

# Contrast & Alignment II

## Workbook

*Understanding that there are differing levels of ambient consciousness may help us recognize that many others act out of ignorance, rather than malice. It also is useful in understanding that those habituated at a lower level of consciousness are not subject to - and are even repelled by - the more altruistic states of mind. This is useful & applicable especially when attempting to help others.*

Referencing the work of Dr. David R. Hawkins, MD, PhD (see Veritas Publishing – Power Vs. Force, et al)

The Map of Consciousness					
GOD-VIEW	LIFE-VIEW	LEVEL	LOG	EMOTION	PROCESS
Self	Is	Enlightenment	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	600 ↑	Bliss	Illumination
One	Complete	Joy	540 ↑	Serenity	Transfiguration
Loving	Benign	Love	500 ↑	Reverence	Revelation
Wise	Meaningful	Reason	400 ↑	Understanding	Abstraction
Merciful	Harmonious	Acceptance	350 ↑	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	310 ↑	Optimism	Intention
Enabling	Satisfactory	Neutrality	250 ↑	Trust	Release
Permitting	Feasible	Courage	200 ↑	Affirmation	Empowerment
Indifferent	Demanding	Pride	175 ↓	Scorn	Inflation
Vengeful	Antagonistic	Anger	150 ↓	Hate	Aggression
Denying	Disappointing	Desire	125 ↓	Craving	Enslavement
Punitive	Frightening	Fear	100 ↓	Anxiety	Withdrawal
Disdainful	Tragic	Grief	75 ↓	Regret	Despondency
Condemning	Hopeless	Apathy	50 ↓	Despair	Abdication
Vindictive	Evil	Guilt	30 ↓	Blame	Destruction
Despising	Miserable	Shame	20 ↓	Humiliation	Elimination

**NOTE:**  
*This is a Logarithmic scale.*

■ The Final Doorway to Enlightenment/Nonduality  
■ The beginning of Integrity  
■ The beginning of the Nonlinear Realm

*With greater awareness comes greater opportunity - and access to (real) Power..*

*Historic Examples include Newton, Einstein, et al @ 499. Gandhi @ 700. Christ, Buddha @ 1000.  
 ☺ From 200 upward we are in “Life Affirming” status. Once reached, integrating a desire to advance guarantees success. As there is a “natural” draw upward. ONE at 1000 counterbalances all the less conscious energies on Earth.*

What might one DO with this information?

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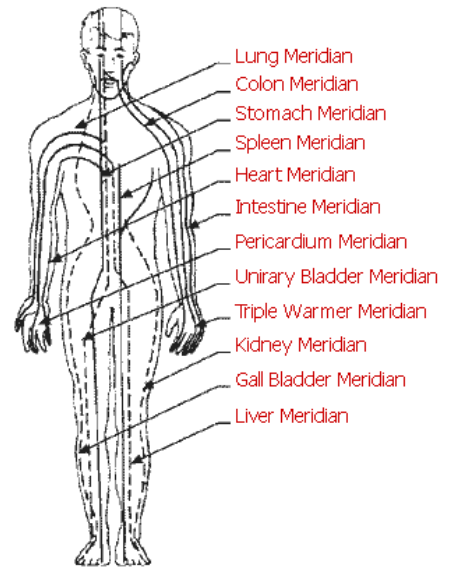
## “AN EMOTION BURIED ALIVE NEVER DIES.”

### Cause of Pain: Energy Imbalance or Misalignment

This is often precipitated by unconscious or ‘buried’ Emotions.

The “Emotional Freedom Technique” originally popularized by Gary Craig utilizes Tapping on points along the energy meridians of the body (AKA “Acupuncture without needles”). Robert G. Smith has distilled the essence of this modality to what he calls, “Faster EFT”.

Using Tapping Points on the head, collar bone and wrist impacts the energy flow rapidly and can “knock out” pain in an amazingly rapid manner. For more information on original EFT, Google Gary Craig – see also EFT Universe. Learn “Faster EFT” from Robert G. Smith by visiting: <http://www.fastereft.com/>



Rather than using a “set up phrase” and repeating a reminder phrase (as in traditional EFT), Smith’s revision involves accessing and releasing of emotions with abbreviated Tapping. The details of how this works are not the subject of this presentation. **QUESTION:** Do you have to know all of the processes and mechanical actions involved in the internal combustion engine, the functionality of rack & pinion steering, disc brakes, etc.? .. or might you simply start the vehicle, put it in gear and Drive? **(RIGHT!)** Indicate 5 tapping areas on the image below.



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## PSYCHIC WINS LOTTERY!

