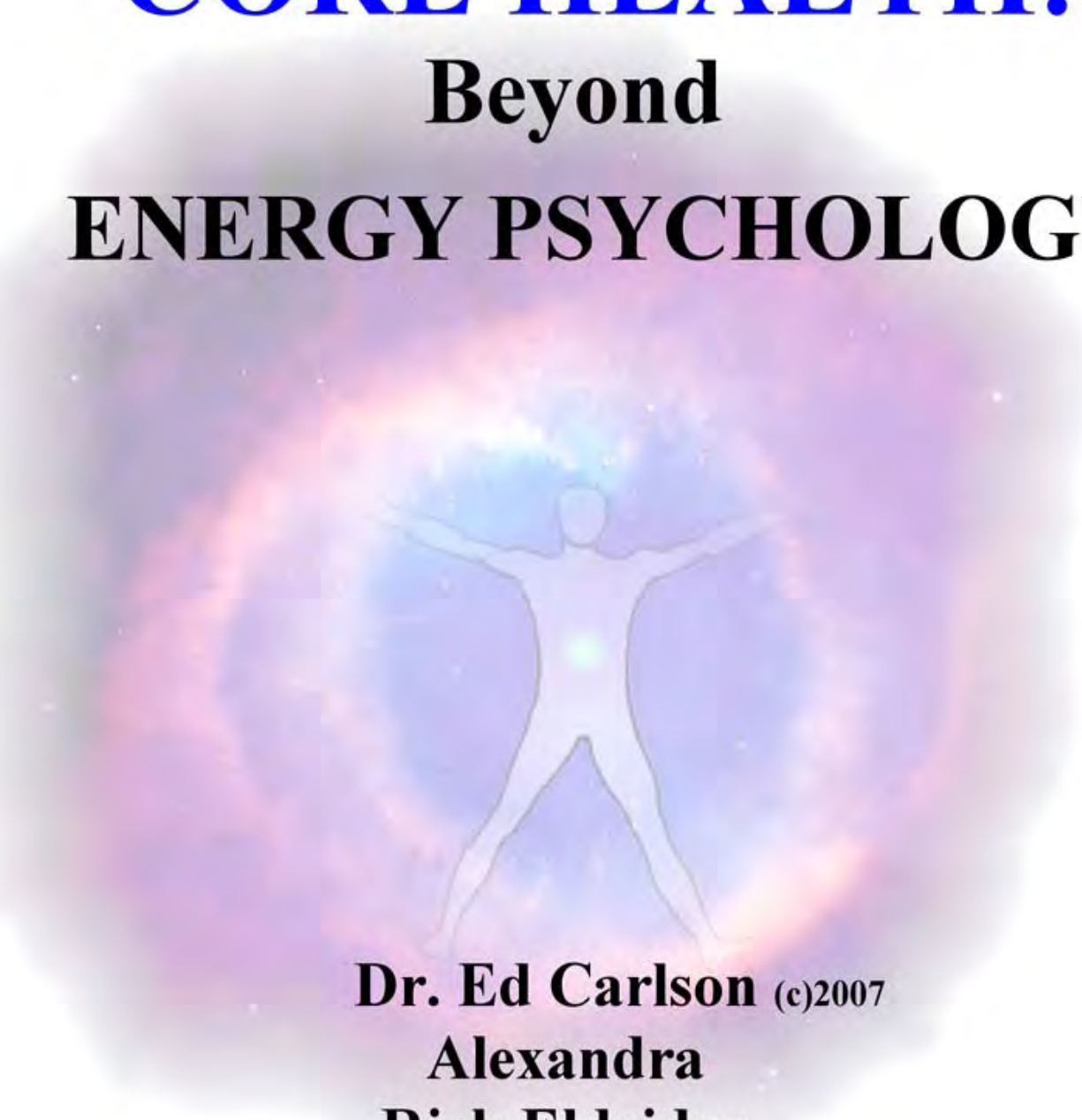


CORE HEALTH: **Beyond** **ENERGY PSYCHOLOGY**



Dr. Ed Carlson (c)2007
Alexandra
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“Freeing Humankind to Be Excellent”

Core Health: Beyond Energy Psychology

This research demonstrates [Core Health](#) is the next major expansion in results, beyond Energy Psychology.

