

# MENTAL

Test to see which category weakens you.

## 1. Relationships

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1. Mom                               | 8. Communication         |
| 2. Dad                               | 9. Negative emotions     |
| 3. Siblings [sister or brother]      | 10. Negative experiences |
| 4. Spouse / X-Spouse                 | 11. Karma                |
| 5. Peers / Gender                    | 12. Curses               |
| 6. Collective humanity               |                          |
| 7. Community / Nation / Race / World |                          |

## 2. Money / Prosperity

- 19. Residence
- 20. Rooms of the house / Bedroom, etc.
- 21. Taxes
- 22. Retirement
- 23. Abundance

## Work / Career

- 24. Workplace
- 25. Success
- 26. Enjoyment of job
- 27. Boss
- 28. Co-workers
- 29. Smart work  
(working less making more)

## 3. Health / Fitness

- |                  |                              |                 |
|------------------|------------------------------|-----------------|
| 30. Strength     | 36. No physical restrictions | <b>5 Senses</b> |
| 31. Endurance    | 37. Lighter than heavier     | 41. Sound       |
| 32. Flexibility  | 38. Muscle tone              | 42. Smell       |
| 33. Pain free    | 39. Clear skin               | 43. Touch       |
| 34. Ailment free | 40. Hygiene                  | 44. Taste       |
| 35. Allergy free |                              | 45. Sight       |

## 4. Self (Critical / Judgment)

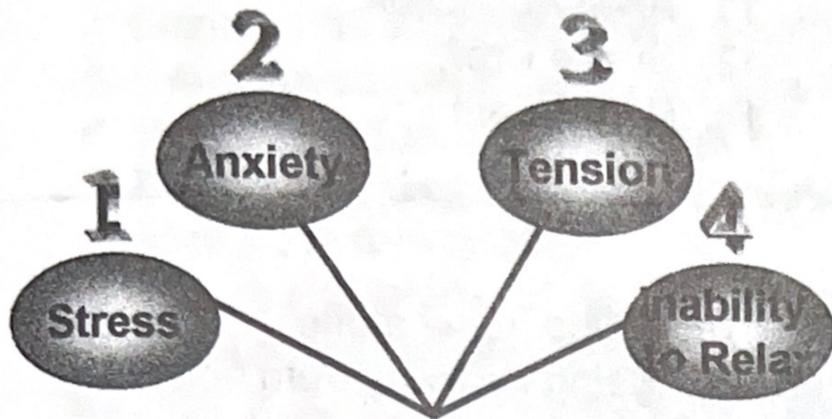
- |                 |                     |                     |
|-----------------|---------------------|---------------------|
| 46. Capable     | 51. Missing out     | 56. Optimistic      |
| 47. Intelligent | 52. Sense of humor  | 57. Universal trust |
| 48. Self-esteem | 53. Self motivating | 58. Responsible     |
| 49. Punishment  | 54. Goal oriented   | 59. Lovable         |
| 50. Victim      | 55. Confidence      |                     |

## 5. Future

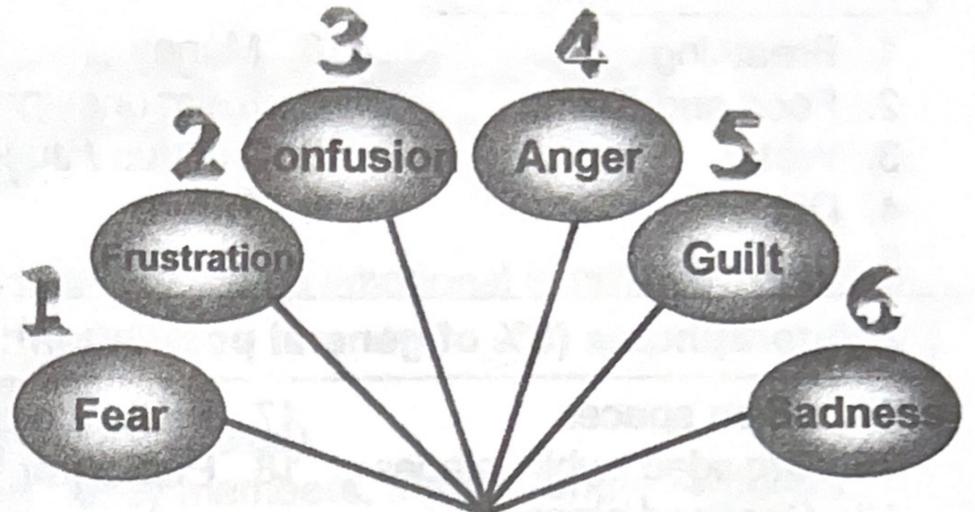
- |             |                     |                   |
|-------------|---------------------|-------------------|
| 60. Health  | 63. Mission in life | 66. Helping Earth |
| 61. Purpose | 64. Independence    | 67. Foresight     |
| 62. Aging   | 65. Helping others  | 68. Patients      |

