

**Even the most negative beliefs, experiences, emotions and memories only affect someone when they weaken the person.**

Feeling is Strong = No Problem - nothing needs to be done

Feeling is Weak = Problem - need to delete reasons

## **NEGATIVE LIFE EXPERIENCE - most common area of weakness**

**Trauma:** Everyone and every creature on planet earth has experienced trauma, some more and some less. In spite of what you might think, it really **doesn't matter about the severity**. The degree of the trauma depends **more on the cumulative effects of the past number of traumas** than on a few severe real-time traumas that just occurred.

- **Physical:** Occurs as a result of **physical actions** accompanied by impact or repetitive motion. Such trauma can be either external as to the skin, or internal as to the spinal cord, organs, etc. Traumas can also be categorized as fetal, birth, surgical, dental or scar tissue/adhesions/hematomas.

- **Emotional:** Severe **emotional shock and pain** caused by an extremely upsetting, stressful or life-threatening situation. Examples include post-traumatic stress syndrome in returning soldiers, trauma as a result of rape or child abuse.

- **Psychic:** Examples include **spells, curses** and other's misuse of energy

- **Spiritual:** One example is the sudden influx of chi, which the chakras are not prepared to handle

**One trauma that occurs in any given moment can trigger the accumulation of memories of similar traumas that reside in your body, mind and spirit.** It is often possible for other associated traumas or all previous traumas in this life and others to be triggered, including those coming from ancestors, descendants, the collective unconscious, and so on.

**Illness:** All previous illnesses are stored in their totality and subject the person to weakening effects whenever the memories rise to the conscious level. Remember that the **causes/reasons/sources of physical illness are often located in the nonphysical mind and spirit.** One illness that occurs in any given moment **can trigger the accumulation of memories** of similar illnesses that reside in your body, mind and spirit. It is often possible for other associated illnesses or all previous illnesses to be

triggered, including those coming from ancestors, descendants, the collective unconscious, and so on. This can exaggerate the current situation exponentially.

**Limitation:** A **perceived inability or lack of capacity, usually a critical or fearful judgment about one's self.** Limitations can also be viewed as physical, mental and spiritual restrictions that we experience, think about and describe. They can result in the loss of freedom, being enslaved or incarcerated. This can include being held captive, paralyzed or restrained. Another example would be viewing your job or marriage as one of enslavement. One limitation that occurs in any given moment can trigger the accumulation of memories of similar limitations that reside in your body, mind and spirit. It is often possible for other associated limitations or all previous limitations to be triggered, including those coming from ancestors, descendants, the collective unconscious, and so on, causing a vastly exaggerated experience, unrelated to what is currently happening.

**Fear/Phobia:** Fear is generally considered to be **a distressing negative emotion caused by an apparent threat. A phobia is an irrational fear that is out of proportion to the actual threat.** External fear is caused by something outside of you, which you are strongly motivated to avoid, for example: fear of the dark, heights, flying, spiders, public speaking and death. Internal fear is something inside of you, for example: fear of intimacy, rejection, failure and success. One fear that occurs in any given moment can trigger the accumulation of memories of similar fears that reside in your body, mind and spirit. It is often possible for other associated fears or all previous fears to be triggered, including those coming from ancestors, descendants, the collective unconscious, and so on. This can exaggerate the current situation exponentially.

**Karma:** The shortest explanation of direct karma is **'you get what you give.'** In other words, **whatever you do intentionally to others will result in a similar occurrence happening in your future.** Many believe accumulated karmic tendencies, inherited in the course of previous lives, at times play a far greater role in your life than nature/nurture. Karma also includes the hereditary parental cells and genes in the formation of both your physical and mental characteristics. I am neutral regarding karma. However, whether real or imagined, it continually appears as a leading

weakness and as such is frequently the first weakness to be deleted. **Common karmas include karma of trauma, karma of illness, karma of limitation, karma of fear/phobia, and karma of karmas.** The first leading four may be more self-explanatory. Karma of karmas is the karma of encouraging or forcing, with conscious effort and other means, to induce others to commit karma on people. Examples include encouraging someone to embezzle money for your benefit, or hiring an assassin.

**Delete the cumulative effects for each of the above categories down to zero minus infinity.**