Energy Psychology techniques are clinically observed to consistently help a wide range of psychological conditions. These address the human energy matrix, which consists of three major interacting systems: Energy pathways (meridians and acupuncture points); Energy centers (chakras); and the Human biofield (systems of energy that envelop the body). These techniques also help promote high-level mind-body health and peak performance in the physical, mental and creative areas of life. www.EnergyPsych.org

Energy Psychology (EP) has been demonstrated as a major expansion in effectiveness beyond traditional Cognitive Behavioral Therapy and Medications.

Over 31,000 patients receiving energy-therapy over 14 years at 11 facilities were carefully documented in a research program led by Jonquin Andrade, MD. Example, 2,500 patients diagnosed with anxiety disorders and treated with an energy approach and no anti-anxiety medication, were compared with a matched group treated with Cognitive Behavior Therapy (CBT) and medication. Energy Psychology results surpassed the CBT/medication protocol in proportion of patients showing improvement, 90% vs. 63%, and showing complete remission of symptoms, 76% vs. 51%. Another pilot showed fewer visits: EP 3 visits, CBT 15. (David Feinstein, PhD and Jonquin Andrade, MD, www.EnergyPsych.org and *IONS Review*, Jn-Aug 2003). [Note on above: EP results show c. 50% more improvement – in 1/5 the number of visits, 3 vs. 15.]

CBT, EP, and CH each have their relative value and have contributed to the ongoing development of better, faster, more lasting results for people being free of oppression and living creative, enjoyable lives.

This Core Health research demonstrates and documents the affect of applying Core Health principles and methods with participants who had experienced a variety of Energy Psychology methodologies in their counseling/ treatment sessions, for a term of one to two years in duration. Each participant had received individual and/or group counseling to address issues in their lives, including depression.

Participants

This study included thirty-five participants, plus a control group of twelve additional individuals.

Core Health Sessions Conducted

Dr. Ed Carlson and two assistants facilitated six Core Health group sessions over a 2 ½ day period. The first five of twelve expansion levels of Core Health were facilitated during this time.

Kinesiology Testing Method

[Kinesiological testing](#) was accomplished using the classic method pioneered by George J. Goodheart, Jr., D.C. in 1964 relating to physical stimuli¹, and refined by John Diamond, M.D., in the late 1970s relating to emotional and intellectual stimuli² -- validated over 25 years. Dr. Diamond's *Your Body Doesn't Lie*³, describes the method used during this study and is summarized below:

1. Have the subject stand erect, right arm relaxed at his side, left arm held out parallel to the floor, elbow straight. (The other arm may be used.)
2. Face the subject and place your left hand on his right shoulder to steady him. Then place your right hand on the subject's extended left arm just above the wrist.
3. Tell the subject to push up when you push down on his arm.
4. Now push down on his arm firmly and evenly. The idea is to push just hard enough to test the spring and bounce in the arm, not so hard that the muscle becomes fatigued. It is not a question of who is stronger, but of whether the muscle can "lock" the shoulder joint against the push.

¹ Goodheart, G., *Applied Kinesiology*, 12th ed. Detroit: Privately Published, 1976

² Diamond, J., *Behavioral Kinesiology*, New York: Harper & Row, 1979

³ Diamond, J., *Your Body Doesn't Lie*. New York: Warner Books, 1979

Measurements

Prior to the Core Health sessions, each participant and control self-administered two questionnaires from the University of Pennsylvania's Positive Psychology website. www.AuthenticHappiness.com.

The *CES-D* questionnaire measures symptoms of depression.

The *PANAS* questionnaire measures Positive Affectivity and Negative Affectivity.

Subjective self-assessments: Each participant wrote 3-5 sentences assessing their life, and three results they were eager to gain from participating in the experience. Appendix 2 and Appendix 3.

To assure consistency, Dr. Carlson personally energy-measured each participant and each control for each [kinesiologic measure](#) area. Five areas were measured and recorded prior to Core Health sessions. The five areas measured were *Anabolic Units*; *pH*; *Daily Function* (-10 to +10); *Cell Protection %*; and, *Joy* (1-100). For organizational, study, and measurement purposes, the larger group was composed of Groups 1, 2, and 3.

At the end of the second day of sessions, participants were retested for Anabolic Units and pH.

At the end of the third day, *Anabolic Units*, *Daily Function*, *Cell Protection*, and *Joy* were retested.

Results

Thirteen participants reported *CES-D* and *PANAS* scores taken within 30 days following the Core Health sessions. They are shown as *subgroup* scores. [Note: 0-9 range is below the median of American adults.]