# EMOTIONS

## 1. Primary Emotions



- 5. Stress ↔ Anxiety
- 6. Stress ↔ Tension
- 7. Stress ↔ Inability to Relax
- 8. Anxiety ↔ Tension
- 9. Anxiety ↔ Inability to Relax
- 10. Tension ↔ Inability to Relax



- 7. Fear ↔ Frustration
- 8. Fear ↔ Confusion
- 9. Fear ↔ Anger
- 10. Fear ↔ Guilt
- 11. Fear ↔ Sadness
- 12. Frustration ↔ Confusion
- 13. Frustration ↔ Anger
- 14. Frustration ↔ Guilt
- 15. Frustration ↔ Sadness
- 16. Confusion ↔ Anger
- 17. Confusion ↔ Guilt
- 18. Confusion ↔ Sadness
- 19. Anger ↔ Guilt
- 20. Anger ↔ Sadness
- 21. Guilt ↔ Sadness

## 2. Secondary Emotions

- 22. Revengeful
- 23. Hate
- 24. Suicidal
- 25. Rigidity /Inflexibility
- 26. Embarrassment / Humiliation
- 27. Jealousy
- 28. Suppressed sexuality

- 29. Distrust/suspicion
- 30. Insecurity
- 31. Bitterness
- 32. Exhaustion
- 33. Indecision
- 34. Loss faith / Hopelessness
- 35. Bored
- 36. Isolated/Abandoned

- 37. Trapped
- 38. Regret
- 39. Perfectionism
- 40. Desire
- 41. Defensiveness
- 42. Dependent
- 43. Pressure
- 44. Despairs

*discouragement*

# PSYCHOLOGICAL

## 1. Common Phobias

- |                    |                        |                                    |
|--------------------|------------------------|------------------------------------|
| 1. Breathing       | 6. Money               | 10. Computer / High Tech Equipment |
| 2. Food and Eating | 7. Relationships       | 11. Alien Abduction                |
| 3. Water           | 8. Critique / Judgment | 12. Space Craft                    |
| 4. Dirt            | 9. Future              | 13. Bright Light                   |
| 5. Dust            |                        |                                    |

## 2. Agoraphobia (5% of general population):

- |                           |                           |                              |
|---------------------------|---------------------------|------------------------------|
| 14. Open spaces           | 17. Panic attacks         | 19. Being home alone         |
| 15. Crowded public places | 18. Public transportation | 20. Being far away from home |
| 16. Confined places       |                           |                              |

## 3. Social Phobias:

- |                             |                                |                                   |
|-----------------------------|--------------------------------|-----------------------------------|
| 21. Public speaking         | 25. Being evaluated at working | 29. Speaking to authority figures |
| 22. Being watched / Noticed | 26. Using public toilets       | 30. Dating                        |
| 23. Death / Dying           | 27. Taking examines            | 31. Going to parties / Meeting    |
| 24. Darkness                | 28. Initiating conversations   |                                   |

