

BSFF™ TREATMENT PROTOCOL



Developed by Larry Phillip Nims, Ph.D.

Introduction

Here you are about to learn how to use an amazing self-help treatment program that has been enthusiastically recognized and implemented in the fields of psychology, psychotherapy, and counseling worldwide. Previously, in my profession, we have never been able to do such thorough work. At this point, it is so simple, gentle, and easy to accomplish psychological freedom from emotional distresses and resolution of personal limitations in our life. It is my joy to share this wonderful tool with you.

First of all, it is essential for you and your subconscious mind to know the specific meaning of the terms that are used in BSFF treatments. The subconscious mind will then know exactly what you're telling it to do when using your cue word to activate your subconscious to do the treatment work for you. Your subconscious mind will understand all of this information the first time it is exposed to it. That is, as you read through it the first time.

Definitions of terms in in BE SET FREE FAST™ (BSFF)

Exposing our subconscious to each of these terms is especially important because the subconscious mind is very specific and literal about the meanings of words. While we may habitually use language rather loosely and casually, our subconscious mind does not respond in that same manner.

You can either read or have these directions read to you. The definitions in the instructions need only be read/heard one time for your subconscious mind to do the treatments for you from then on. Reading them again, from time to time, will be helpful for your conscious understanding of what you're doing and to remind you of the many possibilities for setting yourself free. The definitions follow. I urge you to take this seriously and read all of them so that you can achieve and enjoy the best results as you use BSFF throughout your entire life.

A. The subconscious is the part of our mind that operates automatically below our conscious mind's level of awareness. The subconscious records and remembers all of the information that is it is coming from both our external and our internal environment

and experience. The subconscious continuously and accurately records all sensory experiences and all energetic impressions.

This means that our subconscious has access to all of our experiential history. Presumably, this recording of experience begins in the womb, prior to language development, and continues right up to the very moment that you do a treatment for some problem.

Throughout our entire lives, our subconscious accepts all input as valid. It embraces thoughts, feelings, beliefs, attitudes, imaginations, energetic impressions, interpretations of our experiences and all sorts of problems and reactions whether they are positive or negative, helpful or unhelpful. The subconscious is neutral about all of this input and uses this information and energy to do what it has been programmed to do in moment-to-moment life experiences.

The subconscious is neither a friend nor an enemy. The subconscious operates independently from the conscious mind. Faithfully and exquisitely, the subconscious carries out its programming right on cue as circumstances and events unfold in our lives. The subconscious overrides the conscious mind when a subconscious program is triggered and whenever a program differs from the current focus or thoughts of the conscious mind.

The subconscious acts like a “faithful servant” – using its amazing resources (which are far greater than we consciously realize or perceive) to do what it is told to do. That is, it does whatever it has been programmed to do in each specific situation. Interestingly, it even causes us to create situations and circumstances and it also causes reactions to those experiences.

Fortunately, using BSFF, we can easily signal the subconscious to neutralize the programming that is causing a problem or an issue. As a result, the subconscious immediately disconnects (i.e., deactivates/neutralizes) the problematic and maladaptive personal limitations, thoughts, feelings, and other reactions.

BSFF uses a simple cue to signal our intention for the subconscious to set us free of each specific problem. This results in our ability to have a truly free and flexible choice whether to respond in any given situation. Before the BSFF treatment, we just had only one automatic, inflexible, and maladaptive way of reacting to that given situation or circumstance.

Therefore, the subconscious is the ultimate source of both the creation and the resolution of psychological problems—problems that are subconsciously programmed into virtually every aspect of human functioning and experience: mental, emotional, physical, and spiritual.

Then we can override subconscious programming with our conscious mind only temporarily. That is the chief reason that we are unable to make progress with both self help and traditional counseling methods. No permanent psychological or behavioral change can take place without the complete elimination of the subconscious programming that created, maintains, and activates each automatic psychological reaction.

B. Emotional roots are unresolved emotions from the past. These consist of old emotions—both negative and positive—that have never been fully and completely expressed. Typically, people report not feeling safe to fully express many of their thoughts and feelings—a result of what they were programmed to believe.

Maladaptive lessons that create many problems are learned from authority figures, socialization training, feedback from peers and others, and other traumatic experiences that resulted in the suppression, and eventually the repression of many feelings. This is especially true of those experiences that were accompanied by negative feelings. Many times even the expression of some positive emotions was discouraged.

