "rotations." Spinal rotations are something we've taught in our clinic for many years and they are easy and quick to do. These not only help you move but also condition your spinal structures (your discs, ligaments, and joints) at the same time. If you have a sitting job, you can do these on the edge of your chair. They only take one minute but are incredibly good for your mind and your body.

Sit up nice and straight with both feet flat on the floor. We teach you to use a low bench or low-back chair without wheels because these are more effective when you are not swiveling your hips. Then begin twisting to one side and then the other while attempting to look over the shoulder that you are turning toward.

Do this twenty-five times. That's twenty-five times one way and twenty-five times the other way.

Going for short walks is always a good way to change your physiology. If you can, taking a brief nap is probably one of the most effective ways to reset your mind.

***“Everything is energy and that’s all there is to it.”***  
—Darryl Anka

Moving your body (changing your physiology) and thinking a better-feeling thought is the fastest and easiest way to dehypnotize yourself, that is, if you are not in too deep. In any case, if you are very tranced, you’ll probably forget to do what you need to do to get out of the trance. It’s all just vigilance—just being aware. You cannot afford to be tranced when exposed to negative elements, such as negative radio or television news programs. Unfortunately, this is fairly easy to do.

When commuting in traffic, instead of listening to the radio or music when you are stopped, make funny faces in your rearview mirror or shrug your shoulders, or do both at the same time for a minute or so. If you notice other drivers looking at you, just smile. Who cares what they think? You will be awake!

### **Reverse Rocky**

Another way to wake up and come out of the tranced state is to *count yourself out* of hypnosis, like I do, when finishing up a hypnotherapy session with a client.

Anytime you are feeling overwhelmed or confused think to yourself or say out loud, “ONE, TWO, THREE, FOUR, FIVE . . . EYES OPEN AND WIDE AWAKE . . . ONE, TWO, THREE, FOUR, FIVE . . . EYES OPEN AND WIDE AWAKE! Remember to say this TWO TIMES!

## Oxygen Debt

I've already covered this, but it bears repeating. When stressed, we often forget to breathe in deeply, and our body goes into oxygen debt. That is, we have accumulated too much carbon dioxide. We do faster, shallow breathing to get ready for fight or flight. When we were babies, we naturally breathed into our stomachs, but somewhere along the way we just quit breathing that way. We learned how to breathe shallowly. Stand up and hold one hand on your chest and the other hand on your lower abdomen and breathe a few regular breaths—then notice—which hand moves the most?

Most likely, you will see that the hand over your chest is moving more than the hand that is over your lower abdomen. Take at least five minutes, three times per day to lie down (or even stand up) while breathing deeply into your lower stomach as if you are inflating a balloon. You will activate your parasympathetic nervous system, which then activates the *relaxation response*.

It will feel strange to you at first, but it works beautifully to restore your body and your mind to a more relaxed state and, at the same time pull you effectively out of hypnosis.

## Protein Up

You might ask, "How or when should I use these techniques?" Well, for sure, wherever and whenever you feel stressed beyond reason, and prior to becoming overstressed is, of course, desirable.

You might be thinking, "What is stressed beyond reason?"

As I said before, you might feel overwhelmed, overloaded, and confused. You'll probably know when you feel stressed beyond reason, but if you don't, then you might know by the signs and symptoms of extreme stress. Stressed beyond reason can come in the form of an actual "panic attack" or other body symptoms. Look at the symptoms of PTSD and adrenal fatigue in Chapter Four. Many of those, if not most, are due to chronic "stress beyond reason."

Unfortunately, we often don't realize we have been stressed out until later when we reflect. Here are some of the signs and symptoms:

- rapid pulse,
- shortness of breath or hyperventilation,
- nausea or a choking feeling, lightheadedness, trembling or shaking,
- confusion
- difficulty in making decisions.

If there is severe stress, we might even develop chest pain or a heavy feeling. In short, we are having a mild to moderate panic attack. Of course, we rarely acknowledge that is what we are having unless it is severe.

We cannot function as a fully awake human being if our brain is in panic mode much of the time. Now, you might not know this, but our brains use a lot of energy, and this energy comes from glucose or blood sugar. Blood sugar comes from foods we eat.

The best food to maintain a steady supply of blood sugar to the brain and for the longest period is protein. When we go too long without a constant supply of blood sugar (more

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than three to four hours), our brains begin to panic. It then sends messages to the pancreas to slow the metabolism to conserve the energy needs of the body. We start to feel tired and release insulin, thereby giving us hypoglycemia (low blood sugar).

Our adrenal glands then react by releasing adrenaline to boost our energy and that tells us to go find some food. Usually, our fight-or-flight response gets triggered, and we get a little jumpy and jittery, like having too much caffeine and our blood pressure rises. The adrenal glands signal the pancreas to raise the blood sugar.

But, if there's no fuel available, our blood sugar continues to drop, and we might go into a sort of insulin shock. We become confused and look for any source of blood sugar we can. We can also get cranky and become "zoned-out." In other words, we become overloaded and escape into hypnosis to deal with the biochemical stress to the brain.

Here's the bottom line: if you eat some protein (about four ounces—more if you do heavy physical work), you will be giving your brain what it needs to keep it out of panic mode. Or, at the very least, you are less likely to go into panic mode. For a sample list of what and when to eat, see Chapter Six. With that said, most everyone's diet probably needs improvement.

I've had many clients tell me they eat well. Many say they don't eat junk food, which is good, but, they often go far too many hours without eating protein. They think that a piece of fruit in mid-afternoon will sustain them enough to last to dinner and pass as a healthy diet.

Remember, when we go into hypnosis during our waking

hours, we have fuzzy thinking and confusion of thought due to the mind gate disorganizing. Our sympathetic nervous system has already triggered, and we go into fight or flight and waking/walking hypnosis. We, of course, think nothing of it. It's just normal to us because almost everyone else is tranced too! There's an old saying that goes like this: *It's hard to think about draining the swamp when you're up to your ass in alligators.*

That describes a lot of the behavior we encounter on a regular basis, not only from ourselves but others as well. Eating protein every three hours is something you can plan, however, it is nearly impossible to plan how to react to a stressful situation that seemingly *comes out of the blue!* I would encourage you to start the *Mind Gate process* along with changing your diet.

It only takes a little planning, but it would give you a jump-start to manifesting a higher emotional tone. So, rather than starting from *fear, insecurity, or anger*—you could start much higher up the scale just from eating protein every three hours! I strongly encourage you to share this information with your family, friends, and coworkers as this little bit of information alone will make an enormous difference in their lives and yours.

It will take three or four weeks for your brain's chemistry to settle and begin to trust you to provide regular quality fuel. I have witnessed many people's lives turn around completely in as little as one week, just by learning how to breathe and eat protein every three hours. If you have children who have any learning challenges whatsoever, just by having them do these two things alone it can make all the difference.

And, please don't worry about gaining weight. After your body and your brain chemistries begin to normalize, you will lose anything (and probably more) that you might have gained from eating better. Even so, it's not usually more than two to three pounds that you gain. If you are underweight, however, you might not lose the small weight gain but you will be much healthier.

### Hydrate

I know, I know, you've heard it a million times, "you need to drink more water." So, let me just say this—about that. Coffee and other caffeinated beverages do not substitute for water. In fact, caffeine is a diuretic! If you indulge in a lot of coffee because it wakes you up (I'm sorry if I burst your bubble) you need to know that coffee stimulates the adrenal glands.

Caffeine triggers the sympathetic nervous system and can cause you to go into fight or flight, especially if you haven't had protein. So, instead of a triple-shot caffè mocha (OMG), try a fruit smoothie with protein.

There are several "juice bars" that cater to healthy-minded individuals and they even have coffee-flavored protein meal-replacement smoothies!

I can hear the moans out there, but beer is not a good substitute for water either, even though it is mostly water. The alcohol will dehydrate you, and it can make you relaxed. Two beers will lower your brainwaves into alpha or even the theta state (hello, waking hypnosis). However, I have to say that the alcohol-free beers are not bad, but nothing works

like good, clean water.

Many people do not like drinking water or at least, not a lot of it. For those who feel this way, I recommend flavored stevia drops to make drinking water more pleasurable. Also, check out Isopure brand coconut water drinks. Not only can you get hydrated but they also have twenty to forty grams of protein!

#### Note to Self:

**Dr. George Goodheart said that you will not test accurately with AK (applied kinesiology) or “muscle testing” if you are dehydrated. We’ve often had to have our clients drink a glass of water before resuming testing. And, if the tester is dehydrated, the subject will not test accurately. In other words, your body’s energy field won’t work right.**

#### Alcohol and Hypnosis

Remember hyper-suggestibility? If you are going to drink alcohol, make sure you have been keeping your emotional tone up as high as possible. Do not drink too much alcohol if you are in a bad state of mind because it will create an even worse state of mind. If you are serious about how you feel and what you want to attract to your life then, at the very least, cut back on the caffeine. Instead, if you have to, order your caffè mocha with only one shot. I promise you that your adrenal glands and brain will be happier and a whole lot calmer.

So again, if you are one of those who prefers not to drink plain water, then go to a health-food store (or online) and get stevia flavored drops (SweetLeaf Sweet Drops makes 20 flavors). Stevia is all natural and flavors your water deliciously and beautifully. My favorite is Chocolate Raspberry, “yummy!” The drops come in a variety of flavors: Apricot Nectar, Grape, Root Beer, Chocolate, Cinnamon, English Toffee, Hazelnut, Peppermint, Lemon Drop, Valencia Orange, Vanilla Crème, and more. Stevia, in granulated form, is easily substituted for sugar in the kitchen—as you are getting so healthy now, tee hee. By the way, stevia-flavored drops are 100 percent natural and have no (or extremely low) calories.

*Note to Self: Here's the best part. There is zero glycemic index with stevia. This means that your pancreas will not react by releasing insulin and is great news for hypoglycemic individuals and diabetics. But, while it is great for dieting and getting in more water, it is still not a substitute for protein!*

### Get Out and Stay Out

I had written earlier that I believe many *attention deficit* diagnoses are simply a matter of the individual being in a state of waking/walking hypnosis much of the day. However, remember that children (especially under eight or nine) are already in hypnosis. So, when they are revved-up on sugar and adrenaline and the fight-or-flight mechanism is going strong, they are unable to focus on anything else except

their programs!

When they are in fight or flight, they become extremely suggestible to their “own” thoughts! Attention deficit disorder responds well to what Dr. John Kappas calls the “Every two to three-hour protein food plan.”

If you’d like to take this to the next higher level, then switch to organic foods whenever possible. There is a plethora of information and research available on the Internet about protein and organic foods and their positive effects on attention deficit disorder in children and adults. Attention deficit is a matter of being unable to focus on a task. And, in my opinion, is the result of *disorganization* of the critical area or mind gate (waking hypnosis or trance state). In other words, the mind gate is stuck in “open”!

It is crucial to your health and happiness to *stay out of hypnosis* during so-called *waking hours*. The exception would be when you are doing the Mind Gate process on purpose! Allowing yourself to go into a trance without controlling it, is tantamount to a Boeing 747 stuck on autopilot. Eventually, it will crash, and when it does, it will take with it all of its passengers. And, maybe more than that. At the very least, it’s like giving a hammer to a four year old. If you have a smartphone, you can program it to notify you every three hours to remind you to eat protein. You can also program it or download apps that tell you to breathe deeply into the stomach for five minutes, three times a day.

### Note to Self:

There are some great new apps that you can get to remind you to move your body, do your exercises, and even when to eat protein and drink water. Stand Up!, Office-Fit, and DeskActive are three great apps to try. Another great app is Time Out Free (a Mac app) and it's free as of this writing. It doesn't suggest exercises, but you can set it to remind you of anything. A good app, if you have an iPhone, is the **3 Hour Diet Reminder**.

You can also use a simple digital timer and clip it to your belt or purse, if you don't mind the annoying little "beep, beep, beep." Hmm! That might start to make you salivate and restore your hunger signals, so go ahead, get the annoying kitchen timer. Whatever you have to do to keep yourself in *present time* and out of hypnosis will be well worth the effort and will speed up your manifestations rapidly.

By making a commitment to yourself to change your life for the better, you might have to clean up some of the things in your lifestyle that are causing you problems or keeping you in hypnosis. At first, making this commitment might not feel great. Whenever we take a stand and make a commitment to change, what will inevitably show up are all the things that have become part of our lifestyle, in other words, your sabotaging habits. Eating protein every three hours, belly-breathing twice a day, and drinking more water while slowing down the caffeine and sugar might seem overwhelming at first, but that is where the *Mind Gate process* can help you.

A great visualization is seeing yourself in the mirror and then seeing yourself the way you want to be. See yourself tipping a bottle of water to your lips with a big smile afterward or riding a bicycle in one of those snazzy spandex cycling outfits. Remember the tea parties with your stuffed animals and “imaginary friend”?