CES-D Ranges		0-9	10-15	16-24	25-32	33-46
		Non-depressed	Mildly depressed	Moderately depressed	Severely depressed	
All Pre Session Scores		13	6	6	2	8
<u>Subgroup Scores</u>	Pre Session	4	0	4	1	4
	Post Session	8	1	3	0	1
<u>Individual Improvements (Pre Session to 2-4 weeks Post Session, most change to least change)</u>						
39 > 15	38 > 20	37 > 22	18 > 3	18 > 4	16 > 6	9 > 4
40 > 36	16 > 12	6 > 2	26 > 24*	3 > 2	5 > 7	

* Participant note: "I feel the score is diluted because of my work with the therapist last week."

42% Average Improvement (reduction) on Post Session CES-D scores

PANAS Ranges		10-15	16-24	25-35	36-50	
All Pre Session Scores	Positive	0	8	20	6	
	Negative	16	14	4	0	
<u>Subgroup Scores</u>						
Pre Session	Positive	0	6	4	3	
	Post Session	Positive	0	2	7	4
Pre Session	Negative	6	5	2	0	
	Post Session	Negative	10	3	0	0
6.2% average Increase in Positive Scores. Notable increases: 20 > 34 23 > 31 30 > 36						
19.4 % average Decrease in Negative Scores. Notable decreases: 23 > 11 22 > 11 23 > 13 26 > 17						

25.6 % Overall Improvement on Post Session PANAS scores.

Daily Functioning Scale -10 to +10, University of Pennsylvania's Positive Psychology Department.
 Negative or Positive attitude with which a person functions in daily life, and views the world.

	NEGATIVE										POSITIVE							
Scale:	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Number of People:																		
Start		1	9	13	2	2			6	1	1							
Final														1	3	3	6	21

100% functioning at +6 to +10 level following sessions. **+9.26 points** average move into positive.
 All individuals functioning well into, and from, Positive side of this Scale.
 This enables handling negatives from a positive perspective and foundation.

Anabolic Units measure Life Enhancing energy, releasing endorphins and DHEA, in contrast to
 Catabolic, which diminishes life energy, releasing stress chemicals adrenaline and cortisol.

		RANGE	AVERAGE
Start	Group 1	88 – 157	94
	Group 2	68 – 125	93
	Group 3	77 – 108	92
Middle**	Group 1	2,200 – 5,200	3,600
	Group 2	3,700 – 8,800	5,545
	Group 3	6,600 – 13,700	9,700
Final**	Group 1	118,000 – 240,000	155,500
	Group 2	37,000 – 142,000	84,000
	Group 3	18,000 – 65,000	43,500

LEAPS by multiples in **Anabolic** Energy measurements were astounding even to facilitators!

Notes: Low anabolic energy was significantly characteristic across the group at the start.

(Future Question: Does this inversely correlate with CES-D score?)

Increased Anabolic Energy flows into zest for life, *Joie de Vivre*, and improving physical health.

****Permission Phenomenon:** as proceed testing around the group, individuals gradually give selves permission to test at increasingly higher levels. Self-imposed “limitations” as to “how good” they can be are expanded. First two individuals are re-measured to demonstrate “Permission Phenomenon.” Dramatically demonstrated here by reversing-the-order of “Start” and “Final” measuring sequence from Group 1, 2, 3 to Group 3, 2, 1.

Body Acid/Alkaline Balance pH. Optimum pH for body (blood, intracellular) is 7.3-7.4 pH.

Cancer only survives in acid, anaerobic environment. Negative thinking creates acidic pH.

Thus all had experienced cancer or had the potential to experience cancer.

	Acid					Alkaline					
	6.6	6.7	6.8	6.9	<7>	7.1	7.2	7.3	7.4	7.5	
Initial # of People		4	27	3		1					Most are very Acid
Final (24 hrs.) # of People										35	Entire group is optimal

OPTIMAL pH Health Range – without addressing pH! A **“Bonus Shift”** due to Core Health.
 Since the Acid/Alkaline scale is Logarithmic, this is a very large shift!

Cell Protection. Cells are growing, neutral, or protecting themselves from harm and toxins.

A high % of cells “protecting” impairs body function at the cellular level.

This is a basis for degenerative diseases.

The Sodium~Potassium Pump is *reversed* by continuous stress and high cortisol levels.