## 4. Specific Phobias:

- |                    |                          |                       |
|--------------------|--------------------------|-----------------------|
| 32. Animals / Bugs | 35. Driving              | 38. Blood / Gore      |
| 33. Heights        | 36. Airplanes            | 39. Injury / Accident |
| 34. Elevators      | 37. Thunder / Lightening |                       |

## 5. Obsessive Compulsive Disorders (2-3%):

40. Recurring ideas, thoughts, and images continuing to intrude your mind for an extreme time
41. Leaving the lights or stove on, or door unlocked
42. Spending hours cleaning and checking
43. Avoidance of shaking hands, touching doorknobs, or objects associated with germs

## 6. Psychological Defenses

- |                     |                        |                   |
|---------------------|------------------------|-------------------|
| 44. Over-guarding   | 47. Over-internalizing | 49. Over-bearing  |
| 45. Over-protecting | 48. Over-anxiety       | 50. Over-grieving |
| 46. Over-worrying   |                        |                   |

## 7. Depression Treatment

- |                     |                                |                   |
|---------------------|--------------------------------|-------------------|
| 1. Depression       | 6. Happiness                   | 11. Endorphin     |
| 2. Sorrow           | 7. Joyfulness                  | 12. Serotonin,    |
| 3. Grief            | 8. Cheerfulness                | 13. Neuropeptide  |
| 4. Sadness          | 9. Optimistic about the future | 14. Prostaglandin |
| 5. All combinations | 10. All combinations           | 15. Melatonin     |

# PSYCHIC and SPIRITUAL LEVELS

## Psychic

1. Connection to group or individual causing you the same problem.
2. Inability to help someone that is suffering
3. A psychic connection to a relative in another time and space that is suffering.
4. Empathy for someone with a health problem causing you the same problem
5. Sympathetic response causing you to suffer.
6. Not suffering as much as others.
7. Picking up energies from geographic locations—traumatic emotional events in that place such as violent death.
8. Tuning into ancestral spirits in certain locations.
9. Picking up energy from objects (jewelry, clothes, pictures).
10. Picking up thoughts, emotions, beliefs, from family members, friends, and co-workers.

## Psychic Procedure

1. Psychically remove
2. Replace
3. Restore
4. Integrate
5. Eliminate
6. Free
7. Independent
8. Release
9. Protect

## Spiritual

### Macrocosmic Energy Fields:

1. Universal energy
2. Cosmic energy
3. Creative energy
4. Creator energy
5. Universal / creative intelligence energy

### Intrinsic Energies

- |                           |   |                    |                     |                        |
|---------------------------|---|--------------------|---------------------|------------------------|
| 1. Physical body          | } | 1. Heart           | 6. Triple Burner    | 11. Stomach            |
| 2. Acupuncture meridians- |   | 2. Small intestine | 7. Gallbladder      | 12. Spleen             |
| 3. Etheric body           |   | 3. Bladder         | 8. Liver            | 13. Conceptual Channel |
| 4. Astral body            |   | 4. Kidney          | 9. Lung             | 14. Governing Channel  |
| 5. Mental body            |   | 5. Circulation     | 10. Large Intestine |                        |
6. Causal body
  - 7-9. Three levels of chakras affecting the etheric, astral, and mental bodies
  10. Connection from the causal body to the higher spiritual energies

## Miscellaneous Issues

1. Foreign/alien implants/future human
2. Abduction by aliens
3. Merging body parts
4. Mismatching body parts
5. Entities
6. Frequency interference
7. Laser surgery
8. Curses
9. Spells
10. Inner-dimensional integration
11. Parallel universe integration
12. Parasites from past lives
13. Heavy metals from past lives
14. Dead influences

(Count numbers until you find a weakness, then use Memories page.)