***Remember that visualization is just pretending!***

Let your emotional tone and the law of attraction do most of this for you. I tell my clients that they have to let their subconscious minds and the universe do the heavy lifting. I’ve given you some ideas for staying out of hypnosis but, even if you have a difficult time with that at first, the *Mind Gate* process will still work for you. Remember that when we make a commitment to change our lives, it can seem overwhelming at first.

So, just start off by setting aside twenty minutes of time to meditate and visualize. Maybe in a week or two you might feel good enough to work on the protein, the water, and exercises I gave you earlier. Remember always to be compassionate toward yourself because you’ve done the best you could with the information and programming you got, and, caring about the way you feel should take precedence over everything else!

Because, you will not have enough of you to go around if you are depleted. So, if it feels good, that’s good enough for now. Your intention must always be to feel good emotionally,

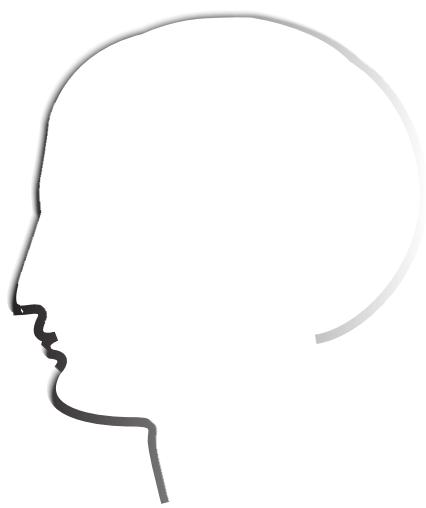
## MIND GATE

because feeling good will always get you what you desire in the core of your being! That's how the law of attraction works!

*“I found in my research that the biggest reason people aren’t more self-compassionate is that they are afraid they’ll become self-indulgent. They believe self-criticism is what keeps them in line. Most people have gotten it wrong because our culture says being hard on yourself is the way to be.”*

—Kristin Neff





# CHAPTER 16

## The Whole Enchilada

### The Mind Gate Process for Creating What You Want

*“The mind is a superb instrument if used correctly.”*

—Eckhart Tolle

The Mind Gate process is a proprietary process that I created to accelerate the intentional and purposed manifestation process. That is, creating our lives through design rather than default. It encompasses parts from Zen meditation, creative visualization, Qigong, and neuro linguistic programming (NLP).

You will, with practice, rapidly learn how to use your conscious mind as it was intended to be used. Soon you will learn how to *dial in* this technique and become more efficient and more accurate. Then you will be creating what you want. And, you will be helping everyone else on the planet at the same time, as you will soon discover. You will even be helping those who have not yet arrived!

### What You Need to Know

In order to do any process for manifesting, you must understand that it is impossible to create what you want if you are not conscious! I am assuming at this point that you are clear about why you need to stay out of fight or flight. If not, I have to emphasize here that this will not work for you if you are “tranced.” So, reading and doing what it says to do in Chapter Fifteen is required work. You must stay out of waking/walking hypnosis.

What follows is a *working model* of the Mind Gate process. To make it work for you, it will be required that you learn how the mind works. It is also necessary that you come to accept who and what you really are. And, finally, you must learn how to play with your imagination while the law of attraction does the heavy lifting. Many of us *Westerners* have a little more trouble than *Easterners* with meditative practices. Due to such polarized cultural differences, we are just a little behind the curve on meditation so the *Mind Gate process* will be a crash course for some.

Effective meditation and visualization can be quickly and

nearly effortlessly mastered when done with the *Mind Gate process*, even if you are a beginner. If you were once under the age of eight (and I can assure you that you were), you can learn this technique easily. Just like tying your shoes or riding a bike, it will all come back to you with a little practice.

## Daydreaming

The difference between daydreaming and visualization is night and day. Although they both utilize our power of imagination, *daydreaming* takes place without conscious effort and often accompanies the “tranced” mind state. And so, it usually digresses rapidly into us entertaining negative thoughts. These negative thoughts quickly become negative emotions, such as worry or worse.

Visualization, on the other hand, is a conscious effort or process that is designed to evoke positive images and therefore positive emotions. Daydreaming can be destructive and is usually a random collection of thoughts. Our monkey minds often use these thoughts to escape the present moment. Our monkey minds will escape into the past and the future. The monkey mind, disguising itself as “your thoughts” is just your programs running, and that is all. Well, I wouldn’t say it is just the programs. This might be a moot point, but it most likely is the conscious portion of the critical area or mind gate. It acts much like a computer’s processor on overload. It is a program itself.

You must remember this always! What it is always trying to show you or distract you from is not real. No matter how real it might seem and even if you are experiencing a negative

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life situation that it wants you to put your attention on, you will not improve that situation by thinking about it.

When you find yourself staring out the window or “zoning out” you are daydreaming and while that could be a useful thing to do to create positive images when you are doing it on purpose, it is dangerous when you are not present.

Visualization and daydreaming are two different things. Dr. Dan Siegel who heads up the Mindsight Institute calls unauthorized daydreaming “mind wandering” and says that it a destroyer of health and happiness. That’s a strong denunciation of daydreaming. It is not the harmless state that we have always regarded as a mere loss of attention.

Mind wandering or daydreaming is a bad habit that not only wastes your time but can have dire consequences if left unchecked. Basically it is being in a trance and your 70 percent or more negative programs are now available to run, if triggered by some random thought or other stimuli, such as the television news playing in the background.

The big problem with daydreaming is that it usually drifts to negative thoughts. When you entertain negative thoughts, even for a brief while (Abraham says only seventeen seconds), you might create enough momentum to start a negative experience to begin. This is because our mind works in constructs or holograms that are connected to many other mental constructs. These constructs might have been created by us or someone else. This is known as “co-creation” and is, in my opinion, the number one reason to watch our thoughts.

## Holographic Model of Meditation

By thinking of and viewing our own physical bodies, the planet, our solar system, and even consciousness itself as a hologram, we can more easily extrapolate or *intuit* that there must be an energy source that can project an image into *formless matter* or *energy* that creates *formed matter*. That power source is the mechanism that is hardwired into us.

A *hologram* is a *photographic record* produced by illuminating an object with coherent (clear or one-colored) light (as from a laser) and, without using lenses, exposing the film to light reflected from this object into a directed beam of coherent light. When interference patterns (Young's double-slit experiment) on the film are illuminated by the coherent light—a three-dimensional image is produced.

***"The term hologram usually refers to an image that is static and does not convey the dynamic and ever active nature of the incalculable enfoldings and unfoldings that moment by moment create our universe."***

—Michael Talbot

In *The Science of Getting Rich* (published in 1910), which inspired the movie, *The Secret*, Wallace Wattles speaks of using our imaginations in a *certain way* to impress a thought on *formless substance* (the force or unified field) to create an impression that will become matter or physical reality and

this is how we manifest our world. Keep in mind that book was written in the early 20th century!

But, Young's double-slit experiment demonstrated that particles can act like waves and vice versa in 1803! Has consciousness expanded from there? I do believe so, yes. Not that our species doesn't need even more work in consciousness expansion but, it is happening. This is an exciting time in which we live. Psychology professor and neurosurgeon Karl Pribram's holonomic model describes brain processing like this—"the brain appears to work as—and store information like a hologram." Beginning to sound a little like a *built-in mechanism* now?

Getting back to abundance for a moment, I believe that real abundance is not only our birthright but is, in fact, what we do unless our *intention* is to be *destructive*. In the positive state of creation or *intention*, we *expand* our universe and everyone else's world (the ripple effect and the butterfly effect). But, in the negative state of creation we *contract* our world, and everyone else's world, to a greater or lesser degree.

In David Hawkins (MD and PhD) *Power vs. Force: The Hidden Determinants of Human Behavior*, he explains (I am paraphrasing) that it is vital that the human race learn how to raise its consciousness by cultivating harmony and practicing compassion or people will eventually annihilate one another. He goes on to state clearly that we, each and every one of us, affects the other and that our energy levels (emotional tones) have what he calls *attractor fields*. These attractor fields resonate (vibrate) with other *attractor fields* in a sort of holographic dance. Because we all contribute to these attractor fields, the universe is really just our "collective

consciousness” being expressed as energy.

In other words, the law of attraction will seem positive or negative to us and that we all are, in fact, the law of attraction in human form! This is startling information. If this is true, then, we are all completely responsible for our lives, our realities, our good luck, and our bad luck. In other words, like Abraham has said, “It is you, it is all you!”

*“In a holographic universe, the achievements of every individual contribute to the advancement and well-being of the whole.”*

—David R. Hawkins

*“The idea that the physical body is just one more level of density in the human energy field and is itself a kind of hologram that has coalesced out of the interference patterns of the aura may explain both the extraordinary healing powers of the mind and the enormous control it has over the body in general.”*

—Michael Talbot

To be able to access and use this *mechanism*, so it will work *for us* (and everyone else on the planet) and *not against us* to attract or create what we want—we have to understand two things. First, we need to understand *what*, and not necessarily *who*, we are and, second, we need to know how to use our *built-in mechanism* appropriately and with the *right intention*.

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Most people have been using their *mechanism* by default, so they have a mixture of good and bad experiences. They will lean, more or less, one way or the other depending on their subconscious mind's programming. Remember that neuropsychologists now estimate that at least 70 percent of the subconscious mind's programming is negative!

To create deliberately instead of "by default" requires some shifts in our perspectives about the nature of reality—and this includes our reality about ourselves and the world. Our paradigm or our model of what it takes to manifest our heart's desires will naturally shift when we accept a much broader view of ourselves.

If we can embrace the discoveries from the science of quantum physics, as well as some of the principles of the Tao, to achieve a better balance between *doing* energy and *being* energy, there is absolutely nothing that cannot be accomplished. However, we must always remember that the real power or "point of attraction" behind all this is our state of mind, our emotional tone.

Master the emotional tone scale by staying out of hypnosis during waking hours and practice *visualizing* and *feeling* whatever makes you feel good every day.

To get through the mind gate and impress an idea or thought of something you want—whether it be a material item, circumstance, or just a pleasant *feel-good* scene—onto or into the subconscious mind, you have to *believe* you are worthy and have the right to do so. To believe you are worthy and have the right to do so (to be a creator) you must know *what* you are. In that knowing, you take full responsibility for all your creations. In other words, this is the world you

experience as your world!

When you assume *full* responsibility for *everything* you experience, then you will know what to focus on and what *not* to focus on. If you are indeed the creator of your reality, then why, oh why, would you want to create or concentrate on anything that does not feel good?

Jesus said this about the subject, “Turn the other cheek.” In other words, turn your attention away from what you don’t want to experience and direct your attention to what you do want to experience! Turning the other cheek also applies to any negative thing or situation that has already manifested or taken physical or mental “form” in your world. Once it has manifested or is *in your face*, as it were, then stop looking at it! Turn away from it, or, just plain old ignore it!

Begin thinking and putting your attention on what you want! If there is a disaster in the world somewhere, it will do you and the victims no good whatsoever to talk about and stew about that catastrophe. I’m paraphrasing here, but when Mother Teresa was asked if she would participate in a rally *against the war*, she said, “No, but if you give a march *for peace*, I’ll be there.”

When a farmer plants a field, he does not have thoughts or visions of the crop failing—and so it must be with you. You will be sowing the seeds of *positive* feelings into your subconscious mind. From this moment forward, commit yourself to the discipline of spending as little energy as necessary to attend to any adverse situation that might have manifested, and then, get out of there! Let this become a way of life for you!

### Intention

To get through your mind gate consciously and impress an idea or thought of something you want (whether it be a material item, circumstance, or just a pleasant feel-good scene) onto or into your subconscious mind, you need to be clear about your *intention*. You must have the best intentions. Your intention can be just to feel better than you do right now. Whatever your intention and whatever it might be that you want—must also be good for others or, at the very least, not be harmful in any way to anyone else or anything, including the environment.

### The Butterfly Effect

In other words, to get what you want should not mean that someone else cannot get what they want. This work has never been about competition, never! Feeling better enriches not only your life but all life! This work is all about, “the ripple effect” or the butterfly effect.

The butterfly effect is a tenet of chaos theory that describes how subtle actions can have enormous effects on complex systems. For example, If a butterfly flaps its wings in Peking, then people get rain instead of snow in New York City. When you get what you want, you will be helping countless thousands get what they want!

Your primary intention should always be to raise your emotional tone, your mood, state of mind, vibration, or energy! All these words can be used interchangeably. So, your *intention* and number one priority must always be to *feel*

*good.* What is *feeling good?* Referring to the emotional tone scale once more, we need to understand that any tone that is above where we are at any given moment is technically feeling good. Some might argue at this point and think, “How can feeling rage be better than feeling guilt?”

Well, if you have ever felt severe guilt, then you know that rage feels a whole lot more powerful or better than guilt—maybe even downright good!