Cell Protection interferes with transport across cell walls – both in and out.

Cell Protection is **specific** to one or more organs, rather than generalized in the body.

	RANGE	AVERAGE
Initial	27 - 38%	33.85%
Final	11 – 21 %	14.67 %

56.7%. overall reduction following all sessions, to 11-21% range.

[Incarcerated Criminal Drug Addicts research](#): all reduced to the **0 - 4%** range.

Over a longer time, with deeper clearing, cell protection continues to decline.

Much healthier – without addressing Cell Protection! Another CH “**Bonus Shift**”.

JOY Scale - “I am 100% willing to be Joyful.” “I have permission to be 100% Joyful.”

No direct “assistance” was provided. Results are from another CH “**Bonus Shift**”.

	RANGE	AVERAGE
Initial	68 – 88 %	76%*
Final** Group 1	100%	100%
Group 2	100%	100%
Group 3	92 – 100 %	96%

*All Groups were within 0.25% on their averages.

****Permission Phenomenon**: as proceed testing around the group, individuals gradually give selves permission to test at increasingly higher levels. Self-imposed “limitations” as to “how good” they can be are expanded. Dramatically demonstrated here by utilizing the testing sequence Group 3, 2, 1. Immediately retesting Group 3, after Group 1, would give higher results.

SUMMARY

- **35** participants with 1-2 years of a variety of Energy Psychology modalities, in a weekend intensive pilot research with the first 5, of 12 levels, of Core Health.
- **42 %** average **CES-D** score improvement – some very substantially.
- **25.6 %** average **PANAS** scores improvement – especially decrease in the negative scores.
- **+9.26 points** average move into the positive on **Daily Functioning Scale -10 to +10**. Improved from - 4.18 average of 27 participants in the minus end of the scale, and Improved from +1.38 average of 8 participants in the plus end of the scale.
- **LEAPS** in **Anabolic** Energy measurements astounded even the Core Health Team! Beginning at 94 – to 24 hours at 9,700 – to 48 hours at 155,500 – for the highest averages.
- **Optimum pH** Body Acid/Alkaline Balance achieved by **entire** group, from a very acidic beginning.
- **56.7 %** improvement (decrease) in **Cells Protecting**.
- **96-100%** on Joy Scale, improved from 68 – 88% range.
- Core Health “prepares the terrain” for healthy skills to be planted (developed) and grown. Core Health provides some tools and skills. Other additional skills and tools are beneficial for a full life. Core Health is a solid “jumping off place” into the richness of life.

Secondary Results

Resistance is well known in mental health professions. In A Primer of Brief Psycho-therapy, John F. Cooper, 1995, says “Effective Psychotherapy requires a problem amenable to change, a client willing to work, and a competent therapist” – willing “to be ‘wrong’ at any given time, and to make appropriate adjustments.”

A Brief Guide to Brief Therapy, Brian Cade and William H. O'Hanlon, 1993, p. 181 talks about a dangerous therapist Moshe Talmon, who is investigating "Single Session Therapy". (cuts into making money). Studies show people attend 6-8 sessions. Insurance pays for 6 visits. Brief Therapy developed around this. Some consider 40 or 52 sessions minimum! The book audaciously says therapists “need” people to come at least 6 sessions to “earn their daily bread.” This focus seems to be on money, rather than healthy clients.

Core Health response: Who a person IS ... becomes what they DO.

Core Health focuses on “who you ARE” – your inborn essence of health.

Traditional psychotherapy/Brief Therapy is focused on what you DO – outer behavior.

Best combination is Who you Are . . . PLUS . . . some Skills . . .

Dr John Diamond’s “Inner Flame” (Will to Live), remarks that never found a therapist or analyst who wants to be healthy. Knows of no therapist who is “aware” – that can see that the flame is out. That is what is wrong with therapy – therapists’ flame is out, so cannot see client’s flame is out. People go for therapy, and are seen years later with their flame still out!

Our Experience: within 2 hours of arrival, the therapist organizing the weekend told us they’d had cancer. They later expressed reluctance about being a healthy weight due to looking emaciated during chemotherapy.

“Are you planning to have chemotherapy again?”

“What?”

“Do you carry extra weight so when you have chemo again, you will have some extra to lose?”

Bewildered look.

Energy Measure their statement “I want to have cancer again.” YES. Assist them in clearing.