All of the unexpressed emotional energy is held within by the subconscious mind.

Combinations of this huge accumulation of emotional energy eventually become attached to a specific belief about how we are to be and what we are to experience in specific life circumstances and situations. Until these programs are eliminated, they are repeatedly activated and can result in distress and limitations for a lifetime.

Unresolved (incompletely expressed) emotions eventually combine with specific belief(s) and then manifest as a problem or as issues. There are literally hundreds of these different combinations of unresolved emotions in each separate problem. Yet they are able to be eliminated with a simple use of the BSFF cue word.

C. A belief is an opinion or conviction about something. It is confidence in the truth or existence of something not immediately observable or susceptible to rigorous proof. Once a belief becomes embedded in our subconscious mind, through extensive repetition, the subconscious mind will act on it as truth.

Beliefs consist of thoughts, attitudes, imaginations, opinions, conclusions, convictions and other cognitions that are held as being true by the individual. They are programmed for virtually every aspect of our life experience—both the upper and lower limits or boundaries of how our life must be for us including the following:

- a. How we are to react in a specific situation and/or how we are to behave in specific situations,
- b. Definitions of who we are,
- c. What we are entitled to be and do and how well we can be and do it,
- d. How much success or failure we can have in life (e.g., money, health, recognition, relationships, success, etc.) and the conditions under which we do things (what, when, and how well).

Really, who and what we believe we can be as individuals is completely dependent on our beliefs which are highly programmed in our subconscious minds from our array of life experiences.

Beliefs control the timing, intensity and duration of our automatic, programmed reaction(s) in each specific situation. Our subconscious carries out these beliefs with great precision, reliability, and persistence. The subconscious uses the energy from the associated, unresolved emotions to drive these reactions. Thus, much of what we experience and how we interpret our experience is automatically determined based on this programming.

Yes, typically, we don't like the idea that we are not really in control of ourselves as much as we like to think that we are. Nevertheless, to ignore this fact is to passively allow ourselves to be continually victimized by these beliefs and programs—and not really know why we are frustrated in our attempts to live in a more satisfying way.

The important thing is to take back this control so that we will have free and flexible choice and responses related to all of our experiences rather than experiencing only automatic reactions along with the distress and limitations that go with their automatic, programmed outcomes.

D. BSFF defines **a problem** as a set of emotional roots combined with a controlling belief. The problem is under the complete control of the subconscious. The conscious mind can only temporarily override the programming.

No permanent, durable, and thorough change in any psychological problem can or will take place in our thoughts, emotions, and/or behavior until the subconscious mind is free of the emotional roots and the controlling belief.

Remember, you did not choose nor were you consciously aware that these programs were being developed within you. You do not have any reason to feel guilty, embarrassed or ashamed about their existence within you. These behavior patterns and distresses were entrenched without your awareness or permission as you lived your

life—from your birth to the present. So, be kind to yourself. Of course, TREAT all such negative thoughts and feelings about yourself.

BSFF is the simplest and most thorough method for achieving freedom from subconscious control. I do not believe there is any other method that can accomplish these thorough and permanent results. They can be accomplished by an individual with simple and gentle self- treatment.

A problem may have a huge number of emotional roots working together with a belief. These are all eliminated simultaneously with one use of your BSFF cue. They are all instantly neutralized and made inoperative.

The energy that was required to activate and maintain the problem/issue now becomes free energy and is now available to be used elsewhere, as needed. In short, you literally have more free energy to use....and you have set yourself free.

E. An issue consists of two or more problems operating together in a given situation or circumstance. An issue can consist of just a few problems or a large number of problems—especially in complex issues such as self-image and self-confidence. Each problem has an extensive number of emotional roots combined with a governing belief. This means that the *faithful servant*, the subconscious, is doing a huge amount of work on your behalf. In many instances, an entire issue can be resolved simultaneously with one treatment.

F. Intention refers to the act or instance of mentally determining some action or result. Intention relates to what one has in mind to do or bring about. “Intent” means having the mind or will fixed upon some purpose or goal. “Intend” is defined as having in mind something to be done or brought about. BSFF includes all of these meanings when addressing the concept of individual intention, that is, when using a cue to signal the subconscious to treat a problem or issue

G. A BSFF cue is a signal to your subconscious of your intention for it to do a treatment for a problem or an issue that you have consciously noticed and want to eliminate. A cue may be a word or a short phrase that is either thought or spoken. The cue may also be an image in the conscious mind or a physical action with any part of the body. Imagining the physical action will suffice as an effective cue. From a practical perspective, the most efficient cue is one that is short, simple and readily available.