It's as simple as that. Your state of mind, emotional tone, energy, or vibration is **all that matters!** If you have a friend who is feeling down, you will not help them by going down the scale to their state of mind. Have compassion, but don't go down there with them. Do you save a drowning man by drowning yourself?

To get through the mind gate and impress an idea or thought of something you want (whether it be a material item, a definite circumstance, or just a pleasant *feel-good* scene) onto or into the subconscious mind, you must first be conscious or consciously aware of why and what you are doing. The more you practice the *Mind Gate process* described here and visualize the desired condition (material item, decisive circumstance, or pleasant feel-good scene) the more it becomes your dominant thought, suggestion, or central idea in your daily life.

And through the law of attraction, your emotional tone or state of mind will act like a powerful radio tower—sending your signal out to your world to attract people, things, and circumstances that are like your central idea, dominant thoughts, and emotional tone (state of mind).

The law of attraction is this:

***Every positive or negative event that happened in your life was attracted by you.***

The law of attraction responds in *like* fashion to your feelings. If you are feeling sad (*like* attracts *like*), that is what the *law of attraction* will send to you—*sadder-feeling* reality. You could also think of the law of attraction like a mirror. If you are angry and yelling at yourself in a mirror, the image reflected back to you is angry and yelling at you. However, it would most probably serve you better to think of yourself as a giant radio transmitter.

What makes the Mind Gate process different from any other meditation or mind-control technique will become more clear to you as you go through this chapter.

First, you have to accept that you are subject to the negative field and as a result you are often overloaded with information that is less than positive. In fact, for most of us, we are traumatized daily by news of disasters of all sorts. Once you accept the fact that you are in a trance state a lot of the time, then you recognize that you have not been in control of your state of mind as much as you'd previously thought.

So, the Mind Gate process first and foremost teaches you that to become the active creator of the reality you desire, you must learn how to stay out of waking hypnosis.

Second, the Mind Gate process is about acceptance of who and what you are and that you are creating and attracting all the time, usually by default. By not controlling when

and what stimuli or suggestions (ideas) go into the subconscious, through the law of attraction the subconscious mind will act on those suggestions under certain circumstances and create them in some fashion.

Third, by learning how to master our emotions and read our emotions we can create desirable outcomes. The Mind Gate process does indeed utilize meditation and visualization, but all the tools must be employed to get the desired results.

Fourth, the Mind Gate process uses powerful hypnosis techniques known to hypnotherapists but rarely to others. These techniques are what make the process work so well to achieve your desired result.

*“The souls in the greater spheres understand, through great amounts of time spent in contemplation and inner viewing, that whatever they believe to be true, when connected to the God-within, creates whatever they believe to be true”*

—Michael G. Reccia

## The Steps

At night, before bed, or in the morning, shortly after awakening, or anytime during the day when you can be reasonably sure you will not be disturbed, sit back in a semi-reclined position in bed, a recliner chair, or even upright in a comfortable chair.

Uncross your hands and feet and make sure your neck

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and head are supported comfortably. The reason to be semi-reclined is so you can breathe more deeply into the lower abdomen.

Make sure your phone is on silent or is turned off. If you own a cat, a dog, or any other pets, be sure to have them in another room or somewhere they cannot disturb you. As much as we love our critters, they have a bad habit of interfering with meditation. So, just remember that this is vital to your success.

A darkened room is best, but you might use an eye mask if you'd like. If you have an iPod, CD player, or even your computer to play your meditation music, that's fine, but it is best if you use headphones or properly fitting earbuds. The reason for this is that there is more of a noise barrier produced with headphones.

When you begin to pass through the mind gate to be conscious in the subconscious mind, you will be entering into what Eckhart Tolle calls the now or presence—and it is silent, which is in stark contrast to your conscious mind.

The music will keep your *monkey mind* entertained. The *monkey mind* will become bored eventually and stop its chatter. In hypnotherapy, we call this going into *abeyance*. The background music, beats, or noise should be chosen carefully. Some people use sound machines. Sound devices with nature sounds, such as ocean waves, meadow sounds, streams, heartbeat, and rain are best if you decide to use these.

While sound machines are good, I have found what works best is to use music that has been developed for meditation purposes, as it helps the body and mind calm so it moves

more quickly into the slower brain-wave patterns of alpha or theta.

If you are fatigued, you might slip into a deep sleep while doing the *Mind Gate process*. And, that's okay if you can get in at least ten to fifteen minutes of positive visualization and *feel-good* emotions before drifting into delta (unconscious) sleep. Hypnosis or the alpha and theta brainwaves are also known as the *creative* states.

If falling asleep after your session appeals to you, then put your iPod, iTunes, or CD player on *repeat* (or endless loop) so you can drift to sleep after your visualization. Initially, I would suggest you use the *Mind Gate process* both before sleep and after awakening.

To create the life you want, I think thirty minutes a day (fifteen minutes in the morning and fifteen minutes before sleep) is well worth the time spent and should not be a hardship. And, because it feels so good, you'll look forward to your next session.

If you do the *Mind Gate process* during the day or anytime you have to be somewhere, please use a timer to wake you in fifteen to twenty minutes. It is so easy to stay in the deeper states, because we are more fully relaxed than we are in our normal, so-called *waking* or beta brainwave state. As a result, often two or more hours can pass and feel like only minutes. The more real you make your visualizations, the longer you will tend to stay in the deeper states.

If you are fairly new to meditation, I would recommend you use a timer. The reason for this is two-fold.i. The *Mind Gate process* utilizes extremely powerful induction techniques that are designed to bring you into a deep state of

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relaxation, or trance, so you might fall asleep, especially if you are fatigued.

2. If that part of you (your conscious mind) that is focusing on some beautiful scene knows it only has to do this for a short amount of time, there will be less resistance from your *monkey mind*. There will be less chance of it drawing your attention away to something unwanted or some concern you might have been ruminating on, so, why paddle upstream?

### Note to Self:

**The monkey mind is ingenious, so the sooner you learn to “observe” it without getting sucked into its thought stream, the better off you’ll be!**

If some worry or fear creeps into your consciousness, and you find that you can't seem to *focus* on your visualization, then put your attention immediately onto your *energy field* in your feet or hands. It will be that slight vibratory or subtle tingling sensation deep in the body. It's easiest to feel in your feet and some describe it as a “pleasant numbness.” Then, breathe deeply again into the lower stomach. Breathing in this manner and being “present” to your body’s energy field in your feet helps you *snap back* to present time and reconnect to your body.

## Yoga-Breathing

When you are ready, with yourself in position and your music playing loud enough to buffer most street noise or

other sounds, begin breathing deep into the diaphragm. Breathing so that your lungs fill completely is accomplished by pretending there is a balloon in your lower stomach or waist. Some call this *yoga-breathing*. I like the term “baby-breathing” but professional singers learn how to breathe this way also. They call it abdominal breathing. As you breathe deeply into the abdomen, you are taking in more oxygen and breathing out carbon dioxide that activates the parasympathetic nervous system.

The parasympathetic nervous system is that part that calms us. Continue breathing in this manner for about five minutes, allowing yourself to hold your breath in for a moment or two before exhaling and—eventually—begin breathing out a little more slowly than you breathe in.

## Visualize

After about five minutes of yoga-breathing—allow your mind to visualize, imagine, or pretend that you are thoroughly enjoying a cherished goal that you have longed for. It could be a new house, career, vacation, relationship, or anything that feels good when you imagine having it as a reality in your life.

Let yourself go anywhere that feels good to you. There should be nothing but pleasant feelings when you do this. If you can't think of anything, or are not ready to go for a specific goal yet, that's okay! Remember, the purpose and intention is to feel good! What this is all about is raising your emotional tone, your energy, or your vibration so just visualize,

imagine picture, or pretend *anything* that feels good to you!

Maybe it feels good seeing yourself in a cottage by the ocean or in a cabin in the woods by a stream. Maybe you can see yourself playing an instrument in a band or singing to an auditorium full of fans. Perhaps you see yourself speaking in front of an audience and hear them clapping and giving you a standing ovation. Or maybe you are flying over beautiful countryside.

It's your vision, and it doesn't have to be work. In fact, this should be playtime. But, make no mistake, the process will attract all the good stuff to you, no matter what the vision. Because, when your subconscious gets the message that you are feeling good, it will act on those feelings. And, it will attract more of what feels good to your physical reality. So, go easy with this. It's all about being happy for a few minutes a day. When you do this consistently, you are assuming the role of the "observer" or "creator." And, when you are the "observer," you step into the seat of power, as you operate in the "now," you are deliberately creating what you choose to create by what you deliberately choose to focus on!

### Anchor

As soon as you begin to feel a good feeling with your visualization or imagining, put your left index finger and thumb together as if you are making an OK sign. This anchors or locks-in that thought, picture, or visualization into the good feeling. (Remember "The Balloon" guided imagery,) Then, use your new anchor to get that picture and feeling many times throughout your day.

An anchor is like a muscle, the more you use it, the stronger it becomes. And the stronger it becomes, the more useful it becomes. The big idea is to remind yourself of that good-feeling thought as often as possible. When it becomes an automatic response to any situation, circumstance, or any negative train of thought or negative emotion—you will have arrived! Using an anchor is an excellent way to train and affect your state-of-mind.

## Tootsies an' Finners

If you are having difficulty visualizing at first, try this. While you are breathing deeply, put your mental attention on your feet or hands until you feel a little tingling, buzzing, or even a pleasant numbing sensation in the feet or hands. Then practice changing the temperature from cold to warm and back again in your hands or feet. What you are feeling is your body's *energy field*. It is subtle, so if you have to pretend or imagine it at first, that is okay.

Tuning into your body in this manner helps you to get into and stay in present time or the now, as Eckhart Tolle says. When you feel your body's energy field or your "life force," it feels so amazing and beautiful that it's a meditation in and of itself. Use your body's deep, subtle feelings whenever you begin to be distracted. You might even want to start with going deep into the body and even stay there until you get comfortable doing the process.

Another great way to stimulate the imagination is this. While listening to your music, imagine or pretend that you are listening to the musicians playing live for you. What

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instruments are they playing? Are they in a concert hall or club? What do they look like? Are they male or female?

Or if you are listening to ocean surf or wind, pretend you can feel the wind against your face or pretend you can smell the sea. If you are listening to meadow sounds, then maybe pretend you can feel a gentle breeze in the field and listen to hear any meadow sounds, like birds. Imagine where they are. Think things as you visualize them. “What kind of bird do you think they might be? What do they look like?” This makes the process more fun and effective.

It doesn’t matter if you can clearly see or visualize a scene. If you can feel your body, you can do this. Pictures will come to you eventually, so don’t be disturbed or let that stop you from doing the Mind Gate process. Persist, as if your life depended on it, because your happiness and satisfaction in life (and probably many others) is dependent on you being able to raise your emotional tone and state of mind!

***“Whenever an answer, a solution, or a creative idea is needed, stop thinking for a moment by focusing your attention on your inner energy field.***

***Become aware of the stillness.”***

***—Eckhart Tolle***

Discipline yourself to keep coming back to your visualization or the good feeling when any negative or “to-do list” thought tries to creep into your meditation. This includes body discomforts. It is okay to scratch an itch, but your

monkey mind is intelligent and doesn't want to give up control. It might try to distract you in some ways. If you persist, it will eventually quiet as you notice its antics for what they are. However, when it does act up again later, remember to observe it as if it were a small child tugging at your coat or throwing a temper tantrum. There will be other times that it will be entirely convincing that it is you!

Your monkey mind even uses your fear or worry programs to grab your attention. Eventually, you will come to realize that it is you, "the observer," who is in control and then the monkey mind will have little effect on your state of mind. It is critical that you understand this, not only for manifesting good stuff, but for your peace of mind.

**Note to Self:**

**There is *nothing*, and I do mean *nothing*, that is more important than learning and practicing how to *feel good*!**

Raising our emotional tone not only attracts more *like things* (good stuff) to us but also directs our attention, during our waking hours, toward people, places, and things that bring us to more of what we want. If it doesn't bring good stuff to us, it will bring us to the good stuff. Another way of saying that could be that the good stuff will be created when we are ready for it to show up in our lives. Opportunity will either just show up or we will become aware of it whereas, in the past, we might never have even noticed it, if it were right in front of us!

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It's perfectly okay and even normal that, as you practice, your visualizations change and they might become more detailed or less detailed. Remember that you are going for good feelings, so allow your visualizations to go anywhere that feels good to you. Your meditations and visualizations will begin to incorporate more and more of the five senses as they evolve and change.

So it's okay as you practice the *Mind Gate process* to let your *feelings* guide you, just so long as they are guiding you to better-feeling thoughts or picture and into the higher emotional tones. You will soon gain a feel for *the process* so remember that this is a *skill* you are learning. Just go easy and have fun with this but continue to practice, practice, practice! It will all come quickly to you very soon.