As the therapist’s clients grew healthier and more enthused throughout the weekend, the therapist’s agitation increased noticeably. Although they arranged all the details and baselines with clients for this research, the therapist actively sabotaged the follow-up – especially after one or more clients terminated their therapy.

The second planned series for those desiring to participate on their own was met with threats of consulting with an attorney, and not supporting or encouraging the workshop.

A TRIBUTE to the power of Core Health is the perspective we gained. The reaction vigor can be attributed to Core Health demonstrating powerful freeing results. This speaks as loudly as our data.

Participants observations: After Dan Jones came for a weekend (therapist) put him down. Robert ? (dream stuff) came for a weekend, (therapist) put him down. Threatening maybe. My regrets are not following up on such a positive weekend. If people feel good and are in harmony, no need for (therapists). I’ve wondered why people have seen ___for YEARS. Even after given the tools, they still want a controller. My friend, also in our weekend, was upset as ___ said similar things to their group. The weekend was so powerful for me, I enjoy basking in the sun. I’ve decided to no longer be in the (therapist’s) group as I am tired of dwelling on the negative over and over. It is time to embrace the positive in my life – and move forward, not backward.

Post-session data is limited to 13 hearty souls who had the integrity to follow-up as planned and agreed. Interestingly, this is 37% of the group – the PLACEBO Effect area – that Dr. Herbert Benson, at Harvard University, terms “Remembered Wellness.”

* * *

CONTROL GROUP – 12 individuals participated in baseline testing for a Control Group. Only 1 completed any follow-up. Thus the Control Group was not included in our study.

CONCLUSION

Energy Psychology clients of 1-2 years were measured objectively, subjectively, and by kinesiology. The efficacy, speed, and durability of Core Health is dramatically demonstrated to redirect energy flow from negative into positive. Physical improvements as “Bonus Shifts” are demonstrated. Increased Joy of Life is also demonstrated as a “Bonus Shift.”

The therapist’s perturbation after personally inviting us, and participating in the process, is a classic demonstration of the battle between Freud’s *Thanatos* (Death Wish/cancer), and “The Will to Live” – wonderfully detailed in that book by Dr. Arnold Hutschnecker, MD. When the Will-to-Live (“Inner Flame”) is weakened or turned down,

nothing done beyond that level will have much lasting beneficial effect.

Core Health easily re-activates Will-to-Live to 100% – thus no *Thanatos* – thus no battle.

In a dimensional expansion beyond Energy Psychology, Core Health frees our deep core essence in a sequential method, for durable global results.

These beneficial results are measurable; are lasting; and are naturalized into daily living.

In contrast to “peeling the onion” from the outside, Core Health predictably expands one’s natural core of health, allowing many non-healthy layers to fall away. CH expands innate health into all areas of life for living naturally and powerfully. Core Health is simple, elegant, thorough, quick, durable and the benefits are measurable. Most importantly, the beneficial results are retained and naturalized as a positive, powerful, healthy, creative way of living.

* * * * *

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APPENDIX 1: “Experiences of Participants”

Thanks for a great weekend. I was, and continue to be, truly inspired and motivated. I particularly liked the concepts of “thinking” I’m smarter than God, and remembering the Perfect Moments. I continue to compile my list of perfect moments and to be pleasantly surprised by how many there are!!

Thank you for a FANTASTIC new strategy and set of skills for helping me move closer to my goals. I was particularly fascinated because I am a very linear thinker. If you do this...this will happen. I felt as though your workshop aligned with my personal need for "the concrete". I've often found myself frustrated with the ambiguity that sometimes surrounds the work I have been doing. Your workshop brought in an element that I have been needing...I think even more than I knew!

Your approach was just what I needed! Thank you for sharing a weekend with me :)

I am continuing to visualize most every night and have been "playing" with self-testing for things like: during my morning run...should I turn left or right, should I run 5 miles...and have been finding it very fun! Big Hugs and Very Warm Thoughts...

Hi Dr. Ed,

I really appreciate the opportunity to work with you and am honored with the inclusion. I'm guessing you sensed my resistance (first day and first part of the second day). I'm grateful you provided the space and patience for me to work through it to finally engage fully in the process and with the group.

I continue to muse on creating a workshop separate from ____, yet including the process as we did. The experience was very helpful in expanding the application of group work and finding “docking opportunities” with other methods and approaches.

