

Unit 2 Quick start to ESP (Energy Strengthening Process)

Give this a try, to experience of ESP.

The Goal: Bring the person to energetic neutrality (in relation to their problem)

The Principle: In neutrality your energy is natural and free flowing to optimise life.

The Practice:

Finding what is weakening the energy of the person at the centreline. Strengthening and deleting weak energy at the centreline.

Only 3 Steps:

1. What's the problem?
2. What's causing the problem
3. Strengthen and delete

Are you done?

Step 1 What's the problem?

Connect to the problem and make a note of how you feel. This can be a physical pain.

This can be relationship stress. Don't explain it. No need.

Step 2 What's causing the problem?

We are not interested in reasons, logic or understanding. We are interested in direct insight. Get this by stopping all thought and then asking yourself what the cause of the problem is? The **feeling** you get after that is the answer.

Step 3 Strengthen

Imagine a line from the top of the head to the crotch. Suddenly expand the line as if it were a long balloon. Do this is a flash.

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Now delete with the intention to delete or restart the centreline, do the same long balloon action in a flash.

Are you done?

Is the pain/problem still there? If it is go back to step 2 and repeat each step until there's an improvement.

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Please send your results to me at:

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You can also get a free list to help with Physical Strengthening at: www.wickesway.com

There you will also find out about certification too.

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