***“Follow your bliss and the universe will open doors where there were only walls.”***

***—Joseph Campbell***

Always remember that it is you who is creating the visualization, so if you don't like it, you can change it. You are the writer, director, and producer, so make it just as wonderful, kooky, crazy, zany, or beautiful as you like. Again, just have fun with this and remember it is perfectly okay if it begins to feel or seems as if you are just *goofing off*. In fact, that's one of the biggest validations or affirmations that you are on

the right track and moving forward in the right direction. Moving toward joy always feels a little like goofing off.

When it becomes more and more like playtime, you are there, *in the zone*, so get ready to receive your *good stuff*. Keeping your visualizations more general is extremely productive, so don't get *bummed* if you can't seem to come up with a particular goal or desire. Remember, you have a huge positive emotional escrow account or *mental bank account* that's just sitting there waiting for you to show up in its frequency and then it will pay off like a jackpot!

***“Your Father knows exactly what you need even before you ask him.”***

***—Matthew 6:8, New Living Translation***

## Cheetah Strikes Again

Do not let any negative (lower emotional tone feelings) creep into your process time because, this is your work. You will soon become excellent at knowing how to switch back quickly to *good-feeling* pictures and thoughts. I cannot stress this enough! You must learn to ignore the *monkey mind*. You do this by just noticing when it comes around—and then quickly redirect your conscious attention to your good-feeling visualization. It is vital that you train your mind how to focus on what you want and not be distracted by what you don't want!

Do not, under any circumstances, engage the monkey mind. Let me be extremely clear about this. Would you get

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in between two grizzly bears fighting? It would be futile, and you would likely get severely injured. That's how I want you think of your monkey mind. Your monkey mind does not care about your welfare. It does not care if you are happy. It is afraid you might wake up and realize that it is not the real you. It wants control of your mind. It would even kill you, if it could figure out a way to do it without dying itself! Observe it from a distance. You must always be the observer and never let yourself be fooled again.

So, visualization is the same process as daydreaming, except for one major difference: we are conscious when we visualize. We are not in a waking/walking hypnotic or tranced state! Your conscious mind is way out of practice at fantasizing, so it will want to figure things out. That is what you believe you are supposed to do, and the monkey mind loves to engage the conscious mind in figuring stuff out, but you have forgotten how to use the conscious mind correctly. You have forgotten how to focus on what you want. Remember, you are the director and producer of your life movie, and that is what your conscious mind is designed to do.

### **It's You, It's All You**

Once you have unwittingly created a negative reality or negative manifestation, it has already gained way too much momentum to figure out, because it has already been created. You cannot un-create it, but it will eventually lose steam and peter out on its own like a hurricane. It will go away if your conscious attention is drawn away from it. Or you can simply observe it for what it is, an illusion. When you switch

your attention to a more positive reality or something you want, you will be creating a new positive outcome so always remember to “Turn the other cheek.”

Am I saying you should ignore the reality of an adverse situation? Yes and no. The best you can do is to take responsibility for your creation by saying something like, “Look what I created!”

In other words, acknowledge it as your creation and then turn away from it and go back to the drawing board. Turn your conscious attention and use your imagination to create something you really want. Now, by the same token, go ahead and take credit for any good situation in the same manner. In fact, I highly recommend you do just that! Saying, “Look what I created!” is a wonderful affirmation for remembering who (or what) you really are! Anything that affirms *anything* that is pleasing to you and shows up in your life as good is worth acknowledging. It could be as simple as feeling appreciation and gratitude for having the eyesight to read this book!

## Commitment

To get results and get what you want you must commit to doing the Mind Gate Process for at least fifteen minutes each day, no matter what! Soon you will be able to direct your attention to your visualization during your day-to-day life. At first you will be using your *anchor* and then one day your entire life will be transformed as you visualized it to be, or even better.

How long will it take to get results? The magic number is

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twenty-one days to see definite changes in your time-space reality. In the meantime, just notice what you have created so far and take credit (not blame) for all of it.

By the same token, do not give credit or blame to anyone or anything else because that is the path to *disempowerment*.

When we blame others for something negative in our lives or give them credit for something good, we are affirming, on a deep level, that *we do not create our own life*. This always drives us toward or pushes us into fear! And then we feel we are at the mercy of fate or the economy or something.

**“Fear is the path to the dark side.”**

—Yoda, Star Wars

It is okay to feel *empowered* because you are a god among gods, but you are not more than, nor less than, anyone else.

When we can express gratitude for anything we experience, whether it appears as good or bad, and remember that we are the creators of it, we are acknowledging who and what we really are, which is the feeling of *appreciation*. Look at all the good in your life and remember always to thank yourself for it. You deserve all the credit for all the good that is around you!

We must always keep in mind that negative circumstances will not change until we change how we feel.

**Note to Self:**

We must plant our seeds of happiness in the only place where they can grow, and that is deep in our subconscious minds. Then, we must tend our gardens by watering and nurturing them and keeping the weeds out all the while.

### Music Soothes the Savage Mind

I have experimented with this extensively and have found that synthesizer music by artists like Steven Halpern, Dan Gibson, Ty Burhoe, and others combined with ocean surf sounds, streams, rivers, or rain work better to engage our *monkey minds*.

As that part of the mind becomes distracted, you will be able to drift into a relaxed *alpha* or *theta* state more rapidly and be able to stay in those states for longer periods of time. Nature sounds in the background provide a kind of *white noise* and aid to help keep you focused on your visualizations. A company called Hemi-Sync ([www.hemi-sync.com](http://www.hemi-sync.com)) has a lot of brainwave CDs available for meditation. Listen to their samples first to *feel* if it resonates with you, given my criteria of checking with what it feels like to you with your emotional navigator, the emotional tone scale.

I like combining various types of *meditation music* with nature sounds. I have recordings on my website that are especially powerful as meditation tools, and we are in the process now of recording more audio fantasies and more educational videos.

### Note to Self:

Do not play rock, rap, jazz, or anything that will excite you. Music that has melodies from songs you know or music with words does not work. It will distract you from your visualization, and get the *monkey mind* chattering so much that you won't be able to focus on the silence deep within you.

The *Mind Gate* process is also available as an MP3, narrated as a progressive relaxation and hypnotic suggestions for health and well-being. We recorded it to guide you through the *Mind Gate* process with alpha then theta brainwave (*Mind Gate*) music with binaural beats that help you reach even deeper states of theta brainwave. While deep theta is preferable for your most powerful visualizations to have a positive impact on the subconscious mind—you must not drop into delta or unconscious sleep. Because, when you go into delta, there is no possibility to influence the subconscious mind. So ideally you'll want to be in theta wave state.

Theta is the *shamanic* state. You are not asleep, but you are not quite awake. Known as “the bridge to the subconscious,” this is where you want to be for creating the higher emotional tones and, therefore, what you want. This is also known as “deep meditation” where *the flow of ideas and creativity takes place*. It is where your real power lies. Because, it is here that you are truly present as the “observer” of your experience and where you show up as the real you. You lose your identity when you become the “observer.” You are no longer your body, your race, your thoughts or fearful images for a few

minutes, right before you fall asleep and go into delta, unconscious sleep. “Where do you go then?” you might ask.

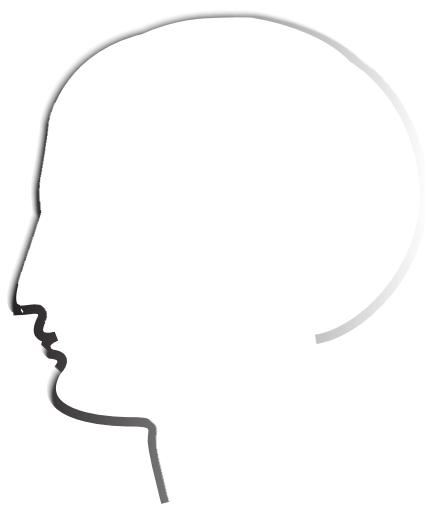
***You tell me . . .***

**The MP3 recording is a guided meditation and includes instructions for using the Mind Gate process.**

Just contact us at [www.DrMitchellMays.com](http://www.DrMitchellMays.com) and ask for the Mind Gate process and we'll email it to you for free!

*“Those who dream by day are cognizant of many things which escape those who dream only at night.”*

—Edgar Allan Poe



# CHAPTER 17

## Soul Retrieval and Our Shadow

*“Phrases such as ‘I’m beside myself,’ ‘I was frightened to pieces,’ ‘I feel lost,’ ‘I feel like part of me is missing,’ originated from a sense of soul loss.”*

—S. Kelley Harrell

### Soul Loss

When you realize all the events that can cause PTSD, especially when we were children, you will have a fairly good idea of why we have fragments of our “being” or soul that has taken flight in order to survive the trauma to our psyche.

Shamanism teacher Sandra Ingerman writes, “When I

was doing the research for my book *Soul Retrieval: Mending the Fragmented Self*, I found that most shamanic cultures around the world believe that illness is due to the loss of the soul.”

In recent years, there has been increased interest in shamanism or “spiritual healing.” The word shaman is from the Tungus Indian tribe in Siberia and means “one who sees in the dark.” Shamanism is widely practiced all over the world in Asia, Africa, Australia, Europe, Greenland, North America, and South America. Shamans are people, men or women, who act as a mediator of sorts between individuals with an illness and their souls or spirits that have left the body for various reasons, usually a trauma of some kind. The illness the individual suffers from can be physical, mental, emotional, or all three. Shamans believe all illnesses are a result of spirit or soul loss.

Shamans believe that whenever we suffer an emotional or physical trauma, a part of our soul leaves our body to survive the experience. The word “soul” that I am using here refers to our essence, our life-force, or the energy that runs our body and animates us. In other words, that part that is missing in a corpse.

As discussed in Chapter Four, the types of trauma that could cause a loss of a part of our soul are as follows:

- **Direct exposure** to a traumatic event, such as abuse—sexual, physical, or emotional. Accidents, combat, being a victim of a terrorist act, and being in a natural disaster, such as tornadoes, floods, earthquakes, etc. This exposure includes addictions, divorce, and death of a loved one.

- **Indirect exposure**, such as witnessing these events or learning that a close friend or relative has been in an event.
- **Repeated exposure to the details of an event**, like the families of those who helped with cleanup at the World Trade Centers after the terrorist attacks on September 11, 2001.

Basically, any event that shocks our sensibilities or even going into a state of shock itself can cause parts of our soul to retreat or flee. It's important to note that what might cause soul loss in one person might not cause soul loss in another. It appears that soul loss is a good thing, because it seems to be how we survive pain. If you are getting the sense that those who suffer from PTSD probably have soul loss, you would be right. If this is true, then it begs these questions:

1. What are the parts that are missing, and how can we identify them?
2. Where do these parts go?
3. How can we retrieve these parts of our souls?
4. What happens if we just leave that part of us alone?
5. Can we retrieve our souls without the help of another?

Shamans will tell you that although soul loss is a survival mechanism, the soul part that left usually does not come back on its own. Shamans believe that those parts might be lost, stolen by another person, or the soul doesn't know the trauma has passed and it is safe to return. In light of what you know about PTSD and adrenal fatigue, you can easily see the stark similarities. When I put the pieces together, a light went on for me.

Remember how the fight-or-flight mechanism works. We perceive a real or imagined threat to our survival and we “escape” into a “simulated sleep” of waking/walking hypnosis that futurist Alvin Toffler described as a “tranced” state. This psychic landscape is where the soul retreats to, deep in the subconscious mind.

In psychology terms, this is known as dissociation (the splitting of a group of mental processes from the main body of consciousness). But in psychology, there is no talk about exactly what dissociates or where it goes when it dissociates. And remember your body is your subconscious mind, and that’s why soul loss always manifests as some sort of physical symptom, no matter how seemingly unrelated.

It is the shaman’s job to go into an altered state of consciousness and track down where the soul (or part of the soul) might have fled. It could be hiding in “alternate realities” or what I would call parallel universes. The shaman then uses various techniques, processes, or rituals to coax the soul to return to the individual.

### Symptoms of Soul Loss

There are a lot of symptoms associated with soul loss but some of the common ones include the following:

- Chronic anxiety, apprehension, ADD.
- Emotionally numb or a feeling of not being fully engaged in life, or not feeling entirely in the body or even completely alive.
- Chronic depression with a sense of hopelessness.
- Immune deficiency problems and autoimmune

disorders, such as rheumatoid arthritis, multiple sclerosis, psoriasis, and many others.

- Insomnia/panic attacks.
- Grief that doesn't heal or go away.
- Feelings of dread and doom.
- Bad dreams, bad memories.
- Addictions to substances, food, relationships, over-work, etc.
- Posttraumatic stress disorder.

Looking at the list above, it bears a strong resemblance to the list of PTSD symptoms. That is because PTSD and *soul loss* are, in fact, the same thing!