G.G. approached me in creating a workshop with her around sacred sexuality and intimate relationships. I don't have a clear idea of what it will look like, but many of the things I picked up in your workshop will integrate wonderfully in this as well. I'll keep you posted as this develops.

Thank you so much for your support and encouragement!

I look forward to the development of new things and honoring you and your work in the process.

Dr. Ed,

The weekend was a turning point in my life -- I "knew" much, just doubted like Thomas. I gained new insights though as well as confirming who I am and my purpose on this earth. I thank you for that.

I have been seeing _____ for a few years, about 2 lately and a few times in the past. Wednesday evening was our group. I usually begin the sharing. 2 of the other ladies were with us on the weekend. I talked about the positive experience. How I am now able to see each of my students as an individual and that together, they and I make up the whole, classroom. I talked about how I observe the color changing on an individual leaf which in turn is part of the whole tree, etc, etc. I talked about positive moments and that each moment can be a positive moment when we stop look for the good instead of the bad. That each moment probably has both, but we are conditioned to see the bad. I talked about how empowering the weekend was.

The other 2 ladies talked about how empowering and positive the weekend was for them also.

Then (therapist) spoke - all negative.

The weekend was so powerful for me, I enjoy basking in the sun. I've decided to no longer be in the (therapist's) group as I am tired of dwelling on the negative over and over. It is time to embrace the positive in my life and move forward, not backward.

I have 6 children, each one is awesome. How blessed I am.

I am enjoying my freedom and how wonderful to have experienced Core Health at this time in my life.

Ed, I have retaken the tests and my results are ... However, I feel these scores have been diluted from the effects of the weekend because of my work with (therapist) this last week. We got into stuff that may very well get pretty scary for me and my mind's need to disconnect has already expressed itself.

I do want to thank you, though, for the great experience that weekend. The way the tests force you to search through the realms of your memory really helps to re-associate connections in my mind. I think it will actually help me to be able to go even deeper in my writing as well as getting back in touch with the good things that have happened in my life that are so easily forgotten. So thanks again Ed, I really enjoyed the experience.

I have just made a connection! I have always been fascinated with the change of seasons. Just a few minutes ago while watching the leaves on a particular tree swaying with the wind, I connected: the autumn leaves change colors from the *inside* of the tree outward until all have turned beautiful colors and fallen. Then the tree is dormant until springtime when new growth miraculously takes place.

We are the same, change from the inside outward,
with time for reflection in between.
All living things have a connection to one another.

Dr. Ed

I thank you for entering my life.

Wednesday night I am telling group that I can longer be a part.

I feel as though a load is has been lifted, for lack of a better cliché.

My week has been very calm and peaceful.
I do feel like there is a lot more space in my space.

After the Core Health weekend, I spent a wonderful two weeks on vacation in the Mountains. Leaves changing, hiking, sitting in the hot tub, generally enjoying myself. It got some wonderful pictures to remember my wonderful adventures. Its one of the best times I have had on vacation in a long time. I was able to be more active and hike more then I have in a couple years. I think that is a direct result of the Core Health weekend.

It would sure be great if you could come back and we could go through steps 6 - 12.
I really noticed a difference after 1 - 6 and think we would all get great benefits from 6 - 12.

Here are my results from the retake. I hope you find the information you gained from our group useful for your research! Warmly,

APPENDIX 2: Life Assessments

Life Assessments / Group One
Nothing submitted.
My life is complex right now. I am happy that my life is starting to change in positive directions. I feel that I am taking charge of my life and things are looking up.
Nothing submitted.
Nothing submitted.
Nothing submitted.
I am not happy yet not unhappy, but somewhere in the middle. I don't see myself as powerful yet other do see that attribute. I'm confident at work, yet not my regular life. I sabotage myself even when I'm trying not to. I see happiness in others that I wish I had.
I feel bland. Not unhappy, but not happy either. I am more focused on my need for security and less on my power & confidence. This internal focus on security, I believe, hinders my ability to be intimate with anybody.
I am living a life that I am primarily happy with except the following— I have trouble staying as calm as I would like when I feel something deeply. I sleep a lot and am tired a lot & I would like to have more energy. Since I can remember getting up in the morning is always something I dread unless there is something really special going on that I really want to be at. There's always more to do than I can get done & sometimes I don't want to confront things.
My life is stabilizing—not as many ups & downs as there has been in the past. I learned I have ADD, which I've probably had most of my life. I'm learning how to stay grounded and to look at my own issues. I portray confidence but feel inadequate in some relationships. I feel happy most of the time and have some anxiety, some frustration & a little depression at times. I still find myself going out of the way to please others—even when I don't really like them.
My life has been on hold for the last several weeks because I have a major job assignment I have to get done, a rare occurrence for me. I've been feeling a little down since my girlfriend & I broke up last winter. Besides missing the companionship, there's part of me that wonders if I can ever hold on to a relationship. Other than that, I've been enjoying my summer and look forward to a vacation this fall
Nothing submitted.