H. Treat or treatment refers to the process of intentionally activating the subconscious to neutralize or eliminate the problem or issue. You will see in the treatment steps section below that a treatment is a simple use of the cue of your choice.

The subconscious does all of the treatment work instantly. The cue simply signals the subconscious to do the treatment. Thus, the subconscious does all of the treatment work for you.

Following a treatment, a change or shift in experience can often be consciously noticed; however, the subconscious always faithfully treats the problem or the issue that you have cued it to treat—even though a change or shift may not be consciously experienced.

I. The subconscious Fail-Safe System is a specific grouping of problems that sometimes operate to maintain especially resistant or chronic patterns and recurring, cyclical issues. For example, most every type of addictive process involves a set of failsafe problems.

In BSFF, this sequence of problems is referred to as a “Fail-Safe System.” When treatment progress stops, it is often due to a Fail-Safe pattern of problems. Only about 10-15% of treatment issues involve some combination of these twelve Fail-Safe problems; and, it never involves all twelve for a given problem or issue. (Usually there are about six to ten problems in a Fail-Safe.)

“Fail-Safe” is a term that is applied for many types of back-up systems that are designed to protect from critical incidents that would endanger life or a critical mission, e.g., a space flight or high-level, inter-governmental communication systems. Protecting your new personal freedom is certainly just as important!

Fail-Safes are simply a set of problems that can be easily eliminated with BE SET FREE FAST treatments. Typically, only one treatment is needed for each of the Fail-Safe problems. That is, apply the cue for each of the twelve problems that are operating in the present Fail-Safe sequence. (Please keep in mind that any one of these problems can occur alone in conjunction of some particular treatment problem without being part of a Fail-Safe set.)

These problems operate in a hierarchy. Therefore, treating each of them in sequential order and using the listed statements (or very similar statements) is recommended. A Fail-Safe may also be indicated when a problem/issue does not seem to be resolved after ten to fifteen treatments.

Even if you are not sure which of these problems is operating, treat each problem as though it is operating. If you treat it and it is not a relevant problem, nothing is changed. The existence of a Fail-Safe system is confirmed when problems #1 and #2 are both operating. This may be determined by muscle testing or by using a SUDs level.

The following is the sequence of Fail-Safe treatment steps:

- 1.) I want to be free of this problem.
- 2.) I am willing to be free of this problem.
- 3.) I am willing to be free of this problem from now on.
- 4.) I give myself permission to be free of this problem from now on.
- 5.) It's okay for me to be completely free of this problem from now on.
- 6.) I deserve to be permanently free of this problem from now on.
- 7.) I am willing to give up, permanently, all of the benefits of keeping this problem.
- 8.) I am willing to receive all of the positive benefits of being free of this problem.
- 9.) I am willing and able to do everything necessary to ensure that I am free and remain continually free of this problem from now on.

After treating for each of these nine problems that you detect as being operative, treat the following three more "global" issues (i.e., they include multiple problems that cover a lot of our experience). Always treat for #12 about vulnerability. It always tests as being operative in every Fail-Safe. One or both of the other two of these statements will likely muscle-test as being an operative problem. It is one treatment for each one of these individual problems. It is not necessary to know how many problems there are within them. Basically, they are issues with multiple problems.

Here they are:

- 10.) There are still one or more problems that will make me keep or take back this problem.
- 11.) There is still something in me that will make me keep or take back this problem.
- 12.) I am still vulnerable to taking this problem back at some other time.

Be alert for these Fail-Safe sequences. They do not occur often, but when they do, they stop treatment progress for that particular problem or issue until they are treated.

The potential Fail-Safe problems are each treated just like any other problem. However, treating Fail-Safes is not required for every problem/issue. Most treatment problems/issues *do not involve a Fail-Safe*. In many cases, there are just multiple problems each of which requires separate treatment. This means, simply, that repeated treatments are necessary until the issue is resolved. There may be numerous problems—as many as 30 to 40—that require treatments. In fact, in some

relationships I have seen as many as two hundred or more problems—each of which is to be treated until complete relief is obtained.

Note that other problems surrounding the larger issue may require further treatment, e.g., frustration about being stuck, irritation, impatience, sadness, and, of course, anger and unforgiveness toward self—or someone else you hold responsible for the problem.