### Symptoms of PTSD (Again)

- Fatigue (can be crashing fatigue)
- Anxiety
- Weight loss or gain
- Depression/hopelessness
- Insomnia /panic attacks
- Bad dreams, memories, or flashbacks
- Feeling emotionally numb/losing interest
- Avoidance/hyper-arousal (muscle tension)
- Salt and sugar cravings
- Mood swings/frustration/irritation
- Shaky/lightheaded
- Low sex drive
- Ulcers
- Low thyroid symptoms: cold hands/feet, constipation,

weight-loss resistance, dry skin, brittle nails and hair

- Hot flashes/night sweats
- Irregular heart beat
- Feeling of dread, apprehension, doom
- Difficulty concentrating
- Disturbing memory lapses
- Aching, sore joint, muscles, and tendons
- Increased tension in muscles
- Headache change, increase or decrease
- Gastrointestinal distress, indigestion, flatulence, gas pain, and nausea
- Exacerbation of existing conditions
- Dizziness, vertigo, lightheadedness
- Tingling in the extremities
- Gum problems, increased bleeding
- Tinnitus
- Allergies or worsening of allergies
- Low blood pressure/high blood pressure

*“Hell, in my opinion, is never finding your true self and never living your own life or knowing who you are.”*

—John Bradshaw

## Recovering Our Inner Child

The remedy for soul loss is the same as for PTSD in our clinic. The hypnotherapy is directed toward going back to rescue the “inner child” who has been wounded. And then, learning to re-parent ourselves by soothing and assuring the

inner child that the adult-you is now here. And, that the adult-you is here to champion, protect, and love the child-you.

The child is usually found in the lower registers on the Emotional Tone Scale. A typical level where I usually find them is in fear, guilt, insecurity, and grief. But it is not unusual to find them in disappointment, doubt, worry, and below. The way we identify what parts “flew the coop,” so to speak, is to always refer to the Emotional Tone Scale.

There are those who would disagree with me, but soul retrieval is also known as “shadow work.” I understand about repression and suppression psychologically, but I don’t go there in my work. Whether the emotional tone has been suppressed in childhood or in adulthood is a matter of being aware or not of the fact. That is, the emotional level has been suppressed for some reason. Basically the result is all the same, and it is that *the individuals are left feeling as if part of them is missing!*

That is because the part of us that was not okay to express itself, such as fear or anger, is one and the same as the part of us that feels unsafe to return. This is often referred to as our “shadow side.”

Spiritual catalyst Teal Swan refers to these missing parts as “tears” and “rips” in our aura. She is a “sensitive” and can read someone’s energy field. She says that these old emotional traumas remain unhealed, especially in our emotional fields until they are acknowledged and embraced. This is not easy to do ourselves, because we don’t want to look at these wounds. We’d rather let them remain out-of-sight and out-of-mind. But they will eventually manifest somewhere, usually in the physical body. Unfortunately, they often make

their presence known in the form of serious illness, such as cancer.

When they are finally acknowledged, the individual will go through an identity crisis of sorts. As they confront their shadow, they become aware of parts of them that were never allowed to be part of their identity. That is, unless the wounds existed as part of the story of their life.

Most “victims” identify with their unhealed emotional wounds and wouldn’t know who they were if those shadow parts were confronted and brought out into the light, because those parts would be healed. In “soul retrieval” and “shadow work,” the goal is the same—to restore as much of the person’s energy as possible.

If individuals are unable to get in touch with how they feel about a particular issue, person, or situation from the past that is troublesome, then, that is where we look for the lost part and shadow. By exploring the emotional tones that might be just above or below the appropriate feeling that would typically accompany the memory of a traumatic event, we can usually coax the wounded child or that part of the soul out of its hiding place.

Also, sometimes in hypnotherapy, I have them focus on and get present by becoming the “observer” of a particular symptom they have been suffering from. Because the conscious mind needs to put the information from the energy produced by our emotions somewhere, it stuffs or stores it in the body (the subconscious mind). And where do you think that energy goes? It is put into the body somewhere. It goes to relatively common places in everybody.

For example, your friend breaks a date with you and you

react with the emotion of disappointment, which is an invalidation of our self-worth, so our conscious mind stuffs it where all the other disappointments in our life have been stuffed. I frequently see disappointment hanging out in the heart area.

When I have clients in hypnosis, I ask them to place their hand over the area where they feel the disappointment, fear, grief, anger, etc.—that's usually where the wounded inner child or soul went—and they are almost always reluctant to show their faces. Underneath all those years of disappointment, there is often a more significant traumatic experience that involved a real fear, guilt, or grief.

Our “shadow side” is really much like a child who was born deformed or retarded in earlier centuries. In those days, a child such as that was seen as an embarrassment to its family and so might have been exiled to the attic or basement. Only now, it was us, acting like the unenlightened parent from the past century, who put the child in the attic. The shadow self is caused by a soul wound. And, it is that part of our self that we deemed socially unacceptable, embarrassing, or too painful to visit from our childhood—so we repressed the memory of it. Or, we suppressed its expression whenever it would try to express itself. In other words, we banished it from our kingdom. An example might be, at the age of five you might have expressed anger at someone or something and were then beaten for displaying anger.

We made a decision that it was not acceptable to show our anger because it carried a beating with it. As a result, now we are unable to put in boundaries as long as the consequences are a few notches above getting a beating. Many abused

people fall into this category. My point is, our shadow side is often a piece of our soul that ran for the hills to survive the pain it was experiencing. And, it is a “soul wound” to our inner child like John Bradshaw talks about. I realize there are some who think of “soul retrieval” and “shadow work” as two different things, but it has been my experience that they tend to go together. If you show me a behavior that is being suppressed, I’ll show you some underlying psychic trauma.

Soul retrieval and shadow work go hand-in-glove with our work with PTSD and adrenal fatigue. You might need a shaman to retrieve any lost parts of your soul, but you must first learn to stay out of trance and nourish your adrenal glands. Then, by cultivating your amazing natural gifts of imagination, learn to master the Emotional Tone Scale. When you do that, you will be equipped to heal and deal with any past traumas and have access to your full powers by providing a stable environment for your soul.

### Emotional Tone Scale

1. Joy—Empowerment—Freedom—Love—Appreciation
2. Passion for Another—Passion
3. Enthusiasm—Eagerness—Happiness
4. Positive Expectation—Positive Beliefs
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism

10. Frustration—Irritation—Impatience
11. Disappointment
12. Doubt
13. Worry
14. Blame
15. Discouragement
16. Anger
17. Revenge
18. Hatred—Rage
19. Jealousy
20. Insecurity—Guilt—Unworthy
21. Fear—Grief—Despair—Disempowerment

All of us have been raised in dysfunctional families. John Bradshaw, when he was teaching about the wounded inner child in the 1980s, said (I'm paraphrasing here), that it is not a question of whether or not we were raised in a dysfunctional family, the real question is, to what degree was your family dysfunctional?

We are so far from our natural state of autonomy that we have few, if any, role models to know what "normal" is. The one thing we know is that to be happy, we must conform to something—but what? To standards of material wealth, to a social group or religious tribe? The following chapter came to me as what I can only call, for lack of a better term, "automatic writing."

I had been contemplating my own "shadow work" and soul retrieval when I was moved to pick up a pen and yellow legal pad, which is what I used to do a lot of my writing, prior to typing on my laptop. I believe the first "automatic writing"

given to me, titled “I AM,” was to serve as a template for a way to be while walking on the earthly plane. But, in order to do so, we have to have access to all our emotions and have all our “soul parts.” In other words, we need all of us, replete with all the energy we were born with, and we need to have all that available to us. It later came to me, in what we call a “psychic download,” that it was the archangel Michael who had sent me a message.

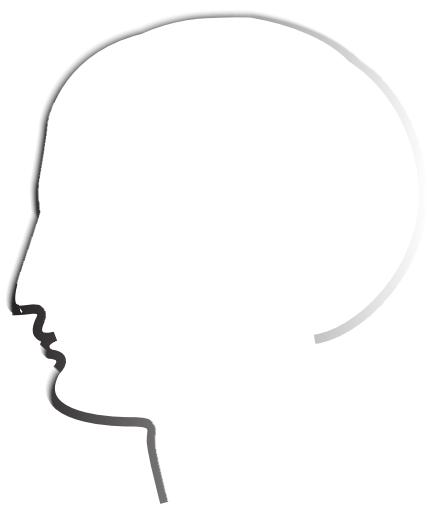
The second writing, “The Dreamer,” describes the tranced state most of our world lives in and comes from the archangel Gabriel. I sincerely hope you can appreciate the contrast these two automatic writings are expressing. In the one, you are the powerful creator that you were born to be and in the other, you are a victim.

The third writing, “Angels,” ushers in “the comforter” that we were promised by Jesus and came to me through archangel Raphael.

*“We are all channels on some level, and it will always be our choice whether to soar with the Eagles, brave and free, or to grovel in the muddy, slime-infested swamps of our many fears and insecurities.”*

—*Douglas Taylor*





# CHAPTER 18

## Who We Are

*“You don’t ‘have’ a soul . . . You ‘are’ a soul.  
You ‘have’ a body, temporarily.”*

*—Walter Van Miller Jr.*

After writing my first book and teaching the Mind Gate process in workshops, I have come to understand and believe that it is critically important at this time for us to understand “what” we are! Quantum physics research and now neuroscience research confirms the notion that the *mystery schools* and *religions* throughout the ages have been telling us. That it is us (human beings) that wield the mighty force of creation itself! I believe it is critical that we accept the truth of this, so we stop creating what we don’t want. We need to

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let our children know that we know the truth about who and “what” they are. I am, and you are a god among gods!

***“Is it not written in your law, I said, Ye are gods?”***

***—John 10:34, King James Bible***

### A Message from Archangel Michael: *I AM*

*I am immortal. I do not exist as a leaf that springs to life only to wither and dry and fall from the tree when the winds turn cold, and the sun grows farther away.*

*I've existed long before time began. I am source. I am time. I am the universe. I am love. I am war. I am life. And sometimes I am a killer of life. I do not exist for you. I exist for myself.*

*I can carry your load for a while but if you wish me to be in servitude forever I will leave and I will hurt you because my life MUST be expressed. This is why I am here.*

*I love and protect, and I do battle for that which I choose to protect and love. I am selfish. I do not sacrifice my life for others, nor ideals. I do not sacrifice my life for political goals nor some patriotic allegiance to a state or country, nor for any tribe.*

*I am a warrior if I need to be and a lover all other times. Since love feels better than hate, I do not allow myself to hate because I always want to feel good. Anger is an emotion that is brought forth only when it becomes necessary when I or that that I love is in need of protection. It is a weapon of defense and never to be used to offend.*

*I use this weapon only rarely and always with temperance. I am not afraid to wield it when necessary. But the use of it is inevitable when walking the earth plane.*

*In high places, it is convenient to speak of peace and love, and I do so whenever I can.*

*But, down among the forces of society, while peace is always hope and a goal to strive for, it is fleeting in nature. Therefore, it must be cultivated by all who wish it manifest in their lives. That is a reality on the earth plane.*

*Playing a role or pretending to be a man or woman of peace becomes an abomination known as a people pleaser. Those who take this path, usually very early in life, initially as a coping and survival tool, will find it difficult to break its hold. It is seductive and has been birthed from the dark side.*

*It will lead them into decisions and situations they will later deeply regret. People pleasing, when done habitually, is self-denied prostitution and its resultant loathing of the self leads the individual into self-indulgence of every kind.*

*Therefore, exist for no man, woman, or ideal.*

*Exist only for you, as the authentic you.*

*Love will come from you as water from an underground spring.*

*So become authentic, someone you may have never met. All of your power resides within your authentic self. You will then own your heritage.*

*Say to yourself often, "I exist for no one and everyone at the same time. I am you. I am an enigma. I pray for peace but always stand ready with the sword of truth, my truth.*

*"I am divinity living in a human body. I am life. I am vulnerable and violent at the same time. Do not trust me and do not forsake me.*

*I am the alpha and the omega. I am an enigma. I am a mystery and, as long as I see reality as a mystery and remain in that mystery—all the power of the universe is mine to command."*

### Who and What We Are

We are travelers in time, and our energy has no boundary. We are the projected image of God. This idea of humans being gods is not new nor is it blasphemy, although there might be some who read this who take offense at these words of mine. But, I assure you, no offense is meant nor implied toward any religious belief. My saying “we are gods among gods” does not imply any ego-based idea whatsoever, but merely points out that we are all divine. The energy fields or life-force that animates us is a mystery to even our greatest scientists. How can we have a discussion about whether God exists or not without recognizing that there is a force that suspends and rotates the planets, solar systems, and galaxies?