Life Assessment / Group Two

I have felt powerless and dependant on others and never allowed myself to reach my potential.

I have been sick most of my life as a means of gaining love and concern from my family.

I have been overweight most of my life and have felt powerless to change that with lasting effect.

I have been married for 30 years to an emotionally unavailable, workaholic man which has left feeling unloved and lonely.

My life is happy & enjoyable.

I have a challenging career that has been very successful thus far.

My marriage is stable. It lacks intimacy and trust. There is not a strong heart connection there at this time.

I am confident in my professional life, not as confident in my personal life.

Nothing submitted.

I feel like a majority of my life has been spent either thinking about, worrying about or taking care of others, until about six years ago when my well ran dry.

My 4 children, 2 grandchildren as well as my Mother give me the most joy, as well as concern.

I met my husband at age 13 & he 14, and still is, a constant battle & huge source of uncertainty.

Most of the time I feel that I'm fighting for our Marriage & family alone.

Nothing submitted.

I have spent my life hiding things from myself.

As a result, I have frequently been unable to explain why I have made some of the decisions that I have.

I am healing and learning about myself. With the healing process, I am gaining confidence and learning to identify my true feelings.

I am a powerful young woman who is driven by the need for acceptance from others.

I often feel shame and guilt for past choices and strive on a daily basis to keep them hidden from the outside world. Perfection is the key to my charade.

I am an extrovert who enjoys each moment. I am a life long learner who is passionate about family, friends, education and love.

I struggle with overachieving to prove my self worth and even though I've done a lot of work around my anger I can't seem to come to terms with the question "What am I really angry about?"

I tend to be a better talker than listener and I tend to be more rigid than flexible in my personal life. At times, I can also allow myself to be paralyzed by fear.

Nothing submitted.

Currently my life feels the best it has been. I have a lot of different things going, and I think I use doing & excitement as a way to stay feeling up.

I feel alternately excited an anxious for the great things that are happening for me in my career. In my relationship with my husband I have open communication and it is a joy most of the time.

It is a daily effort for me to make sure to take care of myself (which I do more consistently than previously), and I have a very disorganized home.

I tend to be demanding of myself.

Nothing submitted.

Life Assessment / Group Three

I am happy & confident when I am working.

I do not feel I connect on an emotional level with people in my family though with possibly 1 other person.

In relationships with others I feel self doubt and less than.

I have had a very intense year of therapy with _____, but I am very happy with the personal growth I've achieved. I am feeling strong and committed to changing my life for the better.

I am having surgery on a herniated disk the Monday morning after the workshop, so I am very anxious about that as well as attending the workshop. I know there is great healing coming my way, but I tend to fear the unknown.

I made choices in my life that have been wonderful which have led to positive growth and fulfillment.

I have made choices in my life that have been destructive to my positive growth causing set back and stagnation usually ending with the realization that it is not the place I want to be in.

I have made use of my experiences both physical and emotional, positive and negative to assess where I have been, where I am, and where I am going.

Nothing submitted.

In the past 6 or so months (maybe longer), my life has been very good. For the most moments, I feel content, amused, happy, optimistic.

There is an underlying thread of discontent/ frustration/ anger that runs through the center.

Fear and anxiety show up many mornings and less so lately.

My power and confidence have increased greatly over the years.

Intimacy, I keep others at arms length.

My life right now includes a full time job and full-time school.

I'm working towards a degree in engineering.

I'm married and have no children.

Nothing submitted.

I am a confident person in most relationships, especially those that lack a threatening emotional connection. The more difficult relationships are those with my wife, children and family.

I am happy most of the time, my primary struggle come in the lack of intimacy & connection with my wife.

I am emotionally guarded. I lack trust in those closest and refuse to be vulnerable for fear of rejection.

My energy is much improved (due to working with _____) and I am taking more risks with those closest to me and stretching the boundaries.