J. Stoppers refer to common problems that occur in all of us and stop us from maintaining treatment progress. They can quickly undo BSFF treatments and set us up to take back treated problems. Like all problems, these stoppers result from previous subconscious programming. The following are stoppers that are included as part of the *BSFF Closing Sequence* at the end of each treatment session:

- I am afraid that these treatments won't work for me.
- I am afraid that these treatments won't last.
- I doubt that they will work.
- I doubt that they will last.
- I don't trust myself to do things effectively in these new ways.
- I doubt that I will do things effectively in these new ways.
- I doubt my ability to live out these changes in my life.
- I am vulnerable to taking back one or more of these problems I have just treated.
- I have one or more other problems that would directly or indirectly stop me from maintaining my treatment gains.

GETTING STARTED IN YOUR FIRST SESSION

Now that your subconscious knows what you mean by all these definitions, it will respond precisely when you use your cue word to signal your intention for it to eliminate the problem that you have consciously noticed. It will do this complete work for you each time you use your cue word for each individual problem or issue.

So, read through these instructions—either silently or aloud. You need to read them only once and your subconscious will work for you, error free, every time you use your cue word. However, it will be of great value to you to re-read these instructions from time to time for your own conscious understanding of what your subconscious mind is doing for you.

INSTRUCTING YOUR SUBCONSCIOUS MIND

First, choose a cue (any word or short phrase). Then present the following instructions to your subconscious in either a written or an audible form. Note that these instructions are very comprehensive and inclusive. You are instructing your subconscious to do a lot of work for you each time you use your cue. Happily, your subconscious will do all of this, gently and instantly, from now on after only one reading, or, after hearing these instructions.

It is useful to re-read these instructions and this entire BSFF Protocol paper for more thorough and conscious understanding from time to time. This will help you recognize and understand more about what you are actually doing and can lead to more conscious awareness and understanding of negative and limiting issues that you can eliminate from your life. That is, as you have more experience using BSFF, you'll recognize how you can use BSFF, more broadly and deeply, in setting yourself free.

Our mind is truly awesome and what it can do for you is absolutely incredible. Now, give all of these instructions to your amazing subconscious mind.

“These instructions are for you, my subconscious mind. Whenever I use my cue, which is _____, or any other cues that I may later instruct you to use, you will eliminate all of the emotional roots and belief systems that are controlling the problem or issue that I have consciously noticed and that I intend for you to eliminate from my life.

“For every problem or issue that I ever treat, you will always eliminate everything in that ever has, is currently, or ever could cause me to experience this problem or issue again.

“In every treatment that I ever do for any specific problem or any issue, I am treating for all problems in my mind, emotions, body and spirit that cause me to have any negative experience, to be imbalanced in any of my energy systems, or to be limited in any way.

"You, my subconscious, will do these treatments for every person, event, situation or circumstance (that I am consciously noticing and perceiving as the source of the problem or any issue that I am intending to treat), whether they are currently present, absent, still alive or not. Every treatment that I ever do will include every contributing problem, directly or indirectly, that has occurred in my entire existence—right up to the moment that I use my cue.

"Subconscious, from now on, whenever I use any of my treatment cues, you will also thoroughly eliminate any and all hidden beliefs, experiences, emotions, or other information which would or could hinder complete resolution of everything I'm intending for you to treat.

"Also, from this moment on, whenever I use my cue(s), to treat an issue or problem, you will cause all of the critical, protective, and maintenance functions and faculties of my whole being to allow treatment to be optimally thorough, efficient, and effective.

"Subconscious, you will also cause these faculties and functions to accept and integrate all treatment benefits, and to adapt and upgrade all structures, functions, and processes of my whole being accordingly.

"Each time I use my cue for a problem or issue that I have noticed, you will also do all four of the following treatments in the most optimally effective sequence:

- 1) Every problem that I have ever experienced about or toward the problem or issue that I am treating, including those with people, events, situations and circumstances;**
- 2) Everything that I am currently or have ever experienced as an effect of this problem or issue;**
- 3) Everything that has ever contributed to setting up or maintaining this problem/issue in my experience; and,**
- 4) All of the accumulated mental, emotional, physical and spiritual post-traumatic stresses that I have ever experienced as a result of this problem or issue during my entire existence.**

"During the Closing Sequence, when I think or say, 'Forgive everyone and everything,' and use my cue, you will eliminate all of the unforgiveness that I ever experienced toward everyone and everything that I did not consciously recognize during my treatments, but that I held responsible for one or more of the problems I just treated .

