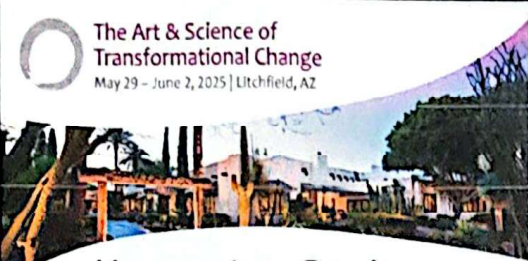


The Art & Science of Transformational Change
 May 29 - June 2, 2025 | Litchfield, AZ



Unconscious Barriers: Addressing and Healing Psychological Reversal

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27th INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE

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Basic Test for PRs

"I have at least one PR [or psychoenergetic reversal, block, objection] to being [completely] over [this problem]."

versus

"I have no PR [or psychoenergetic reversal, block, objection] to being [completely] over [this problem]."

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First Strategy: A Comprehensive Approach to Clearing PRs

While tapping on the side of the hand or rubbing NLR points, say the following once:

- Even though I have this _____
- and even if I don't deserve to heal my _____
- and even if it's impossible for me to heal my _____
- and even if it's not safe for me to heal my _____
- and even if it's not safe for others for me to heal my _____
- and even if I'm not willing to heal it,
- and even if I won't know who I am if I heal it,
- and even if I have other PRs to healing my _____
- I deeply accept myself.

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Basic test for PRs	"I have at least one PR to being (completely) over this problem" vs.
Type of PR	Dx: With IM, Say, "..."
GLOBAL	"I want to be happy/succeed/change" vs. "I want to be miserable/fail/not change"
GLOBAL	"I want to live/be healthy" vs. "I want to die/be sick"
GLOBAL	"It's good enough to be human." vs "I must be perfect."
GLOBAL	"I want to heal my trauma" vs "I want my trauma to get much, much worse"
GLOBAL	"I want to be good to others" vs "I want to hurt others"
GLOBAL	"I want to understand/empathize with others/myself" vs "I want to punish others/myself"
GLOBAL	"I want to help myself and/or others achieve full potential" vs "I want to sabotage myself and/or others"
GLOBAL	"I can bear and survive all my feelings." vs "I cannot bear or survive all my feelings."
WANT	"I want to be (completely) over this problem" vs. "I want to keep (part of) this problem"
OVER TIME	"I have always been over this problem" vs "I have always kept this problem."
FORWARD TIME	"I will always be (completely) over this problem." vs "I will always keep (some) this problem."
FUTURE	"I will be (completely) over this problem" vs. "I won't be (completely) over this problem"
PRESENT	"I am able to be over this problem." vs "I am unable to be over this problem."
DESERVING- NESS	"I deserve to be (completely) over this problem" vs. "I don't deserve to be (completely) over this problem"
SAFETY	"It is safe for me to be (completely) over this problem" vs. "It is not safe for me to be (completely) over this problem"
SAFETY FOR OTHERS	"It is safe for others for me to be (completely) over this problem" vs. "It is not safe for others for me to be (completely) over this problem"
POSSIBILITY	"It's possible for me to be (completely) over this problem" vs. It's not possible for me to be (completely) over this problem."
WILLINGNESS	"I'm willing to be (completely) over this problem" vs. I'm not willing to be (completely) over this problem"
PERMISSION	"I will allow myself to get (completely) over this problem" vs. "I will not allow myself to get (completely) over this problem"

MOTIVATION	<p>"I will do what's necessary to get (completely) over this problem"</p> <p>vs.</p> <p>"I won't do what's necessary to get (completely) over this problem"</p>
BENEFIT	<p>"Getting (completely) over this problem is/will be good for me"</p> <p>vs.</p> <p>"Getting (completely) over this problem is not/will not be good for me"</p>
DEPRAVATION	<p>"I will not be deprived if I get (completely) over this problem"</p> <p>vs.</p> <p>"I will be deprived if I get (completely) over this problem"</p>
IDENTITY	<p>I will know who I am if I get (completely) over this problem</p> <p>vs.</p> <p>I won't know who I am if I get (completely) over this problem</p>
JUSTICE	<p>"Someone will have gotten away with what they did if I get (completely) over this problem"</p> <p>vs.</p> <p>It's not true that someone will have gotten away with what they did if I get (completely) over this problem</p> <p>.....</p> <p>"I can heal my _____ and have a sense of justice/closure/peace/clarity/accomplishment"</p> <p>vs</p> <p>"If I heal my _____ I will never have justice/closure/peace/clarity/accomplishment"</p>
UNKNOWN	<p>"There is an unknown interference blocking treatment of this problem"</p> <p>vs.</p> <p>"There is no unknown interference blocking treatment of this problem"</p>
LOYALTY	<p>"I will (still) be loyal if I get over this problem."</p> <p>vs</p> <p>"I will (still) be disloyal if I get over this problem."</p> <p>.....</p> <p>"I will still love _____ if I heal my problem."</p> <p>vs</p> <p>"If I allow myself to heal my problem, it means I never loved _____."</p>
BELIEF	<p>"I believe that it is possible for me to be over this problem"</p> <p>vs</p> <p>"I don't believe that it is possible for me to be over this problem."</p>
ALIGNMENT	<p>"I am (completely) in alignment, body, mind and spirit to being over this problem."</p> <p>vs</p> <p>I am (completely) not in alignment in Mind, body and spirit to being over this problem."</p>
READINESS	<p>"I am ready to be over this problem"</p> <p>vs</p> <p>"I am not ready to be over this problem"</p>
CONNECTION	<p>"I will still feel connected to _____ if I get over this problem."</p> <p>vs</p> <p>"If I release my problem, I will lose my connection with _____."</p> <p>.....</p> <p>"_____ will still connect with me if I release my problem."</p> <p>vs</p> <p>"If I release my problem, no one will connect with me."</p>