

Core Health Series I: Creating a Solid Self

Table of Contents

INTRODUCTION	7
SECTION 1 Emergence	
Chapter 1 My Journey	13
Chapter 2 Life Energy	23
Chapter 3 Core Health + Journey of Self	31
Chapter 4 Preparing to Process + Perfect Moment + CK	41
Chapter 5 Engaging Heart and Energy	49
SECTION 2 Core Health: Expansion Level ONE	
Chapter 6 Death Wish + Will to Live	59
Chapter 7 Choosing to Live Healthy	69
Chapter 8 Benefiting Your Self	73
Chapter 9 Accepting ALL the Benefits	75
SECTION 3 Core Health: Expansion Level TWO	
Chapter 10 My Mind is My Friend	79
Chapter 11 My Subconscious Mind is My Friend	83
Chapter 12 My Body is My Friend	91
Chapter 13 I am a Friend to My Body	95
SECTION 4 Core Health: Expansion Level THREE	
Chapter 14 Childhood Decisions	99
Chapter 15 Harmony with All That Is	107
Chapter 16 Further Benefits and Shifts	117

SECTION 5 Core Health: Expansion Level FOUR

Chapter 17 Performance Anxiety, Chaos and Control	121
Chapter 18 Identity ~ I Know Who I Am	125
Chapter 19 Benefits and Shifts	133

SECTION 6 Core Health: Expansion Level FIVE

Chapter 20 Masculine and Feminine Archetypes	141
Chapter 21 Innocence, Purity and Virginity	145
Chapter 22 Integration of Healthy Masculine and Feminine	151
Chapter 23 Forgiving Your Self + Vastness	153

SECTION 7 CONCLUSION

Chapter 24 RESULTS	163
Chapter 25 Living in Action and Power and Joy	177

SECTION 8 Appendices

APPENDIX A Glossary of Unique and Original Terms	180
APPENDIX B Art and Science of Energy Measuring	181
APPENDIX C DTQ [®] PROCESS	183
APPENDIX D CLEARING Process: SP, DP, APs	187
APPENDIX E Life Applications to Every Day Living	193
APPENDIX F RESEARCH with Core Health	199
APPENDIX G Symbols 2 Circles	205
APPENDIX H Personal Progress Journal (PPJ) pages	206
PPJ starter pages	217
FREE DVD Gift Certificate	223