# FEARS

## CATEGORY B

### 1. Common Fears

- |                                       |                     |                    |
|---------------------------------------|---------------------|--------------------|
| 1. * <i>Letting go of old self</i>    | 9. Past             | 17. Spells         |
| 2. * <i>Not having any problems</i>   | 10. Present         | 18. Responsibility |
| 3. * <i>Not being able to resolve</i> | 11. Future          | 19. Being hurt     |
| 4. * <i>Feeling too good</i>          | 12. Punishment      | 20. The unknown    |
| 5. <i>Getting better</i>              | 13. Failure         | 21. Missing out    |
| 6. Change                             | 14. Not good enough | 22. Pain           |
| 7. Death                              | 15. Success         | 23. Darkness       |
| 8. Losing security                    | 16. Enjoyment       | 24. Going to hell  |

### 2. Relationships

- |                 |                |           |
|-----------------|----------------|-----------|
| 25. Rejection   | 27. Intimacy   | 29. Abuse |
| 26. Abandonment | 28. Commitment | 30. Love  |

### 3. Money / Prosperity Fears

- |                  |               |
|------------------|---------------|
| 31. Making Money | 33. Poverty   |
| 32. Losing money | 34. Abundance |

### 4. Health Fears

#### Age Fears

- |           |                  |                 |
|-----------|------------------|-----------------|
| 35. Aging | 37. Being to old | 38. Growing old |
|-----------|------------------|-----------------|

#### Fears of Illness

- |                |              |                   |
|----------------|--------------|-------------------|
| 39. Cancer     | 42. T/B      | 45. Heart disease |
| 40. AIDS       | 43. MS       | 46. Alzheimer's   |
| 41. Meningitis | 44. Diabetes | 47. Disease       |

#### Reproductive Fears

- |               |                   |               |
|---------------|-------------------|---------------|
| 48. Pregnancy | 50. Hysterectomy  | 52. Impotence |
| 49. D&C       | 51. Endometriosis | 53. STDs      |

### 5. Spiritual Fears

- |                           |                          |                        |
|---------------------------|--------------------------|------------------------|
| 54. Soul fragmentation    | 57. Separation from self | 60. Loss of soul       |
| 55. Fragmentation of self | 58. Rejection of God     | 61. Not being grounded |
| 56. Separation from God   | 59. Rejection of self    |                        |

**Test to see how powerful your fear is. Fear to the power of count #s**

· Fear<sup>2</sup>

· Fear<sup>3</sup>

· Fear<sup>4,5,6,7,8...</sup>

# CATEGORY B

## 1. Traumas

### Test to see if

1. Someone traumatized you
2. You traumatized someone else
3. You psychically felt someone else's trauma
4. You had someone traumatize another for you

### Specific traumas

- |   |                   |                      |
|---|-------------------|----------------------|
| 1. Beaten                                   | 9. Electrocuted   | 13. Knifed           |
| 2. Bitten by an animal                      | 10. Fire (burned) | 14. Molested         |
| 3. Blown Up                                 | 11. Kidnapped     | 15. Mugged           |
| 4. Buried alive                             | 12. Killed        | 16. Poisoned         |
| 5. Car, plane, train, or<br>any other crash | · Stabbed         | 17. Poisonous Gas    |
| 6. Choked                                   | · Shot            | 18. Raped            |
| 7. Chopped off (what body part?)            | · Strangled       | 19. Suicide          |
| 8. Earthquake                               | · Suffocated      | 20. Sword cut        |
|   | · Drowned         | 21. Tarred/Petroleum |
|   | · Hung            | 22. Tornadoes        |

### Physical Traumas

- |           |                  |              |
|-----------|------------------|--------------|
| 23. Fetal | 25. Repetitive   | 27. Surgical |
| 24. Birth | 26. Force impact | 28. Dental   |

## 2. Karma

1. I owe you
2. You owe me
3. Paying off someone else's Karma
4. Pay back
5. Revenge
6. In-between life karma's
7. Spirit Attachments -
  - Having to resolve their karma
8. Karma / Illness
  - You caused someone else to be ill
  - Someone caused you to be ill
9. Suffering
  - No need to suffer
  - No need to have others suffer