"Likewise, when I say or think, 'All Stoppers,' and I use my cue, you will treat all of the stoppers involved in my treatment session, including any other problems not on the stoppers list that may act as stoppers.

"Also, when I think or say, 'Anger at myself,' or 'Mad at myself,' and I use my cue, you will eliminate all anger, judgment, criticism and any related problems that I have directed toward myself for every problem that I treated during my treatment session.

“When I think or say, ‘Forgive myself,’ and I use any of my cues, you will eliminate all unforgiveness that I have toward myself—unforgiveness that is involved in any of the problems that were just treated in my current you session.

“When I think or say, “All Trauma,” and I use my cue word, you will treat any remaining traumatic stress affect from any and all problems that I just finished treating, in my session.

“From now on, whenever I use my cue for each of these four Closing Sequence treatments, you will do each treatment thoroughly and completely. In addition, if I have not treated for any of the Closing Sequence steps in any previous treatment sessions, then you will include treatment for them as I do each step of the Closing Sequence in my current session.

“Also, whenever I am guiding someone in using the BSFF self-treatment methodology, you will treat in me any similar problems and issues that the other person is treating—problems that I may also have, and all problems in me that will or could distract me from alertly and skillfully guiding others through their treatment process.”

This concludes the instructions to your subconscious mind. Now, use your selected cue, once, to confirm your intention for your subconscious to do all future treatments as instructed. It will then always do this for you.

When working with another person, encourage him/her to read the instructions later. Frequent readings are helpful as experience with more treatments continues. The improved conscious understanding of BSFF through repeated treatments will enhance awareness of what the subconscious is doing each time the cue is used. This helps to stimulate greater conscious recognition of additional problems to treat as they arise in daily experience.

Repeated readings of the instructions will clarify any questions that the conscious mind may have about the meaning, purpose, or function of the instructions. However, do note that the instructions need only be read or heard once for the subconscious to completely understand, accept and implement them from then on. For the purpose of effective and thorough treatment, you never have to read them again.

BSFF TREATMENT PROCEDURES FOR EVERY SESSION

1. Notice the problem by using conscious awareness, a Subjective Units of Distress (SUDS) level, or by detecting the problem using muscle testing. Descriptions, labels or diagnostic codes can be identified, but, they are not at all essential for total, effective treatment. Consciously noticing and/or detecting a problem is the only essential first step.

2. Treat the problem. This means to think, whisper, speak, visualize, or write your cue.

The subconscious does the actual treatment work—instantly. It thoroughly eliminates the specific problem(s) with each treatment. In addition, it is very important to treat any other problems that are occurring at that same time. Thorough treatment is crucial to avoid problems or issues from returning in the future.

Here are two treatments you can use to resolve most of the problems involved with a person, event, trauma, experience, situation or circumstance that you notice as being problematic for you. These treatment statements are a good place to start to treat most problems/issues. The statements are the following:

- A. “I am treating every thought, feeling, attitude, belief, imagination, fantasy, and every other problem that I have ever had about or toward...(the person(s), experience, event, situation, organization, etc.).“
- B. “I am treating every thought, feeling, attitude, belief, imagination and every other problem that I have ever had as a result of... (the person(s), experience, event, situation, an organization, etc.)”

Details of this procedure are outlined in Section I, above. However, now that you know that your subconscious is treating, this is for you so you don't actually have to say or think that anymore. Just consciously notice each problem and treat it. It really is that simple using BSFF effectively.

3. After treating each problem or issue, including any Fail-Safes, check (muscle test or use SUDS level, consciously tuning into your present experience) to ensure that the treatment has been thoroughly completed. Keep treating as needed. Do this with every problem or issue that you treat. Remember, thoroughness of treatment is extremely important to help avoid subconscious rebuilding of problems or issues.

4. Treat all anger and unforgiveness toward another person when issues regarding that relationship are being addressed and treated. Likewise, treat any anger toward God, the world, or life as it arises. This step eliminates considerable stress—physical, emotional, and/or spiritual—which often facilitates more conscious awareness of other problems that may then be treated.