The *Hubble Telescope* has clearly shown us the immensity of our world and also that there are indeed countless other worlds! The mind that created all these is beyond description. And, it is my belief, based on scientific evidence and different religious texts I’ve studied throughout many years, that there can be no other conclusion other than we, the human race and everything on this planet, are just as much

a part of this mind as any other thing in the cosmos.

The story that illustrates my take on this whole mortal human/God thing is “When the Student Is Ready” (see below). This idea of being gods or a part of god or an extension of god is not an ego thing; it is simply a personal belief that needs proof through trying it on and seeing if it fits. In other words, does it work for you?

If not, discard the idea, but don’t throw out the baby with the bath water. At the very least, you will operate on a much higher level by staying out of trance and learning how to master the Emotional Tone Scale. I hope you do learn how to stay out of waking/walking hypnosis—not only for yourself but also for our current generations and future generations.

### **When the Student Is Ready**

A young Hindu student came to see his guru and bowed before him. The student’s clothing was covered in dust and torn all over. He was bleeding from numerous cuts and scratches on his elbows, knees, and face.

“What happened to you?” asked the guru.

“Is it not true that I am God as you have been teaching?” the student replied.

“Yes, that is true, you are God.” said his teacher.

The student continued, “Well, as I was walking on the road an elephant with a man riding on its back came running down the road toward me. The man was shouting at me to ‘get off the road, get off the road,’ and the elephant was coming very fast toward me. At first I thought, I should move off to the side of the road. Then I remembered your

teachings, and again I thought to myself—*since I am God, no harm will come to me because the elephant will surely stop for god.* Just when the elephant was about to run over me, it reached out with its great trunk and threw me off to the side of the road sending me tumbling in the dirt and the rocks.

“Yes, yes, go on,” encouraged his teacher.

“Well, if it is true that I am God...how come the elephant did not stop for me?” asked the student with all sincerity. The guru looked at his student with amusement of his apparent misunderstanding of the teaching.

“Why didn’t you get off the road when God shouted at you from atop the elephant?”

When we awaken to what we are, we have no choice except to embrace and accept that the whole of humankind is God and are all the same. Yes, I said the whole of humankind and all things that spring from the Earth and the cosmos. We will understand and be able to use the awesome power we have available to us. We will learn to use it in the way that will give us what we desire, which is, what most everyone else wants!

And not just embrace the idea of *oneness*, but accept the fact that you are ultimately responsible for everything in your world! It has been my experience that many people can accept the idea that they might be God, like a piece of apple pie is still apple pie. But, when it comes to being “the one who made the apple pie,” it’s become a little harder to wrap your head around that kind of responsibility and power.

***“You are here to enable the divine purpose of the universe to unfold. That is how important you are!”***

—***Eckhart Tolle***

So then—What are we? We are divinity focused into a physical body. I tell my clients they are divinity and not an identity. We are a *divine* being, an *energy*, a *spirit*, a *presence*, a *spark*, or whatever else you would like to call it. We have a physical body, but, just like wearing a suit of clothing, we are no more than that suit than we are the shoes on our feet. But many have come to believe that they are less than the clothing they wear! Like an actor playing a part, our circumstances, jobs, careers, professions, families, races, colors, and religions are not *what we* are, those things are only how we identify ourselves. They are the “role” or “part” we are playing. We don’t realize that though, unless we have an experience that wakes us up to that fact because *we* have been asleep.

***A student asked the Buddha, “Who are you, are you a god?” “No,” replied the Buddha, “I am awake.”***

**A Message from Archangel Gabriel**

***The Dreamer***

*You’ve been living in a dream world. You have been asleep for a very long time.*

*You dream of poverty, lack, sickness, and even war.*

*You dream of violence and hatred and prejudice. You dream of death and dying.*

*You dream that your brothers are your enemies. You dream of being taken advantage of and that there is not enough to go around.*

*You dream of getting all you can and are always calculating how you will be able to keep what you have from others.*

*You dream of others stealing from you, lying to you and cheating you.*

*You have fearsome dreams—dreams of feeling guilty for just being here.*

*You dream that you are not worthy or enough. You are more than enough. You are everything there is, but you don't know that because you are dreaming that you are separate from all that is.*

*You dream of worries and stresses. You dream your brothers are taking things away from you, and you dream this will make you less.*

*Nothing real can be taken from you.*

*You dream of failure and loss of control, and there is no peace in your dreams.*

*You dream of abandonment and that someone or something*

*holds the happiness that is missing from your life.*

*You dream of grief, loss, and sadness. You dream of pain.*

*You dream of failure and yet are afraid of success. You dream of deceit while distrusting yourself.*

*You dream that your body and mind are betraying you.*

*You dream you are mortal and that you will die.*

*You sleep . . .*

*All of your dreams of fear and loss come from believing you are something that you are not.*

*You are not any of the things or ideas that you think you are because there are no such things as thoughts.*

*Thoughts are illusions, like your dreams. They are not real.*

*You let them in and accepted them as truth when you were new here because they fascinated you.*

*In your new body and mind, you were fertile soil for others to plant their seeds of fear and guilt and despair.*

*But, you knew this would happen, and you accepted that condition.*

*Do you remember now? You agreed that you would focus your energy on physical matter and become a human form.*

*You agreed that you would forfeit all memory of who and what you are.*

*This was the game you wanted so very much to play—and still*

## MIND GATE

do.

*You agreed to come to this time and place and to be subjected to programming and belief patterns from your parents and tribe.*

*It is important to remember that it was you who chose to play this game.*

*The game was explained in much detail, and you agreed to travel this physical plane and enter into the maze and play the game.*

*You were eager for this experience. And when your physical body is all used up and exhausted, or when you tire of this game, then, laughing at this grand experience, you will find your way back home to reflect and rest, and perhaps, play again soon.*

*When you find yourself eventually in this game of hide and seek, you will wake up to what you are.*

*Then you will claim the prize, your birthright, your power, and your inheritance.*

*Are you ready?*

*You are not now, nor have you ever been mortal. You have just been dreaming you are mortal.*

*You sleep . . .*

*It is now time to wake up. It is time to wake up from your dream.*

*And just because you are reading this, and just because you are getting closer to waking up—this time you will remember that this has only been a dream—this time you will remember.*

*And when you shed this physical body and re-emerge back into positive light-energy, **this game** will end, and then you will decide*

*if there will be another.*

*Do you remember now?*

*I'll give you words and processes to help you wake. And when you do, you will remember, and what a joyful moment that will be.*

*For now, the dreamer reads these words. But as you remember, it will seem the opposite of what you now call "waking up" in your physical body.*

*The words I offer here for you, are words of comfort and are meant to help rouse you gently but firmly from a nightmare.*

*The ones who drove you into your dream-world were also dreaming and were merely keeping their end of the agreement they had with you.*

*No matter how it has appeared to you, they meant you no harm, and in fact, loved you very much.*

*They agreed, per your request, to play this game with you—the game you wanted to play!*

*Many of the words and beliefs they offered to you were meant for your protection because of their dreams of fear, violence, and betrayal.*

*Their fears were great, and so their words carried great fear that was shocking to your young mind.*

*It was all these shocks that made you escape into your dream.*

## MIND GATE

*You have been living their fears—do you remember now?*

*The joy that you are naturally has been suppressed by your dreams of fear and guilt. These were given to you when you were still innocent.*

*But as long as you sleep and as long as you dream that you are awake, the joy that you are will not be expressed fully, and you will resist its energy.*

*The dreamer will not let it come to the surface. The dreamer resists—but not for long. The dreamer is afraid.*

*It is afraid if it releases the joy, then, the joy will be gone as if it were a limited resource. . . .*

*The dreamer believes it can hold onto and keep the joy for the right moment.*

*It believes it will release the joy when it has enough money, the right relationship, the right job, the right house, or better.*

*And so it holds onto joy, keeping it safe in its “hiding place”—until the right time.*

*The dreamer has forgotten where it hid the joy. But remember, this has always been a just a game, a game of “hide and seek.”*

“I Am,” “The Dreamer,” and “Angels” (told in the next chapter) came from a source that has been familiar to me all my life, like an invisible friend who children play with. I had completely forgotten about him for many years, but now he whispers once again in my ear, often at 3:30 in the morning. As a child, he comforted me when life was cruel, and he

played in the dirt with me. He sang to me at night, lulling me to sleep and holding me when I was sad.

Many of us have had such “imaginary friends,” but most of us have forgotten about them. They are still there and will come to us again if we ask them to. Are they our guardian angels? Who knows, but what I do know is this—he is there to lean on when I stumble and carries me when I cannot walk.

*“He was everything I needed because his entire character had been molded by my deepest wants and desires.*

*He was my rock when I cried, my playmate when I laughed, and my hero when I needed to imagine that one existed for me.”*

—Richelle E. Goodrich



# CHAPTER 19

## Manifesting with Intention

*“When you can connect to the silence within you,  
that is when you can make sense of the disturbance  
going on around you.”*

—Stephen Richards

If you have adrenal fatigue or suffer from PTSD, then you must work on healing the damage that's already occurred before you can consistently and efficiently manifest your desires, in my opinion. That is not to say that you can't demonstrate some great stuff with some of your pieces missing or wounded but, the power you could have available to you is not operating at its full potential.

You already manifest all the time, but wouldn't it be nice to be able to create consistently what you want instead of hit and miss? Remember, it's our negative subconscious programs that keep getting stimulated that are causing us problems. And, it is our "shadow" that needs to be exposed to the light so it will quit activating these programs and sabotaging our pursuit of happiness. So, love all of you and treat yourself as the precious child of God that you are. You are magnificent!

### The Comforter

The following is the other channeled or "automatic writing" that came to me or more accurately "through me" recently. I had gone into a deep meditation one morning following my visualization mind gate work and was feeling profoundly grateful for this work that I do. Later that day, I became aware of a spiritual "download." It was a gamma wave or nudge of inspiration that I always get when I'm getting a long message. I would not call it an "Aha! moment" or a light bulb going on like a sudden new idea. No, it is a clear, physical directive that moves me to look for something to write with and on, as soon as possible. So, I grabbed my notebook and poised my pen to take down the dictation. There were more words that needed to come, but I only had a few minutes to jot down the first couple of paragraphs.

I didn't get back to my notebook for nearly two weeks when Terri and I took some time to get a break from our intense schedule. We decided to take a swim and Jacuzzi and so went to the health club, just to take care of ourselves. I had

brought my notebook with the “automatic writings” from the two weeks prior and didn’t know if “the words” would resume. I thought that they might come but then again, they might not. I wasn’t at all concerned either way.

Terri and I were sitting outside. She was catching some rays and I had my notepad and pen in the shade. We were enjoying this lovely Sunday afternoon when I opened my notebook where the first two paragraphs were written. As I looked at the words, I began to focus on the feeling of gratitude. I felt deep gratitude for this day, for my loving relationships, for my health; the list was long and I quickly went into a beautiful light theta trance as the monkey mind went into abeyance. I looked at the page and turned my attention within. I felt myself asking for “the words” to please come again and finish what had been started. I no sooner put my pen to the page when my hand began moving across the page, picking up exactly where I had stopped them by not writing before.

### A Message from Archangel Raphael

#### *Angels*

*Why do you wonder who you are and your purpose for existing?*

*Are you waiting for recognition of who and what you are?*

*The world does not see who and what you are.*

*The world sees you as an object of this world, and so you are not treated as you really are.*

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*You are treated as they are or who they think you are.*

*You are not treated with the respect deserving a king, a god incarnate!*

*On this earth plane, you are never treated as if you are wanted in this world unless you pleased the right people.*

*So, do not look to the world for recognition, you will not find it there, because only “She” knows who and what you are.*

*“She” is that “still small voice” that comes from somewhere in your mind and whispers to you when you feel alone or discouraged.*

*Listen to that voice, that beautiful, precious little piece of God who gave life and continues to sustain you, even now.*

*Some say that the voice is your soul, some say the source or the life-force, and others “the comforter.”*

*Whatever you choose to call this energy, you must understand that this is the “real you.”*

*It is your source, and it wants you to wake up to joy!*

*In contrast to the ego, it is only concerned with your happiness and well-being.*

*In the lower planes of emotion, there is a dark energy that is known to us as the negative field. Spend very little time there because you may succumb to the suffering of the negative field.*

*But that is not your fate.*

*It is not your fate to fall yet again into the abyss where there are monsters!*

*Your fate does not lie there, nor has it ever.*

*Your destiny is exaltation. What else is fitting for royalty?*

*Your angels know you, adore you, and gaze upon you always.*

*We are waiting for you to call on us, just ask and it is done.*

*You called upon us when you were very young. Do you remember?*

*We are now asking you to take a leap of faith.*

*Call out to us in your times of need, but also call out to us in times of rejoicing, because we always rejoice with you.*

*Believe in us and then you will see us. We are here.*

*Ask us to become known to you. Ask sincerely, in meditation, in the quiet place, where we dwell.*

*But, be aware of the ego, your unruly mind that will attempt to distract you with disbelief in who you are.*

*So, who are you that has legions of angels available to you, just for the asking?*

*Who are you who, by just saying the word, has that kind of power and it is yours to use?*

*You, what are you? Are you afraid of that question? What do you fear?*

*You fear the dark, the unknown, and falling off the edge of the world.*

*But even more, you fear the light that would comfort you. Listen now to its voice. “It’s okay, it’s all right, and all is well. We are here.” Surrender then, all those limiting thoughts that keep you in bondage.*

*Believe in us. Believe we are here and then see us, now, here with you.*

*We are here!*

*We will not enslave you as the ego and the world do.*

*We are here to protect you and help free your mind from the negative field and the ego.*

*We’ll help you turn your attention always to love, in everything you do.*

*We’ll help you always to choose love.*

*Choose nothing out of fear, ever again. That is what enslaves you.*

*You face a daunting task. It is a leap of faith.*

*Have you suffered enough?*

*Come to us then, call out, we are your angels!*

*Let us tend your wounds and soothe your fatigue as you rest in our love. We surround you with white light and protect you against all enemies, even those not yet imagined.*

*Look for the good in everything, no exceptions!*

*Know that you are and always have been, the creator of your reality and your world.*

*You are loved. Go out and play like a little child. We are here to watch over you.*

*You are loved. You are loved. You are loved.*

*You are love!*

So, waking up to who and what we are means accepting an awesome power. We are afraid of this power at first. We don't want to look at all the pain that we have created in the past. However, the pain was necessary to get us to this point and to this time where we can let it go and surrender or give it to a power that can transform it into love.

