

Change your Beliefs-Change your Life - Joan Cameron

Concept: We have 2 minds (Conscious & Subconscious). The Subconscious is formed between birth and 6 like a tape recorder when we are in Delta & Theta states from the environmental & parental influences (super learning & self identity), which determines our unconscious behavior for the rest of our lives unless we consciously change the tape. After 6 we form conscious mind in Alpha & Beta states but the conscious mind (40 bites/sec.) is 1,000,000 times slower in processing data than subconscious (40 Million bites/sec.), which it can do thousand of tasks at the same time but no creative ability & conscious mind only do 1 to 2 things at a time. We are in the conscious mind only 5% per day & 95% is controlled by the subconscious so our behavior is played out by someone else's when we were programmed before 6 years old. We must manually change the program to become conscious through Mindfulness (Buddhism), Hypnosis or Energy Psychology.

Background: (Energy Psychology (Holographic Reprogramming) Modalities: Body Talk, EMDR, EFT, PSYCH-K)

1. In Thailand he got a Bruce Lipton DVD from Walter Kellenberger and watched it 3 times then contacted **PSYCH-K** for individual evaluation and instruction and they referred him to instructor, Joan Cameron.
2. Senior Instructor in the Universal Healing Tao so familiar with energy work & practicing consciousness.
3. He is not connected with any type of standard medicine.
4. He is interested in **Reprogramming his Subconscious** to his **New Set** of Desires not someone else's.

Changes for a New Tape (Reprogramming the Subconscious):

1. **Family Obesity Challenges** - Change Program from "Feast or Famine" which sabotages Ideal Weight
 - a) Physical Health desired
 - b) Maintain Long Term Healthy Weight
 - c) Change (Reset) the Hypothalamus Gland to hold only healthy fats releasing Security Fats (Emotional Area) with New 4 Phase Diet (Obesity Cause & Cure Program) for 6 months.
 - d) Feel comfortable having a Healthy Lifestyle
2. **Financial** - He generates lots of money but does not hold on to it subconsciously thinking he does not deserve it and subconsciously squanders it away.
 - a) Live on Passive Income from Rental Income & Mutual Bond Dividends so he has the environment without any external responsibilities freeing him to transform his physical body into his spirit body through the Taoist Immortal practices.
3. **Relationships** - Negativity toward them, which he created with 20 years after 1st wife experience having none because of parent's lack of a healthy relationship programmed in his subconscious mind to do.
 - a) Understand the patterns and create a healthy one related to relationships

Changing the Tape (Subconscious) -1st Session by Body Testing (Reflexology)-Following Changes:

1. My Physical Body is the Substance to create my Immortal Body. (Creating a Healthy Physical Body)
2. I am completely transformed from my Physical Body into my Immortal Body.
3. I can dematerialize my physical body into my Immortal Body and materialize my Immortal Body into my physical body at my will.
4. I completely accept my Divine Self as a loving giving entity for the benefit of the whole.
5. I am fully responsible for my programming that has created anger, mistrust & doubt dealing with others.
6. I am willing to accept, let go & release all resentment towards others allowing them enough space to be.
7. I have a Loving, Secure Relationship with myself and welcome that same relationship with others.

Action:

1. Complete all activities outlined for my Ideal Weight (6 mo. Program to Reset my Hypothalamus Gland.)
2. Read Biology of Belief by Bruce Lipton & complete a book analyze.
3. Send out copies of Bruce Lipton DVD to others so they can do their own reprogramming if they desire.

Results:

My 2nd Relapse of my lower back (**Sacrum Injury 01/26/1989**) occurred that afternoon after my PSYCH-K session while I was lying down on the couch & moved slightly then I was completely immobilized. I suffered through night & that morning called Joan & she walked through a 15-minute session over the phone releasing the 90% of pain & immobilization. It regressed 25% during the day but after 2 days I was 100%. The 1st Relapse happened in Advanced Tao Yin Training at Tao Garden, Thailand 12 years before (10/27/97) as it happened in the morning. I could hardly walk as my sacrum shifted for 3 weeks until I released it 3 months later by a German Reflexologist, Kim De Silva. My former wife, Marilyn Ross kicked me in the groin hitting inside the sacrum nearly 9 years before that ending the relationship. I did not talk to her for nearly 9 years (08/29/97). I called her 2 months before then without any resolution or emotional closure. When she hit me the pain did not come out at the time, because I was in shock and it went through the nerve wall so that is why I did not feel any pain but the damage was done and it went into a deeper level where I could not get in touch with it until I open up my sacrum in the Advanced Tao Yin as Kim explained it to me at that time while using a reflexology techniques releasing it then.