### Must test strong to

- Not owing anyone
- No need to continue to pay price

## 3. Miasmas

- |                 |                     |                              |
|-----------------|---------------------|------------------------------|
| 1. Ossified     | 7. Dissolved        | 13. Heavy metals             |
| 2. Petrol       | 8. Eaten            | 14. Implants (Foreign/Alien) |
| 3. TB           | 9. Cooked           | 15. Saturated in oil         |
| 4. Neurological | 10. Exploded        | 16. Radiated                 |
| 5. Parasites    | 11. Burning by fire |                              |
| 6. Solidify     | 12. Medication      |                              |

# TRIGGERS

## 1. Time of Day

- |            |              |               |
|------------|--------------|---------------|
| 1. Sunrise | 4. Noon      | 7. Late Night |
| 2. Dawn    | 5. Afternoon | 8. Dusk       |
| 3. Morning | 6. Evening   | 9. Sunset     |

## 2. Seasons

- |           |           |
|-----------|-----------|
| 1. Winter | 3. Summer |
| 2. Spring | 4. Fall   |

## 3. Climate / Weather

- |             |             |           |
|-------------|-------------|-----------|
| 1. Dry      | 6. Hot      | 10. Windy |
| 2. Arid     | 7. Tropical | 11. Rainy |
| 3. Humid    | 8. Cold     | 12. Snow  |
| 4. Wet      | 9. Damp     | 13. Ice   |
| 5. Freezing |             |           |

## 4. General Triggers

- |               |           |                     |
|---------------|-----------|---------------------|
| 1. Situations | 3. Sounds | 5. Things / Objects |
| 2. Places     | 4. People |                     |

## 5. Directions

- |                 |                 |         |
|-----------------|-----------------|---------|
| 1. North        | 4. South        | 7. East |
| 2. North / East | 5. South / East | 8. West |
| 3. North / West | 6. South / West |         |

## 6. Astrological Signs

- |           |            |                |
|-----------|------------|----------------|
| 1. Aries  | 5. Leo     | 9. Sagittarius |
| 2. Taurus | 6. Virgo   | 10. Capricorn  |
| 3. Gemini | 7. Libra   | 11. Aquarius   |
| 4. Cancer | 8. Scorpio | 12. Pisces     |

## 7. Colors

- |           |           |                   |
|-----------|-----------|-------------------|
| 1. Red    | 5. Blue   | 9. Black          |
| 2. Orange | 6. Purple | 10. White         |
| 3. Yellow | 7. Indigo | 11. Bright colors |
| 4. Green  | 8. Violet | 12. Pastel colors |

# MEMORIES

Test where the memories are, begin at the Nervous System

1. S/C
2. Brain
3. Mind
4. Soul
5. Higher source connection
6. God

## Then Test

7. Cellular [• DNA • Chromosomes • Genes • Other Sub-Cellular Structures]
8. Molecular
9. Atomic
10. Sub-atomic
11. Nuclei
12. Sub-nuclei
13. Quantum field
14. Energy to matter, matter to energy

15. Other dimensions ↔ 16. Existence ↔ 17. Universe ↔ 18. Time & Space ↔ 19. Energy ↔ 20. Unknown

## Memories of

1. Pain
2. Discomfort
3. Irritation
4. Hypersensitivity
5. Achiness
6. Burning sensation
7. Pressure
8. Numbness

## Mental Memories

1. Thinking about it
2. Talking about it
3. Worrying about it
4. Touching it
5. Moving and testing it
6. Getting treatments
7. Remembering
8. Any combination

### \* Eliminate, Free, Independent, Release and Protect

- 1. Memories ↔ 2. Residuals ↔ 3. Remnants ↔ 4. Imprints ↔ 5. Remains
- Memories<sup>2</sup>, Memories<sup>3</sup>, Memories<sup>4</sup>, etc
- Forgive and forget unconditionally

## Times

1. Eons
2. Centuries
3. Decades
4. Years
5. Months
5. Weeks
6. Days
7. Hours
8. Right now, this minute

There are no more reasons left to hold on to this issue. **Must test strong!**