***“Find a place inside where there’s joy,  
and the joy will burn out the pain.”***

***—Joseph Campbell***

When we do that, holding up our pain to the light, our pain turns to joy. We realize that the journey had a purpose. To accept fully, that we are made in the *image* of God and are the *creators* of our world is an awesome and seemingly terrible power. And, we must not shrink from that responsibility but learn to embrace it. We must become *conscious* and *deliberate* creators—that is our birthright.

You are indeed as powerful and infinite as the universe itself because you and I—in fact, all of us—are the universe!

I understand that this is a huge concept to wrap your head

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around. This is because few of us are willing to accept that kind of responsibility. But, I tell you this, with all sincerity, you already are responsible!

You still might be just a little hazy on that. But, if you look back on your life or just look around at your life today, it'll clear up for you. We must take our rightful place in the universe consciously as "*a god among gods.*" I love this quote from Marianne Williamson because it speaks frankly and honestly to what we really are.

***“Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure...”***

***As we are liberated from our own fear,  
our presence automatically liberates others.”***

—Marianne Williamson

## Intentional Creation

Before we can manifest intentionally, we must do the following:

- Accept the truth of *what we are.*
- Intend to keep our state of mind at the higher levels on the emotional tone scale.
- Learn to use our imagination *responsibly.*
- Learn how to change our *state of mind* as rapidly as

possible until it becomes what we do—automatically.

- Stay out of waking/walking hypnosis by eating protein, breathing, and recognizing when a *negative* program is running.
- Take all the credit for all our perceptions and experienced reality. This means, *all of it*, including the good, the bad, and the ugly, and never blame anyone else or anything else again for our negative experiences.
- Forgive ourselves for our mistakes because we didn't know.
- Forgive others because we attracted them into our experience.
- Allow all manifestations we experience—resisting none of them—because we created them all.
- Turn the other cheek by taking our attention off anything we don't want in our experience.

### The Mind Gate Exercise

1. Sit or recline in a darkened room with a headset on or earbuds in and music/sound set at a low to medium volume. Make sure you will not be disturbed by anyone or anything. Set a timer for twenty minutes until you can go longer. Hold your vision or good feelings for at least sixty-eight seconds.
2. Breathe deeply into the abdomen for a few breaths, then hold before breathing out more slowly than you

breathed in. Do this for about five minutes. Allow your breathing to continue rhythmically after that.

3. Visualize, imagine, picture, or pretend that your vision is fulfilled, and that you are experiencing it right now. Feel the emotion that comes with that fulfillment or simply be in a beautiful place of your choosing. Make it as real as you can by imagining how it smells, tastes, and sounds. How does it feel when you touch it?
4. Or, just listen to the music and *feel* the energy field of your body in your feet and hands and how amazing that is. If your mind wanders to anything negative, quickly pull your attention back to your vision, your good feelings, or into your body's energy field in your feet or hands.
5. When your visualization *feels superb and sublime* (like an orgasm), then you hold that vision and feeling for at least sixty-eight seconds. Then *anchor* the vision and good feelings by putting your thumb and index (pointer) finger together as you breathe in. See the vision and *feel* the feelings. Again, remember to incorporate as many of the five senses as you can while meditating, including sight, sound, touch, taste, and smell.

6. Take your vision and good feelings with you in your day-to-day activities knowing that you are doing the work to deliberately raise your energy. Whenever possible, think of your vision as you touch your thumb and forefinger together. Your *anchor* needs to be used, and, like a muscle, it becomes stronger and more effective with regular use. I recommend that you use the anchor twenty-five to fifty times daily.

The thing you need to get is this. To make this work for you, an intentional manifestation that is, you need to “feel it” as if it is real! And, you need to hold the *feeling-picture* for at least sixty-eight seconds. Next, **do something** during your day to remind you of those *feeling-pictures*! You don’t have to touch your thumb and fingers together, but you need to **do something!**

You need to create some form of anchor. You can touch a place on your body (like a hand over your heart), tap your fingers a new way on surfaces, or simply look into a mirror and gaze into your left eye. Saying an action word or the name of an emotion, like “passion,” at the same time you do the anchor is more than twice as effective if you use the same word all the time and if it is connected in some way to your *feeling-picture*. Why? An “anchor” reinforces the visualization and sensory output you are experiencing when you do the “mind gate exercise.” *The anchor connects your subconscious and conscious minds so that you are in a controlled state of self-hypnosis.* The anchor is your “desktop short-cut”

to the “new desired reality” program. The feelings you then experience (again) go directly to your subconscious mind, effectively programming a “new desired reality” into your mind’s “operating system”!

Every time this “new desired reality” program gets “clicked on,” you will feel the feelings from your *feeling-picture*. The hotkey is the anchor. By using the anchor, the subconscious mind will experience the “new desired reality,” feeling-wise, as if it is happening again in “present time.” And because the new program feels orgasmic, the pituitary gland gives the body an endorphin reward. In a few days, more or less, you become an “addict” to your body’s custom-made, morphine-like substance, made in the basement of your mind. Endorphins make us feel (both consciously and subconsciously) a euphoria so that we want more and more. Euphoria has many synonyms, and they are all good. Look over the list and take your pick. What feelings do you want to experience more often?

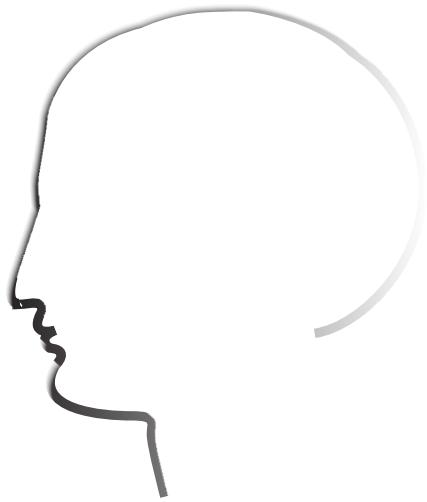
- dreamy, enchanted, heavenly, joyous
- cool, crazy, delighted, ecstatic, floating
- delighted, on cloud nine, turned on, elated, etc.

Our addicted brain is now scanning the field, the territory of our reality, to find and connect to anything that might help us find more things that will stimulate that “new desired reality” program. The subconscious mind never analyzes or doubts the reality of the input. All it knows is that it feels better when it runs the new desired reality program! Why is this? Because you are *feeling*, in your body, the exact same

feelings you did when you were doing the exercise. Neville Goddard says you must “feel it real.” As your brain continues to look for (focus) what it’s now addicted to, it attracts, in a matter of speaking, the epitome of your desire.

*“Your opinion of yourself is your most important viewpoint. You are infinitely greater than you think you are.”*

—Neville Goddard



# CHAPTER 20

## Awake Empowered

*“We did not come only to awaken FROM this dream,  
we came with the ability to awaken IN this dream.”*

—Gina Charles

*“You will begin to notice that you are more productive  
because of 15 minutes of visualization, than you were  
from 16 hours of hard labor.”*

—Esther Hicks as Abraham

I've explained, as best I could, the emotional tone scale. For decades, it has been identified and called by other names such as the *state of mind scale* or *mood scale* or *emotional feelings*

*scale.* In other circles, it is known simply as the tone scale. The emotional tone scale is simply about our state of mind, our mood. In other words, it's how we *feel!*

We know from the works of psychiatrist Milton Erickson (Ericksonian hypnotherapy), neuro linguistic programming (NLP) co-creators Richard Bandler and John Grinder, and Dr. John Kappas (Kappasinian hypnosis), and many others, that our state of mind drives our behaviors. Our behaviors are what attract people, things, situations, or circumstances into our perceived reality.

For many years, psychotherapists have taught that if you are *feeling* sad or depressed then all you have to do is change your negative bad-feeling thoughts to happy-feeling thoughts. And, that is true, however, if you are deeply unhappy, and don't know how to break the vicious cycle of *negative* feedback loops between your body and mind, you can waste years and years on a therapist's couch before waking up to the truth of who and what you are. Or worse, spend many *lifetimes* before coming to the conclusion that you are your own worst enemy. I say that you are your worst enemy, but what I mean to say is the "little-you" or the ego that you have identified with in the past is your worst enemy. And if you want to be happy, then you must decide to be so, but you must wake up first!

I use the term *waking up*, because when we get stuck in an emotional tone, we are asleep. Not unconscious delta sleep but a form of simulated sleep called hypnosis or "trance-state." As a result, if we are feeling unhappy or any other *negative* feeling (negative feedback loop) we become more

and more suggestible to negative influences in our environment. In other words, you can easily get stuck in a *negative* emotional tone. And like a radio station, it can play on and on if you don't know how to change the channel.

By now, you are learning that it is a matter of tuning into the right channel or frequency or to the "station" you want. To continue with our "radio frequency/channel" analogy, our perfect radio station or television show is just waiting for us to find the right (higher emotional tone) frequency. When we do, we automatically create our life the way we always wanted it to be. If you think about it, we even know intuitively, on some deeper level, that we can.

Just be persistent and keep practicing the *Mind Gate process*, remembering that it is a natural process and that you *can* learn it.

Make a commitment to yourself to stay out of hypnosis except when you want to do self-hypnosis. Always enter the mind gate with the best of intentions and the best will always come back to you. Remember to practice the God List or whatever you call the energy that organizes the cosmos.

In the final analysis, there are many ways to God or the Source. It is my sincere wish and hope that you find your way soon, in whatever way that works for you and does no harm to others. We are all children of God, the universe, Allah, Jehovah, Yahweh, He Who Is, I Am that I Am and, depending on how far we go back in our known history, many more names than you can possibly imagine.

This is what I know for sure, at the time of this writing. We are mental, physical, and spiritual beings, and we are

multidimensional beings. We are time travelers, and we are immortal beings—we are *enigmas*. We have consciousness, we exist on some dimension, and we are having some experience. Whether it be dream or reality seems to be a choice that only we make!

Eventually, we all have to pick or develop some philosophy or theology that *feels* right or good to us. And, we have every right to create our own philosophy or theology, whatever that might be. If it works to make us happy and joyful, then it works!

Finally, the study of quantum mechanics and my personal experiences have convinced me, there are no answers “out there.” There are only possibilities “in here”—inside the energy field that we are. My fondest hope and desire is that I have given you some help and positive guidance on your journey. And, I hope I have been able to shine a light on some areas in your life that might have been obscure to you. I am saying to you, “look over here—this is what I see.” I’ve meditated, sincerely and thoughtfully, about how I could connect with you. In fact, my most fervent desire is that you will hear me.

All of us are, without a doubt, immortal and divine time travelers, in the truest sense of the idea. And, I honor the divinity that you are. When we awaken *FROM* this dream state and then reawaken *IN* this dream state, we become the heretics and separatists. We also become the liberators and abolitionists of this space-time continuum. We become the Neos, Trinities, and Morpheuses of our time, if we are so inclined. We learn the rules of the law of attraction, just like we had to learn the rules of the law of gravity.

I think the main problem people have with the idea of the law of attraction is in thinking that it exists outside us. And that somehow we have to connect to it or coerce it to do our bidding. My take on the law of attraction might seem bizarre to those who see it that way. In my forty-plus years of research, experience, and observations, both personally and clinically, I have come to the conclusion that the law of attraction exists as an energy that we are immersed in, much like fish in water. And, like the water, the law of attraction exists to sustain us on the one hand and, on the other hand, the law of attraction exists to serve us and the universal consciousness or God.

