

ESP – Energy Strengthening Process

Making Energy Work - The quick start method

If you want to get a quick experience of how this method of energy work actually works, this guide gives you the tools – so give it a try. Like so many things in life, it is nuanced and yet with a little knowledge you can get quite amazing results. There is even a “beginner’s effect”. Your lack of experience can often work in your favour. Be brave, you have nothing to lose.

You can try this technique on yourself or even with a friend. The principle of the methodology is to strengthen the energy at the centreline of a weakness (The centreline is an imaginary line from the top of the head to the crotch).

Then you can repair and strengthen that centreline using my concept of “Delete”. This is just like restarting your smartphone or computer.

Go into this method with an open mind. There’s no need to believe. Just be open to results and they’ll happen.

Defining a topic

Think of a problem. It can be anything! The complexity of the problem doesn’t matter. It’s about defining the problem in the shortest sentence possible, one that makes sense to you.

Say your topic is ‘Pain’: define the pain point.

Attribute a number out of ten to the physical sensation you have.

The more intense the feeling the higher the number and if you have no feeling it’s just zero.

This is like a benchmark value which you will repeat as you progress.. It tells you if there has been a feeling or change.

Strengthening and Deleting:

With the intention to strengthen the centreline of the person with the problem, do **one** of the following:

- Imagine a flash of light travelling like lightning fast up and down the centreline
- Tell them to tense their anus upwards. (or yours if self healing)
- Bring both palms together in front of the body, moving quickly from crotch level upwards.

As you do one of the above your intention is to strengthen the centreline of the problem.

Repeat this one more time with the intention in the mind of deleting it. (Deletion means completely eliminate problem and returning it to its primal state. Even after the first session, there can be an immediate improvement. So check how you now rate the physical sensation of the pain and compare it with the original level you set out of ten.

- *You learned how to define a problem*
- *You learned how to strengthen and delete at the centreline.*

*Now maybe you want to activate **your insight**:*

Insight:

Insight is obtained from going to the root of unjudging consciousness. This manifests as a feeling. If it's an emotion, you got triggered. Now focus and ask yourself what do you need to strengthen and delete at the centreline to be in complete balance to the problem.

Stop thinking about what feeling arose before you could comment or change it in your mind? That's your insight.

Strengthening and deleting applied to Insight:

With the intention to strengthening the centreline to the insight repeat the strengthening and deleting process.

Recheck the level and repeat and be a scientist, see if there are any changes or reductions in pain or discomfort. My many years of experience is there will a change. If you aren't getting results please go into a sub-session.

Sub-sessions:

Everything has layers, surface layer, superficial and deep layer etc. often we don't need to go into layers to get results but when we do this is called sub-sessions.

To go into the layers we need to muscle test. Originally, the muscle test associates the strength of the centreline to the relative strength of a muscle. Here it is adapted to an image we create in the mind. Make a simple image that in its normal state has a variable form. For example, it can be a flower. A flower can be blooming, drooping, shrivelling etc. It could be a fuel gauge. It can be low on petrol, empty, half-full, full etc. Test your image, with the intention to see the image as a weak strong representation of the energy at the centreline, by thinking of various arbitrary things. For example:

- Numbers
- Colours
- Fruits
- Foods
- Brands of Smartphones

Each time you ask yourself am I weak or strong to this thing, look at your image in mind and see if it has changed. Unless it is in a perfect state it is called “weak”.

Go into the layers (Sub-session)

When you are strengthening something, after strengthening and deleting, do a muscle test. If it is still weak despite strengthening, we need to go into the layers of the insight. In most cases this means getting an insight about the insight.

For example:

Read this example as the numbered steps of a very simple and short session. Notice

that it is not a dialogue with another person. The energy work is done quite alone once the initial level of feeling has been given.

Topic: Elbow pain, level 4/10

1. Insight: throat
2. Muscle tested throat is “weak”
3. Strengthen and delete “Throat”
4. Retest with Muscle test the throat it is STILL “weak” so we need to **Go into the Layers.**
5. Ask Insight on Throat weakness – an unresolved argument
6. Muscle test unresolved argument – weak
7. Strengthen and delete – “unresolved argument and throat” as one weakness
8. Retest throat. Now it is strong
9. Ask how the elbow pain is.
10. The pain is now 2/10

**Now you have the shortest and fastest way
to get energy work results!**

Try it out! You have nothing to lose.

Don't heal problems, it's too slow – Delete them!

Your feedback, questions and results are important for me and other people. Your feedback and results help us to improve presentation. Your feedback and results can provide data and inspiration for more scientific research into the area.

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