Changing Subconscious Tape 2nd Session (4/28/10) by Body Testing-Reflexology-Following Changes:

1. When I say these daily affirmations the Subconscious Mind will activate them in its programming (ABCs).
 - a) I am grateful to manifest and feel the glory of **my God** this day.
 - b) I am grateful that I am perfectly healthy weighing, looking & feeling 155 lbs, perfectly well with a 28" waist, 18" thighs, 20/20 vision raising up my traced minerals, hydrochloric acid, feeling away lead, copper, mercury, white body hair, lines from face, maintaining & feeling balanced (pH) in my gall bladder & body with **Organic (Chemical Free) Food**.
 - c) I am grateful to **Reset my Hypothalamus Gland** to burn off Security Fat around Thighs, Waist & Sides but retaining normal Structural & Survival Fats eliminating Foot/Heel/Bunion Pain & the Outer Thigh/Bone & Forearm Soreness.
 - d) I am grateful to accept and feel my fabulous wealth potential generating **\$20,000 USD** of **Passive Income** per month.
 - e) I am grateful to own this day the truth of **My Past Emotions** from my birth, youth and adulthood expressing and feeling all my desires with positive intentions.
 - f) I am grateful to possess and feel all **Universal Knowledge** within my cells' DNA opening it up on command giving me access to answers to any questions I have.
 - g) I am grateful to fill my heart with **Radiate Joy, Forgiveness & Appreciation** in a merry way feeling away all unneeded thoughts, opening my heart and feeling Presence.
 - h) I am grateful to be forever and **Feel 27 Years Young**.
 - i) I am grateful to accomplish and feel **Every Intention to Wisdom**.
 - j) I am grateful-I am grateful-I am grateful-**So be it-So be it-So be it-Right Now, Right Now, Right Now**.
 - k) I am grateful when I **Feel Light There Is No Darkness**.
 - l) I am grateful when I fill my Body with a Golden Light opening and feeling my Endocrine System: pituitary, pineal, thalamus, hypothalamus, thyroid, parathyroid, thymus, adrenals, gonads, to activate and feel my hormones to build, maintain, sustain my **Physical Immortality**- Mental Body controls Emotional Body-Emotional Body controls Physical Body-Concept-Desire-Manifestation.
 - m) I am grateful because I know what to do creating a place for it to **Manifest - the Wu Chi Acres** with the two eyes of the of tiger, five pakuas, 40 sages and saints, completion of the garage inside and out, the mile trail, clearing the forest floor and the river creek, completion of the water pipes and hydropower system.
 - n) **Om Namaha Shivaiya** (Personal Sage) as my spiritual guide for my Physical Immortality.
 - o) I imagine a **Tiny Light Beam-Circling around each Vertebra** (10 each-count 240 circles) while picturing each Phrase Winding Up my Spine Charging Every Body Cell: **All is Good -Life is Working - Abundance Flows to Me - I am Safe - Weight Melts Off My Body - I am Thin**.
 - p) I feel a Gentle, Loving **Kiss of Sunlight** around & **in my Heart** then **Radiating Love - Forgiveness - Appreciation** Feeling the Light Illuminate, Charge every Body Cell with each Virtue from the Heart radiating the Room in **All Directions Outwardly** encompassing the Universe & Beyond.
 - q) Imagine an **Infinite Ocean of Abundance** with 1 drop of Water equal to all Bill Gates' Money - Feel my Pores Opening as Water rushes into your Body & Life for all that I desire.
 - r) I picture a **Whirlpool in my Navel sucking** all my **Excess Fat** into it never to return.
 - s) I imagine a **Hose spraying my Body washing** all my **Excess Fat away** when I am Showering going out the Drain.
 - t) I visualize my **Body in Perfect Shape** - Defined Muscles, Flat, & Lean Stomach as I was from a 27 Year Old Photo.
 - u) I stand facing **Sun** with Bare Feet on Grass, Eyes Closed **Bathing my Face, Brain, Open Hands & Body** breathe in & Gulp Sun Filled Air while tensing my Stomach into my Bones/Muscles then I exhale relaxing my Body.
 - v) I look at a **Perfect Picture of Myself** for 30 secs saying **"I use the Power of the Mind to create the Body I desire"**. I **close my Eyes & Imagine** I look exactly like the picture that I am staring at & expand that Thought feeling the way the Image looks with Joy permeating your Entire Being.
 - w) I have a **Moment daily visualizing my Coming Day** and I imagine it going exactly the way I want from start to finish then I visualize my coming weeks, months & years in that **Perfect Image Picture**.

Confirmation:

- 1) When I say these **Daily Affirmations, My Subconscious Continually activates them** into reality to achieve my goals.
- 2) I release the **Soreness in My Outer Thighs** and I feel comfortable.

Action (Visual-Auditory-Kinesthetic Testing & Confirmation):

1. My money accounts are accumulating increasing **2% a month**.
2. I see myself **meditating 3 times a day**.
3. I see a library of 50 books of the **Universal Healing Tao System**.
4. People say: "I wish I was in your shoes" & I say, "I am happy I am not in their shoes."
5. I feel **Complete, Centered, the color White, Omniscient, Tepid & Airy (Floating)**.
6. I am grateful to **reset my Hypothalamus Gland** to burn off Security Fats & return to normal Structural & Survival Fats.
7. I see myself on a scale & it reads 155 lbs. with muscular structure & dividing line in my abdominal & no bloating.
8. I see myself effortlessly crossing my legs & when I walk my legs do not touch.
9. People say to me I look too thin but I feel so good & **effortless** when I am thin because my movement is effortless.
10. I will continually put into place activities (**2 Week Colonic Cleanse & 48 Day Water Fast**) to achieve my goals.
11. I feel no bloating & thin in abdominal, legs & backsides - the **Color White, Narrow Shape, Tepid & Smooth**.
12. Women chase me because it is hard to hide when I am **So Attractive**.

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