We, as incarnate souls, have the power of choice to choose what we wish to experience. It is innate, it is born into us. It comes with our equipment, the seven layer bio-bodysuit that we grow and use for our experience here on the earthly plane. Along with walking upright and an opposed thumb, our power of choice is what differentiates us from other life forms on the planet. We exercise this power by what we choose to put our attention on for a sustained period of time.

We are an integral part of the law of attraction and, in a real sense, we command it much like the proverbial “genie in the lamp.” It is just as powerful and magical as the story of “Aladdin and the Wonderful Lamp” makes it out to be. Jesus said to have faith that you have command over that power. He said that you have the innate capability to have that force (law of attraction) do your bidding. He said that if you have just a tiny bit of confidence in yourself, in who you are as a child or extension of that power (God), then you can even

say to a mountain, “Move over there” and that mountain will move over there, because he said, “Nothing is impossible to God.”

*“You are already that which you want to be,  
and your refusal to believe this is the only reason  
you do not see it.”*

—Neville Goddard

That is the law of attraction as I understand it, and you and I have command over that kind of force. But, as life and business coach Bob Proctor says, “You can cook a man’s dinner with electricity and you can also cook the man!” It is completely impersonal. If you want to have an experience of hell, you have the right and can choose to do so. If the law of attraction is indeed an energy like that, then it is the most powerful force known to human consciousness, bar none. What’s exciting and sobering at the same time is that it is we who wield that power, whether we are aware that we do or not.

We need to embrace this knowledge and step into the driver’s seat of our consciousness and take command of our lives, and be the creators we are meant to be. When we do this, our fears no longer have power over us. Our anxieties then become a part of our lives that we shed, like old clothes that no longer fit or suit our needs. And then, we can move confidently forward and be the creators of the life we want.

Now that you know who and, more important, what you

are, and how you create the life that you experience daily, you'll want to have a connection to others who are like-minded. Why would you want to connect to others who have or are experiencing these same awareness's themselves? I'm so happy you asked! Well, let me tell you why, and I think this is paramount to success in your new reality.

You could read Chapter Two again and be reminded that you live in a world of fear. In the movie, *The Matrix*, Morpheus warned Neo, as they walked on a crowded city street, seemingly unnoticed by the other walkers, "*You have to understand, most of these people are not ready to be unplugged. And many of them are so inert, so hopelessly dependent on the system that they will fight to protect it.*"

You can easily lose your vision in the matrix of blind fear. But, if you have compassion for other travelers and are developing compassion toward yourself, you might be drawn toward our "Awake Empowered" coaching program. If you find yourself with a desire to learn, teach, or just share what you have learned in this book—you will need support of some sort. Most people will not be ready to understand what you have to teach, but don't let this discourage you. Make a connection with those who do understand. Let them encourage you to persevere on your soul's journey. I want to take this space to acknowledge you, your courage, and your desire to live free of fear and anxiety. If you're reading this, you are indeed a magnificent being of the light. You are called "Light Workers" in my circles.

We have support available for those of you who just want to hang out with like-minded people through Facebook groups. These groups, I know for a fact, love talking about

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and sharing personal stories of encouragement or victories using the Mind Gate process. And, please join us on our monthly teleconference called “Ask Doc and Terri.”

We also have support for those who want to take it up a notch by learning how to be an Awake Empowered coach or teacher. You’ll get to hang out with me (Dr. Mays) and Terri on our bi-monthly group teleconference call, where you can continue to learn about how each process works and how you can best implement it, adding another tool to your tool kit to create the life you want (see links below).

We occasionally have special guests on the calls with us who shed even more light and add new perspectives to all our courageous journeys. You just might be surprised at how many Light Workers there are. This is an exciting time we are living in, and we are exactly in the right place!

*Namaste,*

(The spirit within me salutes the spirit in you)

**Dr. Mitchell Mays**

September 2015

# About the Author

Dr. Mays lives and works with his wife, Terri, in northern, California. Together they maintain a busy mind-body healthcare practice specializing in “body syndromes,” adrenal fatigue, and PTSD. They employ an amazing array of therapeutic tools including medical hypnosis, Emotional Freedom Techniques (EFT or Tapping), mind-body coaching, chiropractic, and other proprietary techniques. Dr. Mays’ first book, *The Mind Gate Process of Empowerment* laid the foundation for his current work.

In 2010, following a devastating and disabling head-on car accident, he began what became a three-year-long quest to find the reasons why or “how” we attract such negative events into our lives. This forced him to look back again at the other traumas he’d experienced. A personal history of “bone cancer” and heart attack were the highlights, but there were many others. Becoming his passion, Dr. Mays immersed himself into the new and cutting-edge research about the brain and the subconscious mind.

It was there he discovered the cause—a sabotage mechanism that lies hidden in our subconscious minds. Following that discovery, he wrote and published *The Mind Gate Process of Empowerment*, which outlines the basic cause and

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the recipe or “process” to overcome and eliminate the basic cause and begin moving forward in life.

His new book, *Mind Gate : Demolish Fear, Overcome Anxiety, and Create the Life You Want* takes readers to the next level. Learn why more than 80 percent of the population will likely experience adrenal fatigue or PTSD in the near future. Dr. Mays introduces readers to a new perspective about creating through and connecting with the real power they already possess, right now, in their own minds. They just need to know how to deliberately access it. He and Terri, also a hypnotherapist, conduct workshops and seminars teaching how to reduce and remove fears and anxieties in addition to teaching principles of self-empowerment that result in creating lives of fulfillment, purpose, and well-being. He also conducts and teaches continuing education seminar classes in Mind-Body medicine for chiropractors and other health care professionals.

He and Terri record audio and video media that help others learn techniques of meditation, healing, deep relaxation, creativity, and other visualization exercises. Because of the growing need for help with adrenal fatigue and PTSD, when not conducting workshops, traveling, lecturing, or tending to his patients and clients, he is usually researching new ways to help those who suffer with anxiety, adrenal fatigue, and PTSD. And when time allows, he and Terri enjoy kayaking, composing, playing, and recording music.

If you’d like information about attending Awake Empowered events, continuing education or consulting with Dr. Mays about speaking to your company or organization,

contact him at:

Dr. Mitchell Mays  
Phone: 707-654-9940

[info@AwakeEmpowered.com](mailto:info@AwakeEmpowered.com)

*Keep in Contact with Us  
Join the Awake Empowered Community*

*We can't wait to meet you somewhere along the way. We are excited to hear and share your magnificent personal story about demolishing fear, overcoming anxiety, and learning how to correctly use your most powerful tool—your imagination. And, when you do that, you have become a true master and live AWAKE and EMPOWERED!*

*Love and light,*

*Doc and Terri*

[www.AwakeEmpowered.com](http://www.AwakeEmpowered.com)  
[www.Facebook.com/Dr.MitchellMays](http://www.Facebook.com/Dr.MitchellMays)

For neuroscientific updates and more information, visit:  
[www.drmitchellmays.com](http://www.drmitchellmays.com)

- Free downloadable materials and MP3s
- Books, CD's, and DVDs
- Seminar and workshop schedules
- Links to other valuable web sites
- Awake Empowered Radio Archives
- Mind Gate Blog Archives
- And much, much more

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## Resources

*A Course in Love*—Mari Perron

*A Course in Miracles*—Helen Schucman and William Thetford

*A Practical Guide to Past Life Regression*—Florence Wagner McClain

*A Return to Love, Everyday Grace*—Marianne Williamson

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*Adrenal Fatigue: The 21st Century Stress Syndrome*—Dr. James Wilson

*Adrenaline Dominance*—Michael E. Platt, MD

*Affirmations, The Force, The Secrets of Life*—Stuart Wilde

*Ageless Body, Timeless Mind: The Quantum, The Spontaneous Fulfillment of Desire*—Deepak Chopra, MD

*American Buddha*—Stuart Mooney

*Ask and It Is Given, The Astonishing Power of Emotions, The Vortex, The Law of Attraction, The Amazing Power of Deliberate Intent, Sarah Book I*—Esther and Jerry Hicks—The Teachings of Abraham

*Autobiography of a Yogi*—Paramahansa Yogananda

*Bradshaw On: The Family, Reclaiming Virtue*—John Bradshaw

*Breaking the Habit of Being Yourself*—Dr. Joe Dispenza

*Care of the Soul*—Thomas Moore

*Conversations with God*—Neale Donald Walsch

*Cosmic Ordering Guide*—Stephen Richards

*Count Your Blessings*—Dr. John F. DeMartini

*Courageous Souls*—Robert Schwartz

*Eat to Live*—Joel Fuhrman, MD

*Excuse Me, Your Life Is Waiting*—Lynn Grabhorn

*Financial Success through Creative Thought. The Science of Getting Rich*—Wallace D. Wattles

*Flow*—Mihaly Csikszentmihalyi

*Future Shock, The Third Wave*—Alvin Toffler

*Hardwiring Happiness*—Rick Hanson, PhD

*Holy Bible*—King James and New International Versions

*How to Choose Your People*—Ruth Minshull

*Inspiration, The Power of Intention, Manifesting Your Destiny,*

*You'll See It When You Believe It*—Dr. Wayne Dyer  
*Living in Love with Yourself*—Barry A. Ellsworth  
*Love Is the Answer*—Gerald G. Jampolsky, MD  
*Many Lives, Many Masters, Messages from the Masters*—  
Brian Weiss, MD  
*Molecules of Emotion*—Candace B. Pert, Ph.D.  
*No Attachments No Aversions*—Lester Levenson  
*Power vs. Force, I Reality and Subjectivity, Discovery of the Presence of God, Truth vs. Falsehood, The Eye of the I*—David R. Hawkins, MD, PhD  
*Professional Hypnotism Manual*—John Kappas, PhD  
*Quantum*—Jim Al-Khalili  
*Radical Forgiveness*—Colin C. Tipping  
*Re-Inventing Yourself*—Dick Sutphen  
*Seth Speaks: The Eternal Validity of the Soul*—Jane Roberts  
*Shadows Before Dawn: Finding the Light of Self-Love Through Your Darkest Times*—Teal Swan  
*Soul Prints*—Marc Gafni  
*Soul Psychology*—Joshua David Stone, PhD  
*Soul Retrieval*—Sandra Ingerman  
*Spontaneous Evolution*—Bruce H. Lipton, PhD. and Steve Bhaerman  
*Tao Te Ching*—Lao Tzu  
*The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings*—Trudy Scott, CN  
*The Bhagavad-Gita*—Barbara Stoler Miller  
*The Biology of Belief*—Bruce Lipton, PhD  
*The Blood Sugar Solution*—Mark Hyman, MD  
*The Book of Secrets, Meditation*—Osho  
*The Butterfly Effect, The Travelers Gift*—Andy Andrews

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*The China Study*—Thomas Campbell, MD, and T. Colin Campbell, PhD

*The Code 10 Intentions for a Better World*—Tony Burroughs

*The Disappearance of the Universe, Your Immortal Reality*—  
Gary R. Renard

*The Emotional Brain: The Mysterious Underpinnings of Emotional Life*—Joseph LeDoux

*The Gnostic Gospels of Jesus*—Marvin Meyer

*The Holographic Universe*—Michael Talbot

*The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence through Menopause*—  
Erika Schwartz, MD

*The Impersonal Life*—Joseph S. Benner

*The Magic of Believing*—Claude M. Bristol

*The Miracle Man*—Morris Goodman and Pat Garnett

*The Miracle of Mindfulness, No Death, No Fear, Going Home*—  
Thich Nhat Hanh

*The Paleo Diet*—Loren Cordain, PhD

*The PhytoGenic Hormone Solution: Restoring Your Delicate Balance with Compounded Natural Hormones*—Dr. Sandra K. McKenna

*The Power of Decision*—Raymond Charles Barker

*The Power of Now, A New Earth, Stillness Speaks*—Eckhart Tolle

*The Power of Perception*—Marcus Bach

*The Power of Your Subconscious Mind*—Joseph Murphy, PhD

*The Prophet*—Kahlil Gibran

*The Science behind the Secret*—Travis S. Taylor, PhD

*The Science of Becoming Oneself*—H. Saraydarian

*The Science of Mind, How to Change Your Life*—Dr. Ernest Holmes

*The Sculptor in the Sky*—Teal Scott

*The Seat of the Soul*—Gary Zukav

*The Secret*—Rhonda Byrne

*The Souls Code*—James Hillman

*The Spontaneous Healing of Belief, Deep Truth, The Divine Matrix, The God Code*—Gregg Braden

*The Tibetan Book of the Dead*—Robert A. F. Thurman

*The True Power of Water*—Masaru Emoto

*What the Buddha Taught*—Walpola Rahula

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*Your Body's Many Cries for Water*—F. Batmanghelidj, MD