- **What might be the benefits.. or downsides of a “Psychic Reading”?**

The future is NOT predetermined (period) – *There are potentialities and likely scenarios* – all of which can be altered by the efforts of people just like you and me. Since the stars have moved and are moving (the Universe is in a state of Flux– as it has been for billions of years), Astrology-based information cannot be an exact science nor may it be depended on to provide a certain outcome...– *Neither can ANY other technique, modality, methodology or practice – because of (among other things) The Observer Effect.* REF: <http://www.noetic.org/>.

Radio waves, infra-red and ultra violet light are examples of information recognized as existing beyond ‘normal’ (or at least common) perception. Altered states of consciousness may be useful in accessing other-than-physical information, including perception of forms of energy. Since the 1950s, Jose Silva’s methods (documented effective) have enabled ‘ordinary’ people to access their formerly undiscovered psychic abilities. There is training available today that will enable people to develop clairvoyance, clairaudience, etc. ~ (see also John 14:12) (!) ~

**What about my Religious Practices?** See: <http://www.hamburgeruniverse.com/artic/Veiled-mind.html>

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### What about Guardian Angels, Spirit Guides.. or Protectors of a nonphysical nature?

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Once we see ourselves not as Humans having the occasional Spiritual experience, but as Spiritual beings having Human experiences, we may also be open to considering that there are other spiritual (non-corporeal) energies or entities that exist. ..If they exist (“All things are possible”) - and IF at a Life Affirming Level of Consciousness (over 200 - see page 1) - they might be just as inclined to respond to requests for help as we are. Their perspective– not limited by 5 senses– might allow them access to information we could really use! You may likely find your Spirit Guide has wanted to contact you for some time - and has actionable information to share.

***When and As you cease to focus on how wrong others are or have been, you will come into cleaner alignment with your own Mighty “I AM” Presence and the power available to improve any situation.***

### “Hands on” Exercise for all present who choose.

One well documented successful method of contacting one’s Spirit Guide(s) is the use of the **Ultra-Height® Hypnosis** protocol. The benefit of the ability to contact one’s Spirit Guide is of inestimable value – while a (genuine) Spirit Guide will not give you answers to questions that you are not ready to receive, they do have a perspective unlimited by time, space or your previous knowledge or training – AND are always ready, willing and able to help (with access to information most of us have only dreamed of).

We recommend and warrant the work of Hypnotherapist Rev. L.R. Hodges, ChT, who is certified in the 5-PATH® Process (Direct Suggestion, Age Regression, Forgiveness of Others, Forgiveness of Self, and Parts Mediation Therapy). **Hypnosis is the bypass of the Critical Factor of Conscious Mind and the establishment of acceptable selective thinking.** Initially studying Gerald Kein’s Omni Hypnosis Center materials, George Thomas received his Certification as a Hypnotist from the Horizen Foundation in 2011.

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## ***Can You really Tap into YOUR OWN ability to Heal Others?***

You may have already experienced pain relief earlier in this workshop. Physical pain is a symptom – as is “Post Traumatic Stress Syndrome” (documented effectively ‘healed’ with EFT), and/or any of a number of named Diseases.

We are (really) all connected – and there are non-physical energies that aid healing. As has been taught by physicians for thousands of years: Given the appropriate conditions, the body heals itself. What any of us can do is access already-set-in-motion Laws and Morphic Fields, one of which we refer to as the process known as “Healing”.

**You can definitely Learn How to create the conditions that allow healing.** You already know how to clean a skin puncture, apply antibiotic and a band aid – Right? Healing more “Severe” problems is only a matter of education. As the Christ - who reportedly healed some pretty severe conditions - taught, “..even greater than these things [you will be able to do].”

### ***Interesting, isn't it – the term, “Alternative Medicine” (?)***

Egyptian Sleep Temples  
Mesmerizing  
HypnoTherapy  
Allopathic Medicine

Chiropractic  
Acupuncture  
Laying on of Hands  
Reiki

Pulsed Light  
Holistic Medicine  
Focused Mind Healing  
\*Matrix Energetics™

\*Matrix Energetics, a Transformational modality, is included since it often results in a healed condition.

To accelerate healing, research has found there are FOUR primary elements that work.

<b>Love</b>	AKA Outgoing Concern or Agape.. without condition or judgment
<b>Intent</b>	The intention for healing to occur must be present
<b>Imagination</b>	Presupposes healing is possible – when vividly imagined, healing is virtually done
<b>Emotion</b>	This is the Turbo Boost– the supercharge of Unconditional Love to enable effectiveness.

### **Consciousness Technologies include:**

- **Quantum Entrainment**
- **Matrix Energetics™**
- **Yuen Method**
- **Garcia Innergetics**
- **Laying on of Hands**
- **Focused Mind Healing**

### ***Google these terms for more information..***

*For the Laying on of Hands we recommend Michael Stellitano (yourhealinghands.com).  
For Focused Mind Healing, the Ozark Research Institute and the work of Harold McCoy.*

***ALL of the above may be effective for healing and may be learned in under one year.***