5. Treat each problem involved in every issue until a sense of balance, peace and comfort is experienced. Keep treating until there is no further negative experience or sense of limitation of any kind. Continue the treatments so that a sense of balance in your mind, body, emotions or spirit is achieved about the specific problem or issue. That is, treat until any negativity in the mind, emotions, body and/or spirit have been resolved. Muscle test or use a SUDS rating to confirm that each problem has been fully treated and that all of the detected problems or issues have been resolved.

6. Be sure to treat every problem involved in each issue (an issue involves multiple problems) during the session. Not doing so will allow the entire issue to return and require further treatment. Frequently, as with self-image and self-confidence, you can treat huge issues in just one treatment.

7. Do one treatment for, “all post-traumatic stress that you experienced with all of the problems that you have treated during the session. You don't have to know what they all are. Your subconscious knows your entire history so it does exactly what you intended it to treat when you use your cue for this or any other issue.

8. The **Closing Sequence** involves four crucial treatments at the conclusion of each treatment session. Have no fear; the subconscious mind has no difficulty in doing its work as quickly and accurately you can think about and treat your problems/issues. Your conscious mind cannot out-race your subconscious mind. 😊

These Closing Sequence steps are essential regardless of the number of problems or issues that you have been treating in the entire current session. These treatments are designed to help minimize the return of the treated problems/issues. It is extremely important always to do the Closing Sequence immediately following the treatment work. If it is not possible to do it within the ten seconds after you finish doing your treatments, then do the Closing Sequence as soon as you possibly can. Sometimes problems can return rather quickly if the Closing Sequence has not been done.

Fortunately, the Closing Sequence can be easily completed with four quick treatments. With practice, the entire treatment sequence can be done silently in less than ten seconds. The Closing Sequence requires only one treatment for each of the four steps. As with all treatments, these four can be done either silently or aloud. The following are the four treatment steps in the Closing Sequence:

- A. Every psychological problem creates traumatic stress effects which are akin to a sort of “psychological hangover.” So, it's very helpful to treat all of the trauma from the entire treatment session using your cue.

Think or say, “**All trauma,**” and then use your cue word once.

- B. Treat all unforgiveness toward everyone and everything that you may have been unconsciously holding accountable or responsible for any of the problems/issues that were just treated in your session--no matter how many problems/issues there may have been. (Note that all anger toward anybody or anything not identified during your session is cleared up automatically. But the unforgiveness is not.)

Just think or say, "**I forgive everyone and everything.**" Then use your cue word once.

- C. Treat all of the stoppers that may be involved in this session. The first few times that stoppers are treated, it can be helpful to test for the existence of each one and treat as needed. This will heighten awareness and the realization that these problems are important to treat at the end of each session.

Just think or say, "**All stoppers.**" Then use your cue once.

- D. Treat all anger, judgment, and criticism directed toward self for all of the problems you have treated in entire session.

Think or say, "**Mad at myself**" or "**Angry at myself**" and treat using your cue once.

- E. Treat all unforgiveness toward yourself for all of the problems that you have treated in your entire session.

Think or say, "**Forgive myself,**" and use your cue once.

This completes the total process for all BE SET FREE FAST sessions. Follow these simple steps to claim your freedom in every area in your life.

Finally, remember for yourself and/or remind the client to be alert and treat every problem that comes up in daily life. Be sure to do the *Closing Sequence* treatments before moving on to whatever you are doing next in your life. If circumstances prevent doing the Closing Sequence immediately after the treatments, then be sure to do it as soon as possible.

However, if much time has passed since you finished doing the treatments, it is a good idea to instruct your subconscious like this: “My subconscious, now again, treat every problem that I have treated since the last time I did the closing sequence.” Then use your cue only once for all previously treated problems.

Yes, your subconscious will treat them all simultaneously for you. This will insure that you have treated any problems that may have returned. Then do the Closing Sequence again. Emphasize to anyone who you are guiding through BSFF the extreme importance of always doing the Closing Sequence treatments to minimize the risk of treated problems re-appearing.

Now, use this simple procedure to *set yourself free* of all kinds of distresses and personal limitations that are holding you back from doing and being your best in every way. This wonderful tool is yours for the rest of your life!

You will experience many blessings as you gain new freedom and flexibility in taking charge of your entire life. And, when you get those wonderful results...

IT SERVES YOU RIGHT! 😊

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Larry P. Nims, Ph.D. ~ *Developer of BE SET FREE FAST™ (BSFF™)*