Mark Twain once wrote (paraphrase), "Forgive me Lord the little jokes I've played on You, and I will forgive You the big one You played on me." Twain was lamenting the condition that in youth humans have all the capacity and none of the means, but as we age & gain means we loose capacity.

In Twain's day this may have been true, but I don't believe it is now as information is available that can assist me in maintaining & prolong capacity (health, well-being, etc.).

As for means, I think the 12 Step Program—which I practice—has it right with the Serenity Prayer.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Nothing submitted.

I am in the middle of a divorce from an abusive, lying, cheating husband. I am worried about my 2 daughters —ages 5 and 1. I am overwhelmed with the responsibility of supporting them and healing myself so they don't make the same mistake I've made.

I feel lucky that I have the means to support them and have wonderful fulfilling career and I own my own business which is nice but also a lot of responsibility. I am normally a positive, joyful, upbeat person, however right now I am struggling to keep my head above water.

I am overweight and sick of failing at losing the weight.

APPENDIX 3: Gains Desired

Three Gains Desired / Group One
Nothing submitted.
Increase Energy
Ways to be in touch with & more positively express feeling, esp. Anger
Experience better overall Physical & Emotional Health
Nothing submitted.
Nothing submitted.
Nothing submitted.
To free up energy needed to be healthy.
Change the negative energy for positive energy.
To make it a practice vs. just a one time thing.
I would like to feel my confidence & power when at a steady state.
To feel confidence & power, I seem to need conflict so I can work my way out of it.
Limits removed from my subconscious for achievement & happiness
Increased self-esteem
More energy
I would like to gain control of my need to please others.
Feel more grounded and confident in my relationships.
I would like to be more positive & objective in situations and not take things personally when they don't seem to appear to work out.
Improve my attitude towards life and love
Learn techniques I can use after the seminar to lighten my load in life
Watch the healing process in others
Nothing submitted.

Three Gains Desired / Group Two
To come into an awareness of my own worth and power
To be able to become fit and healthy
To be able to open myself to receive love and abundance
Overcome the persistent guilt I feel.
Reduce the amount of fear I have in my life.
Improve my interpersonal communication—be more open & honest about how I feel.
Nothing submitted.
To gain clarity & confidence about the direction that I need to go, to live my best life, and become clear on what I am supposed to accomplish in my life time.
To lose the feeling of wanting to give “die” to relieve my constant hopelessness & pain.
Learn how to focus on myself instead of other, as well as not letting anyone distract me from my personal healing and progress.
Nothing submitted.
Insight into my core beliefs & how they are affecting my day to day experiences.
Insight as to where my energies are being expended now.
Tools to allow me to focus my energies on areas I want to explore instead of having my energies diffused over areas I'm not aware of.

I want to live based on the present.
I want to create relationships that are authentic & based on truth.
I want to integrate all of my powerful parts inside to create an existence where my words, actions, and energy are aligned.
Nothing submitted.
Nothing submitted.
To be able to manage the flow of creative energy through me at a higher level.
To be okay with feeling great.
To be at peace with myself and the world.
Nothing submitted.

Three Gains Desired / Group Three
I want to stop my self limiting beliefs
Stop disconnecting
Quit smoking
I hope to come away from the weekend free from fear and more in touch with my feelings so that I can have a more intimate relationship with my loved ones and loved ones to be.
Be in the moment.
See the good and positive in the world to draw strength from and in return pass it on to those I come in contact with both near and far.
Nothing submitted.
Increase sense of inner strength/ self esteem/ personal power. Creating a sense of calm so that I may "hear" what another is saying. I surmise that personal power affords one a sense of calm.
Create a non-interest in pop & junk food. Have the desire/cravings just melt away/disappear
Increased energy: I would like to wake up in the morning & feel excited about experiencing another day. Have this feeling through out the day & the week & the month and so on. I struggle to get out of bed many mornings & I feel exhausted about an hour after getting up.
I'm looking for a healthy model for managing the day to day grind.
Nothing submitted.
I hope to find the strength and wisdom to make intelligent decisions in my current relationship, future relationships and live life as a strong healthy (emotionally) male.
To learn a deeper level of living in Grace.
To learn how to further develop and use my personal power.
To learn more about being fully present & in-touch with what is really happening in the moment.
Nothing submitted.
Restore my joy & not have it affected by other people
Break resistance/self sabotage to moving forward in my personal, emotional & spiritual life.
Finally lose the weight I need to & keep it off.